
FILIPINO EMERGENCY RESPONSE



Community Resources

Victim Services (immediate care)

If you or someone you know has been directly impacted by the tragedy, witnessed or experienced trauma - call or text 1-800-563-0808 or email 211-victimlinkbc@uwbc.ca

310 Mental Health Line at 310-6789

Crisis Line at 1-800-784-2433

Crisis Help Lines

Name	Contact Information	Offerings	Cost	Notes
Crisis Centre BC	Phone 1-800-784-2433	Crisis Help Line	Free	If you or someone you know needs support, the Crisis Centre BC is available 24/7
Youth Space	Phone or Text 778-783-0177	Crisis Help Line	Free	Youth Space online chat or text 6 a.m.-midnight daily
Youth in BC	Website http://YouthinBC.com	Crisis Help Line	Free	Youth in BC for online services for youth, including online chats (noon – 1a.m.)
Hope for Wellness	Website http://hopeforwellness.ca Phone 1-855-242-3310	Crisis Help Line	Free	24/7 helpline and online chat
310 Mental Health Line	Phone 310-6789	Crisis Help Line	Free	24/7 helpline

BC 211	Website bc.211.ca	Crisis Help Line	Free	211 by United Way BC. Connect with the help you need. Free. Confidential. 24/7.
Fraser Health Crisis Line	(877) 820-7444	Crisis Help Line		
Vancouver Crisis Suicide Intervention Line	(604) 872-1811	Crisis Help Line		
Multi Language Help Line	(604) 310-6789	Crisis Help Line		
24/7 Distress Line Multi Language	(604) 872-3311	Crisis Help Line		
CMHA Crisis Response	(604) 872-1234	Crisis Help Line		

For Filipino Nationals

Name	Contact Information	Offerings	Cost	Notes
Assistance to Filipino National Hotline	(604) 653-5858			
Migrant Workers' Office Hotline	(604) 767-3354			

Counselling:

Name	Contact Information	Offerings	Cost	Notes
Anchored Hearts Counselling and Grief Therapy	Email cordelia@anchoredhearts.ca Website http://anchoredhearts.ca/	6 sessions of 1:1 counselling for 2 individuals	2 free sessions then 4 reduced cost sessions	Offering for those who do not have insurance or third-party coverage/ CVAP funding or who are in financial need that are: <ol style="list-style-type: none"> 1. victims/survivors 2. families who are grieving the loss of their family member(s) 3. families who are grieving the effects of the incident on their family member(s) who have been directly impacted Rates for reduced cost will be varied based on financial need Also registered with Crime Victim Assistance Program (CVAP) for folks who have counselling funding via CVAP.
		6 sessions of 1:1 counselling for 2 individuals	Reduced cost	
Decipher Counselling	Website https://deciphercounselling.com/ https://deciphercounselling.janeapp.com/	See below	Free and reduced cost	Offerings for folks affected by the tragedy from this weekend's Lapu-Lapu day festival
	Email artwithco@gmail.com	1:1 or virtual small group	\$50-80 for a 50-	with Coco (RTC, registered therapeutic counsellor and art therapist) to the Filipino

		counselling/art therapy sessions	minute session	community during this Emergency
	Email caprial@deciphercounselling.com	1-2 sessions (depending on schedule)	Free	with Caprial (RCC, registered clinical counsellor) <ul style="list-style-type: none"> can discuss doing a longer term sliding scale for those impacted by the incident
	Email maddison@deciphercounselling.com	2 virtual or in-person sessions on specific dates	Free	with Maddison (RTC, registered therapeutic counsellor and art therapist) <ul style="list-style-type: none"> 50 min session for today Monday, April 28th between 3:30-4:30pm 50 min session for next Monday, May 5th, virtual or in person between 3:30-4:30pm
	Email sun@deciphercounselling.com	2 sessions of art therapy and/or counselling on specific dates	Free	with Sun (RCC and art therapist) <ul style="list-style-type: none"> Thursday, May 1st Friday, May 2nd
		3 sessions of art therapy and/or counselling on specific dates	Lower cost	
Jordan Pickell Counselling	Email Jordanpickellcounselling@gmail.com	3 pro bono sessions for 2 different people directly impacted	Free	Please book a 15-minute consultation first to make sure I'm the right resource.

Jessamine Liu	Email jessamine@expressivewellness.ca	English Counselling (Virtual & In Person)	No Cost Counseling	<p>Languages: English, Taglish, Hokkien</p> <p>I am a student counsellor at Expressive Wellness and can offer no cost counselling for those affected.</p> <p>I am a queer Filipino-Taiwanese immigrant. I can understand some Tagalog but am not fluent, and can speak Hokkien as well.</p>
Kapwa Counselling and Psychotherapy Services	Email nicole@kapwacounselling.ca (Reference: "Vancouver Support") Website https://www.kapwacounselling.ca/	Virtual sessions in English or Tagalog (limited)	Free	4 counselling spots for those affected, experience trauma-informed care, grief/music therapy
Kelly Xiao	Email kelly@kellyxiaocounselling.com Website http://kellyxiaocounselling.com/	5 sessions (50 minutes/session) of 1:1 counselling for 2 individuals	\$160 (free for the first session then 4 sessions at \$40/session)	<p>Offering to Filipino folks impacted in any way</p> <p>Kelly is a Queer Chinese immigrant settler, with training in EMDR and trauma-informed approach</p>
Mango Mental Health	Instagram DM https://www.instagram.com/mangomentalhealth/ Website https://www.mangomentalhealth.com/	6 sessions of 1:1 counselling	\$200 (2 free sessions, 4 sessions at \$50/session)	Offering for families of those affected as well as community members who have been traumatized by the incident

Manjot Mann	Email mmann@compassionatejourneycounselling.com	1:1 Counselling By phone or Zoom	Varies	Can do free counselling, 6 sessions each for at least 3 people
Mia Anthony	Email info@miaanthonycounselling.com	1:1 Counselling	2 free sessions , then low cost	Mia is also registered with Crime Victim Assistance Program (CVAP) for folks who have counselling funding via CVAP.
New Tides Counselling Clinic	Website https://www.newtides.ca/ Contact form available on website	1:1 Counselling, English	3 pro bono sessions or 5 sessions at reduced cost of \$55/session	Clinic also has Crime Victim Assistance Program (CVAP) counsellors for folks who have counselling funding through CVAP
Pamati Counselling	Email contact@pamaticounselling.com Website https://www.pamaticounselling.com/	Online, 1:1 counselling, Group Counselling	Free with Insurance or Victim Services Referral	Michelle from Pamati Counselling is a Queer, Filipino Registered Social Worker and Registered Clinical Counsellor.
Peak Resilience	Email admin@peak-resilience.com	1:1 Counselling, English	Some counsellors offering sliding scale rates - contact to inquire	Clinic also has Crime Victim Assistance Program (CVAP) counsellors for folks who have counselling funding through CVAP

Sam Kaplan	Email Connect@expressivewellness.ca Website https://www.expressivewellness.ca/sam.html	1:1 Counselling - English and Spanish	8 pro bono sessions for Filipino folks, as well as for non-Filipino folks in attendance who are impacted and finances are a barrier to accessing supports.	Languages: English, Spanish Works alongside a practicum student program & some have capacity to provide no-cost sessions as well
Strive Counselling William Lee	Email william@strivecounselling.ca Website https://www.strivecounselling.ca/	One session of 1:1 counselling	Free	Offering only for <ol style="list-style-type: none"> 1. victims and witnesses of the incident 2. loved ones who those impacted 3. first responders and healthcare workers Flexible sliding scale options for those who may need longer term therapy is also available

Health and Wellness

Name	Contact Information	Offerings	Cost	Notes
Recovery Room YVR	Email saschalo1@gmail.com Phone 604 338 8114 Website https://www.recoveryroomyvr.com/	One 60 minute session of RMT	Free	Offering for <ol style="list-style-type: none"> 1. victims/witnesses of the incident 2. Loved ones of those impacted 3. Healthcare workers and first responders <p>“For longer term care we would evaluate what supports each individual has in terms of extended health benefits, their current financial situation, and indicated treatment plan”</p>
North Shore Art Therapy	Email amberlie@northshorearttherapy.ca Instagram https://www.instagram.com/p/DI9RvrEvtW1/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFlZA==	Art therapy for the Filipino Community on Sunday, May 11 4-6pm	Free	All ages welcome. Hosted by art therapists Amberlie and Bjorn. Can welcome 8 participants per group session. <p>“Offering a space for expression and healing through art at no cost for those in the Filipino community who</p>

				may benefit from a space to create, connect, and find support together.”
Reform Physiotherapy and Health	Email admin@reformpt.ca Website https://reformpt.ca/	6 sessions per individual with physiotherapist Vic Edangal	Free	Offering for those who have been injured in the incident, especially those with fractures and chronic issues
CRCL Crisis Responders	Website https://crcl.ca/	Online	Free	CRCL is a mobile, community-led service that provides mental health support to people 13 years and older who are experiencing a mental health crisis.
Multicultural Mental Health	Website http://multiculturalmentalhealth.ca	Resource List	Resource List	Links to culturally relevant mental health and wellness information and resources
Sound Bath		Sound Bath	Free	Free sound bath on April 28 and 29 for friends and communities impacted by the tragic events at Lapu Lapu Festival