



# Practical Tools for Positive Mental Health

Presented By: Dr. Lisa van Bussel, Geriatric Psychiatrist

Hosted By: Kate Landreth, Education Lead with FCBC

# Webinar Instructions

- Everyone will remain muted and cameras will be off
- You will be prompted to reflect and provide feedback through the presentation – please use the ‘Chat box feature
- There will be a 10-minute question period at the end. Please use the Q and A feature to ask questions anytime and the questions will be responded to during the question portion.

# TERRITORIAL ACKNOWLEDGEMENT

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Family Caregivers  
of British Columbia

# Family Caregivers of BC

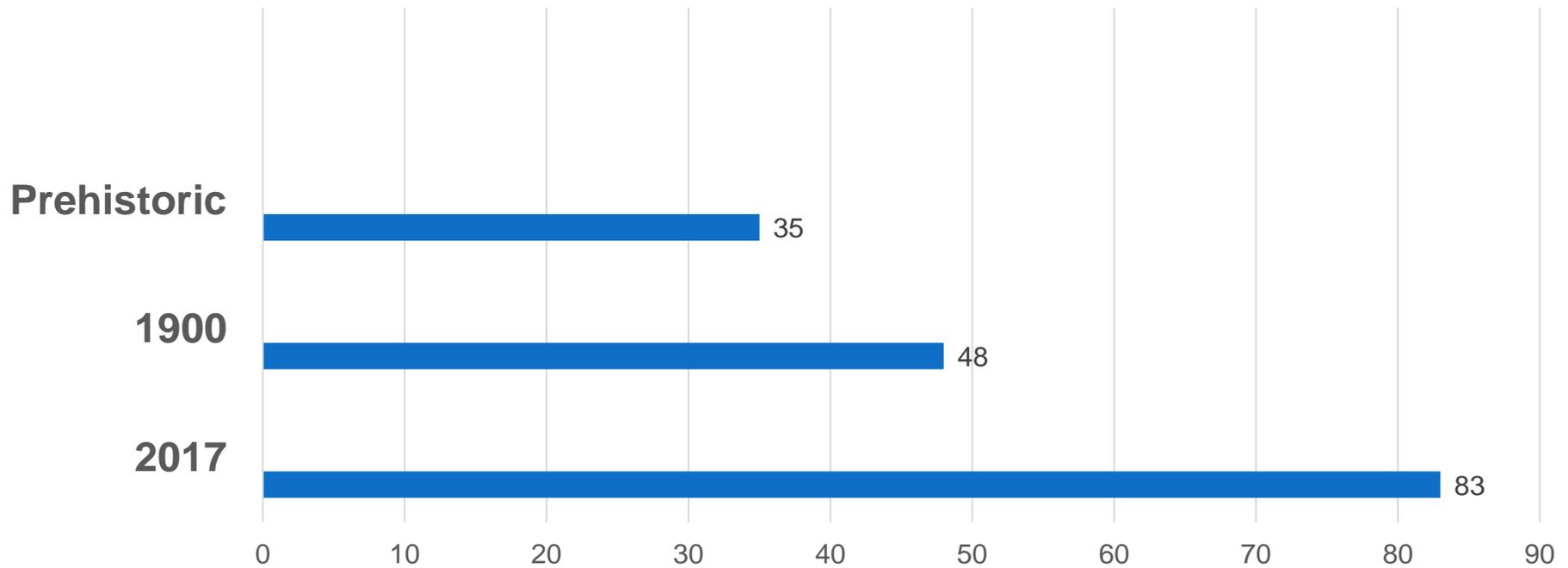
- Family Caregivers of BC (FCBC) is a non-profit charity dedicated 100% to the well being of family caregivers
- 30 years – 1st of its kind in Canada & only 3 provincial organizations across Canada
- Serving across BC since 2010, past 5 years as part of the Ministry of Health's Patients as Partners Initiative
- Three pillars include, caregiver support, education and engagement and collaboration

# Learning Objectives

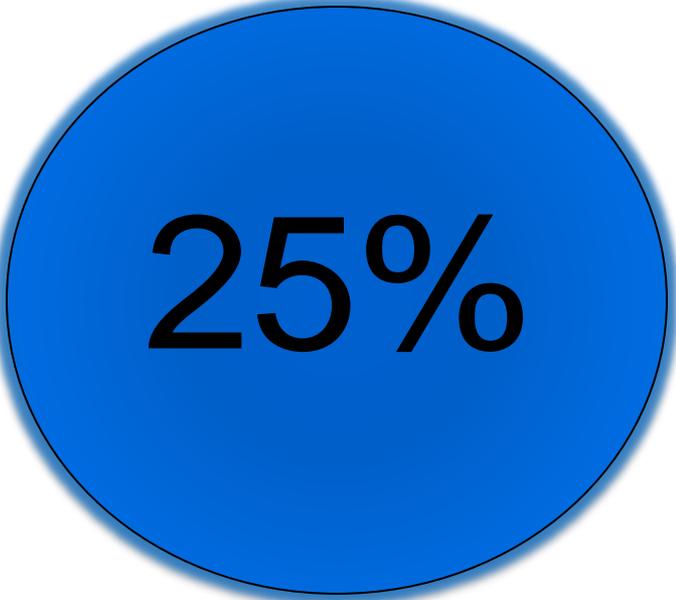
You will learn:

- The importance of positive aging
- How to promote brain health by modifying 5 key health behaviours
- How to set a SMART goal
- Where to find easy-to-use tools that will help you promote health and well-being

# Context: A Brief History of Human Longevity

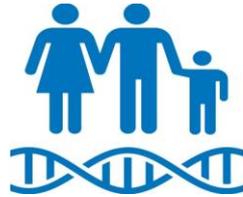


# What % of longevity is genetic?



25%

McGue et al (1993) 0.22  
Herskind et al (1996) **0.25**  
Ljungquist et al (1998) <0.33



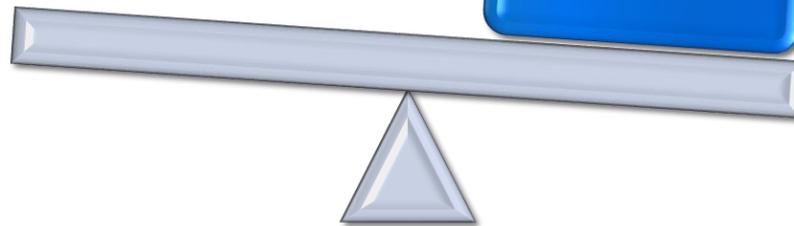
Inherited  
Genes

Epigenetic  
Factors

Lifestyle

Outlook

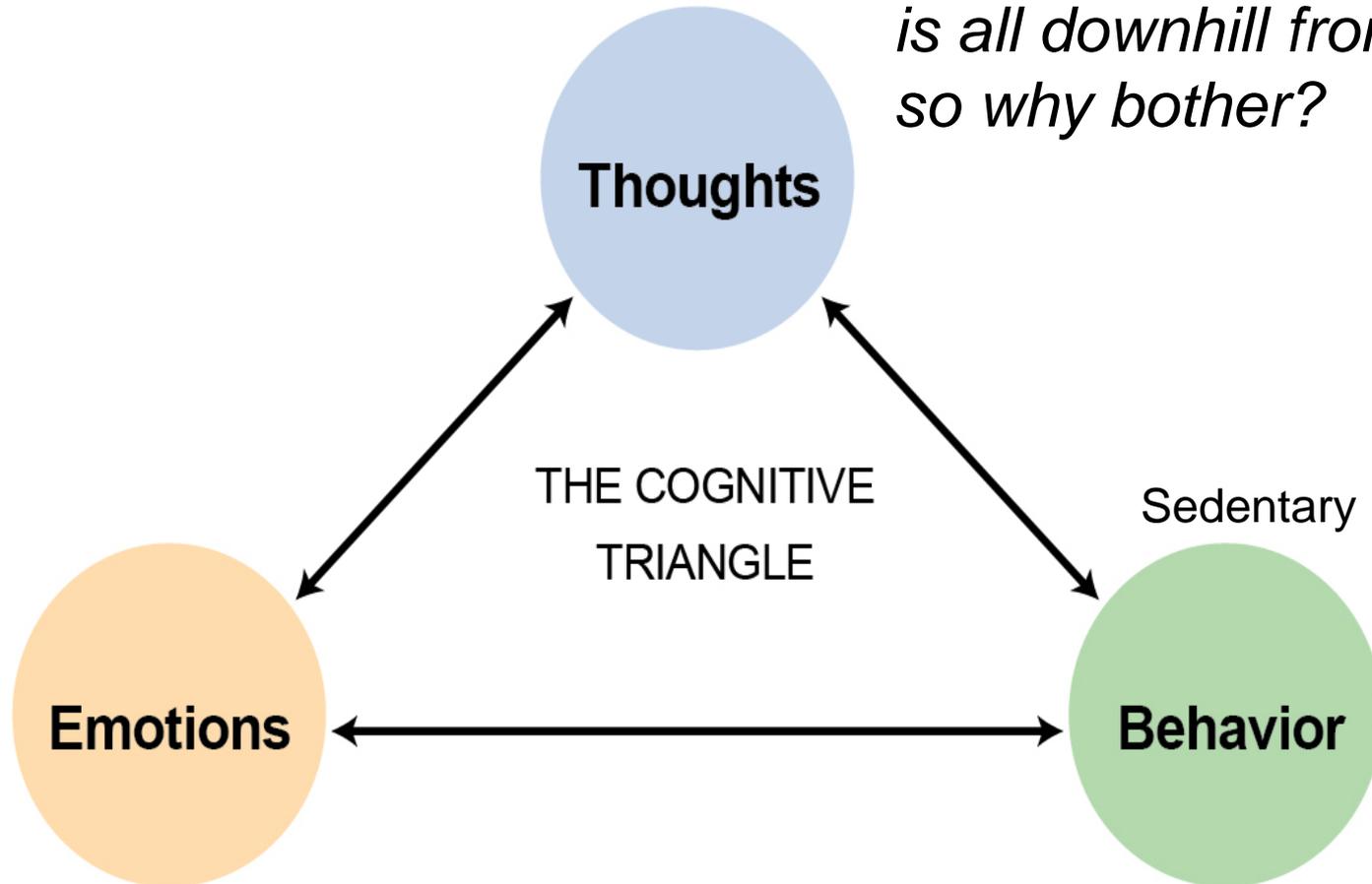
Environment



How can positive psychiatry apply to aging?

# Cognitive Behaviour Therapy

*I'm over the hill now – it is all downhill from here, so why bother?*





# Robert Marchand

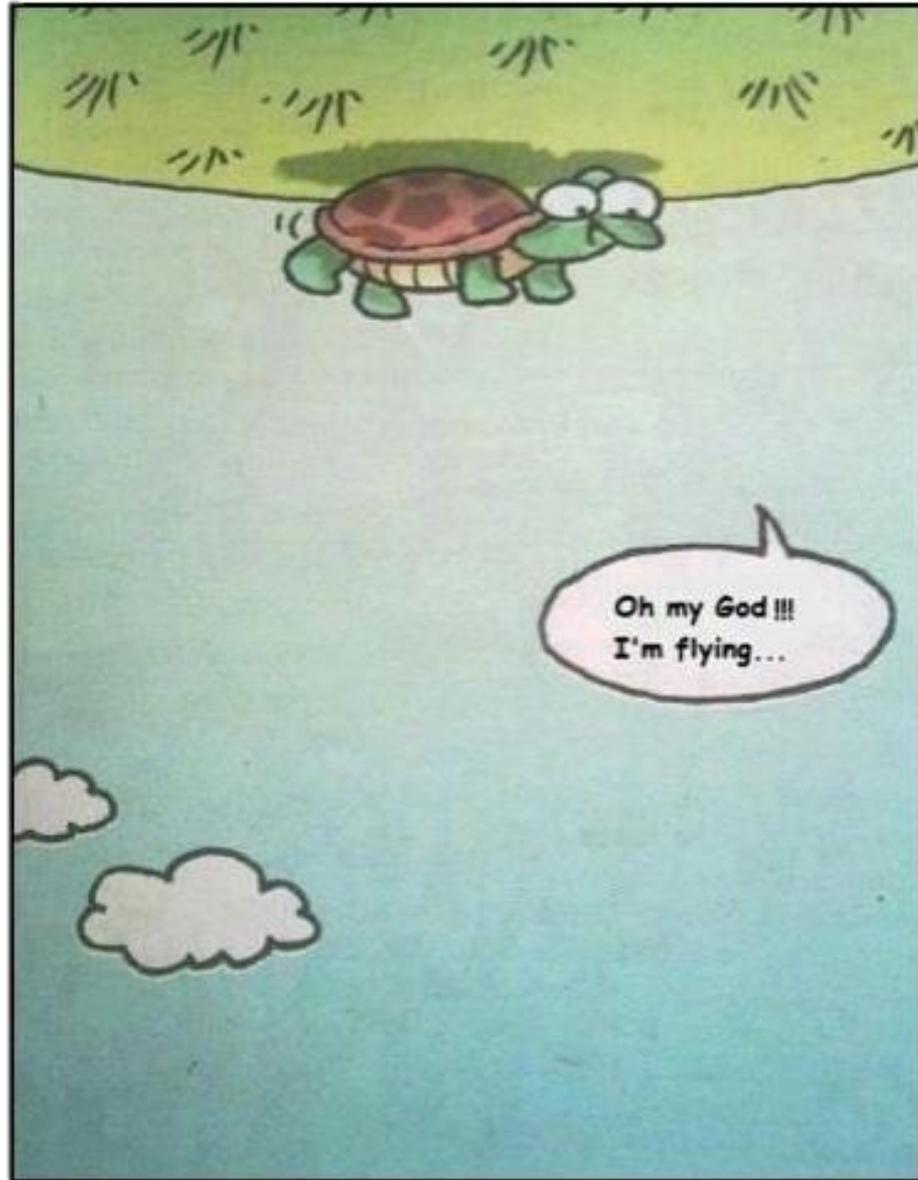


# What Builds Resilience?



# Cognitive Flexibility *and* Optimism





Oh my God!!!  
I'm flying...

# Key Ingredients of Resilient (POSITIVE) Thinking



**Cognitive Flexibility** : the ability to focus on what is changeable in challenging situations. It's about the ability to shift focus away from ruminations about what we can't change and stay present



**Optimism**: not of a rose-coloured glasses variety, but a willingness to see beyond problems and look for what is good in ourselves and others, for what is meaningful, even in very difficult situations.

Positive thinking is correlated with other key  
protective factors  
such as

higher reported

happiness,

strong relationships

and problem-solving skills

*(Kobau et al. 2011, Southwick et al. 2015)*

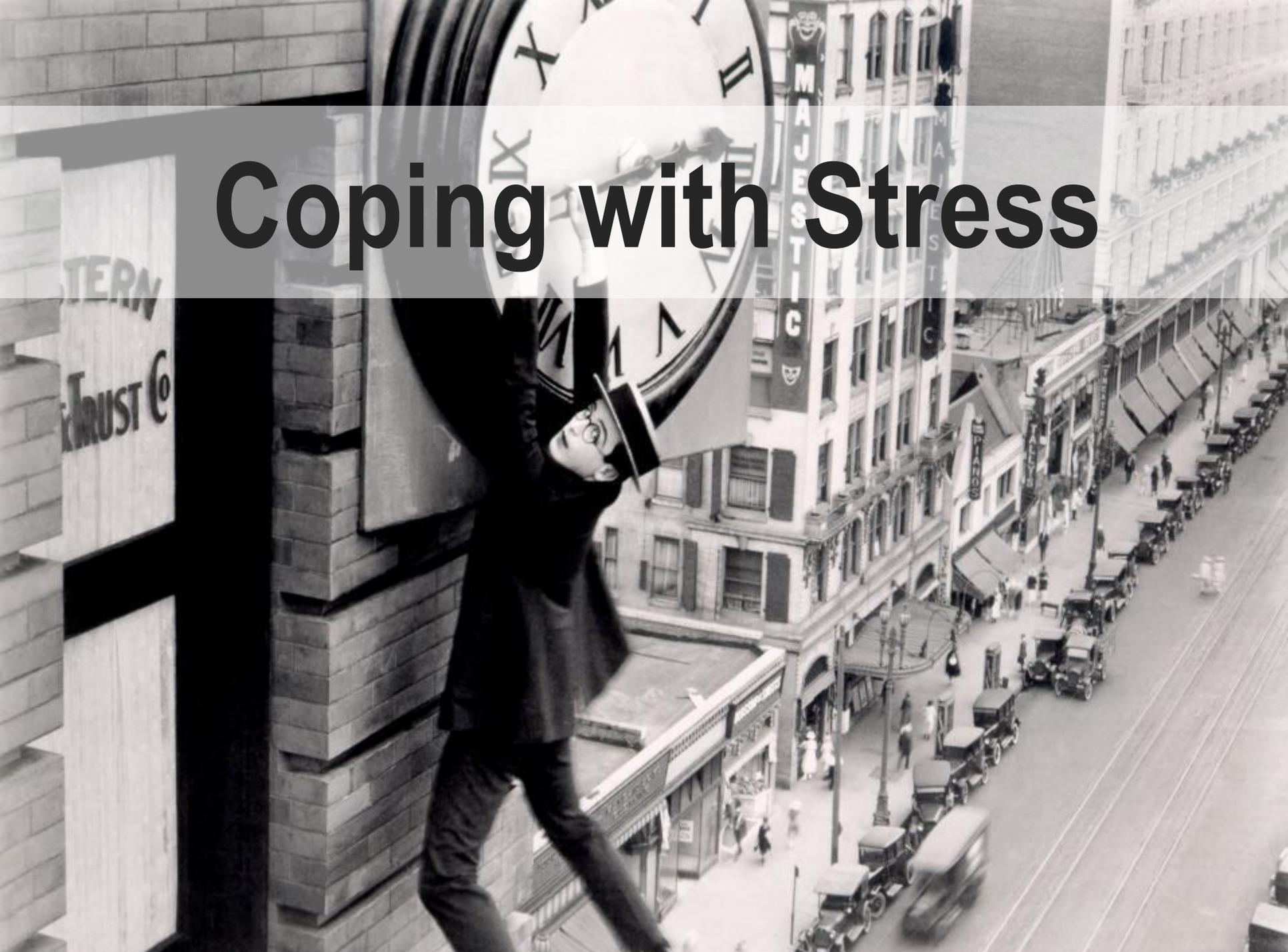


fountain of health

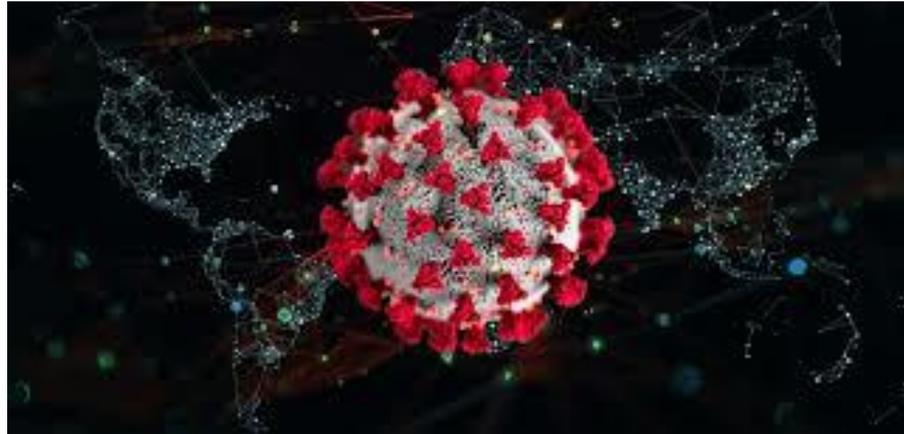


*"Don't' believe everything you think"*

# Coping with Stress



# COVID-19 Context: Global Impact



## **Global abrupt loss of “normalcy”**

We have all been knocked off our feet by this pandemic –

## **Disruption of everyone’s behavioural norms & routines:**

Work, finances, parenting, school, social connections, relationships, vacations, exercise, hygiene..

# Can We Promote Our Wellbeing in the Face of Stress?

**“Psychological PPE”**



# Fountain of Health Initiative

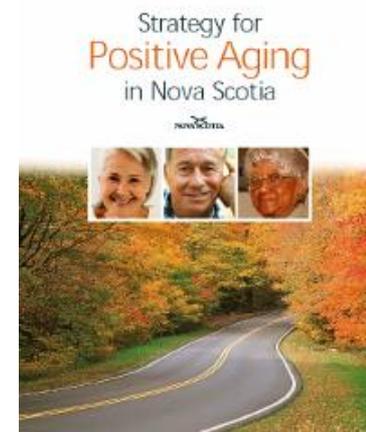
[www.fountainofhealth.ca](http://www.fountainofhealth.ca)



fountain *of* health

# What is the Fountain of Health?

- Canadian initiative – national non-profit
- Translates science of brain neuroplasticity & resilience to:
  - Public
  - Healthcare providers
- Promote brain health by modifying 5 key health behaviours:
  - **Tools clinical practice to promote health**
  - **Move beyond illness treatment**
- Supports optimal aging movement:
  - Age Friendly Communities



# Optimal Health & Resilience Over the Lifespan



Positive Thinking



Social Activity



Physical Activity



Brain Challenge



Mental Health

# What Correlates With Longer Life?

- A. Having low weight, low blood pressure or low cholesterol?
- B. Being a non-smoker or someone who exercises?
- C. Thinking you've aged well?

# What Correlates With Longer Life?

- A. Having low weight, low blood pressure or low cholesterol
- B. Being a non-smoker or someone who exercises
- C. Thinking you have aged well
  - Positive self-perceptions of aging = 7.5 years!

# Positive Views and Walking

S. Wurm et al, 2009



# Physical Activity



# Physical Activity



- Best promoter of brain neuroplasticity across lifespan
- All forms of physical activity help:
  - Mild to vigorous
  - Strength or cardiovascular
  - Avoidance of sedentary behaviors

Bogdan Draganski et al. Neuroplasticity: Changes in grey matter induced by training. *Nature* 427, January 2004.

Nagamatsu LS, et al. Resistance training promotes cognitive and functional brain plasticity in seniors with probable mild cognitive impairment. *Arch Intern Med* 2012.

Rockwood K, et al. Physical activity and the maintenance of cognitive function. *Alzheimers Dementia* 2007.

# Physical Activity and Cognition



- Regular moderate exercise (60 minutes 3x per week) resulted in improved cognitive function in older adults

Tseng et al 2013

- Regular physical activity can reduce risk of dementia by up to 30%

Norton et al 2014

# Sedentary Behavior and Depression

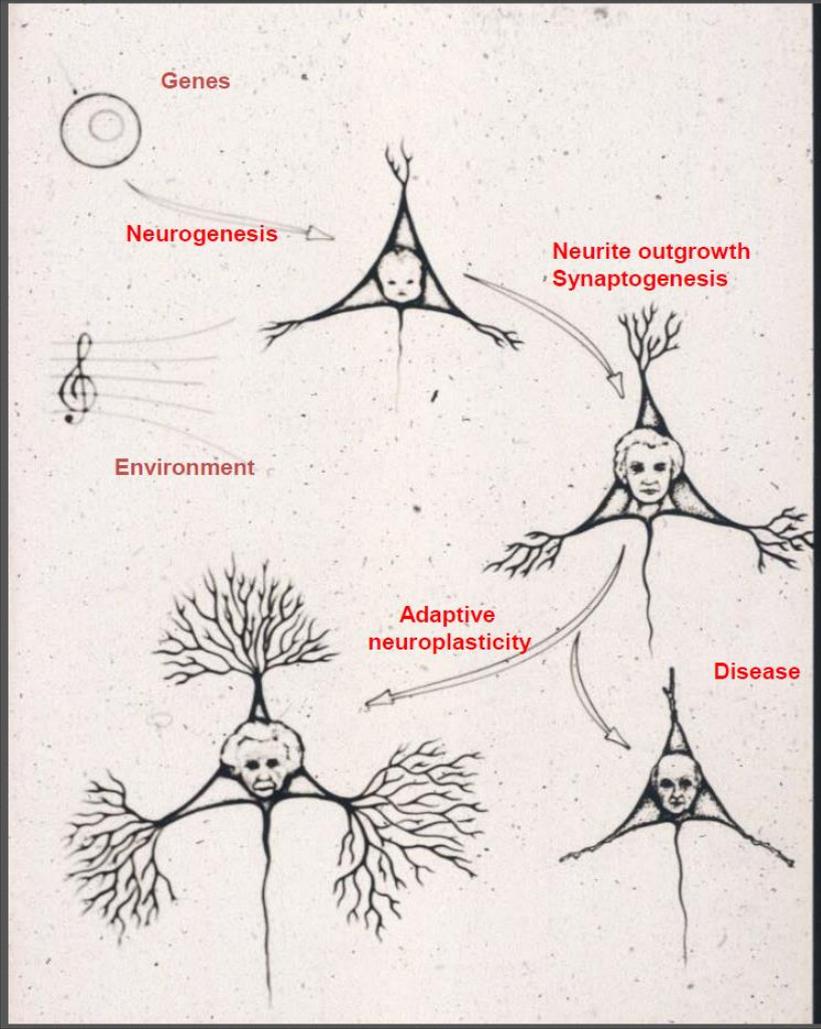
Sedentary behavior correlated with a 25% increased risk of depression in 193,166 subjects

# Physical Activity and Mood



- Improves mood
- Treats mild to moderate depression

# Neuroplasticity continues across the lifespan



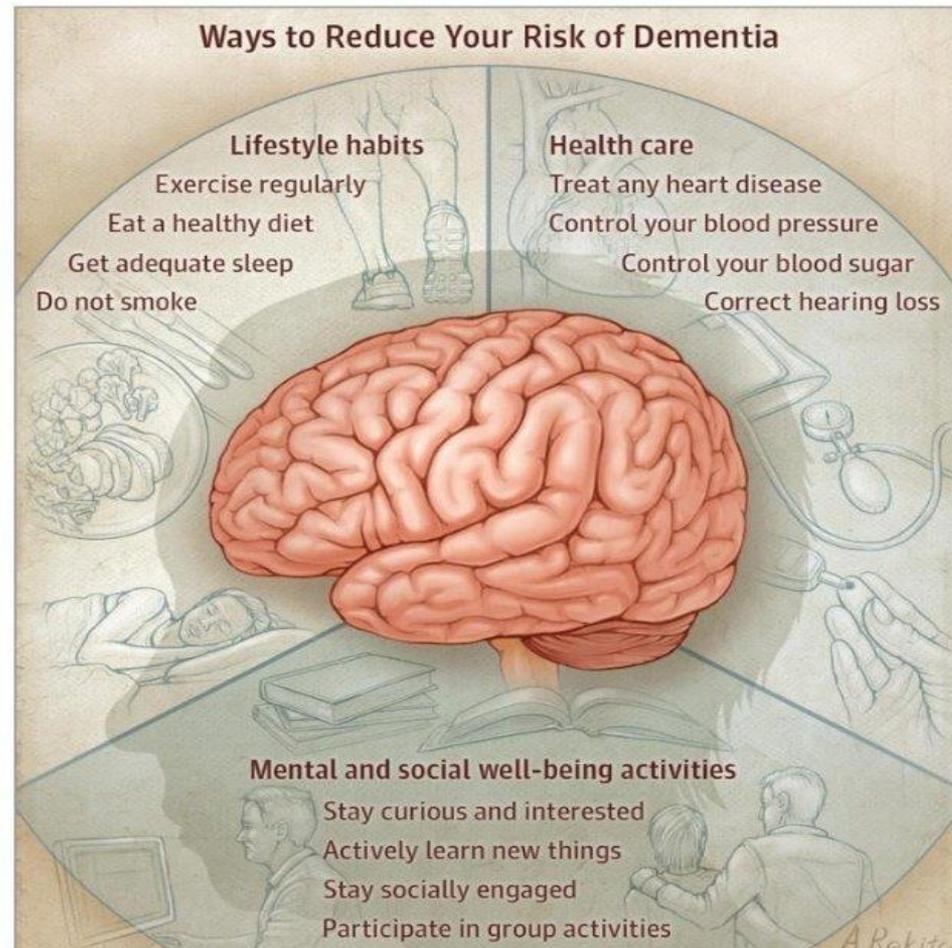
# Brain Challenge



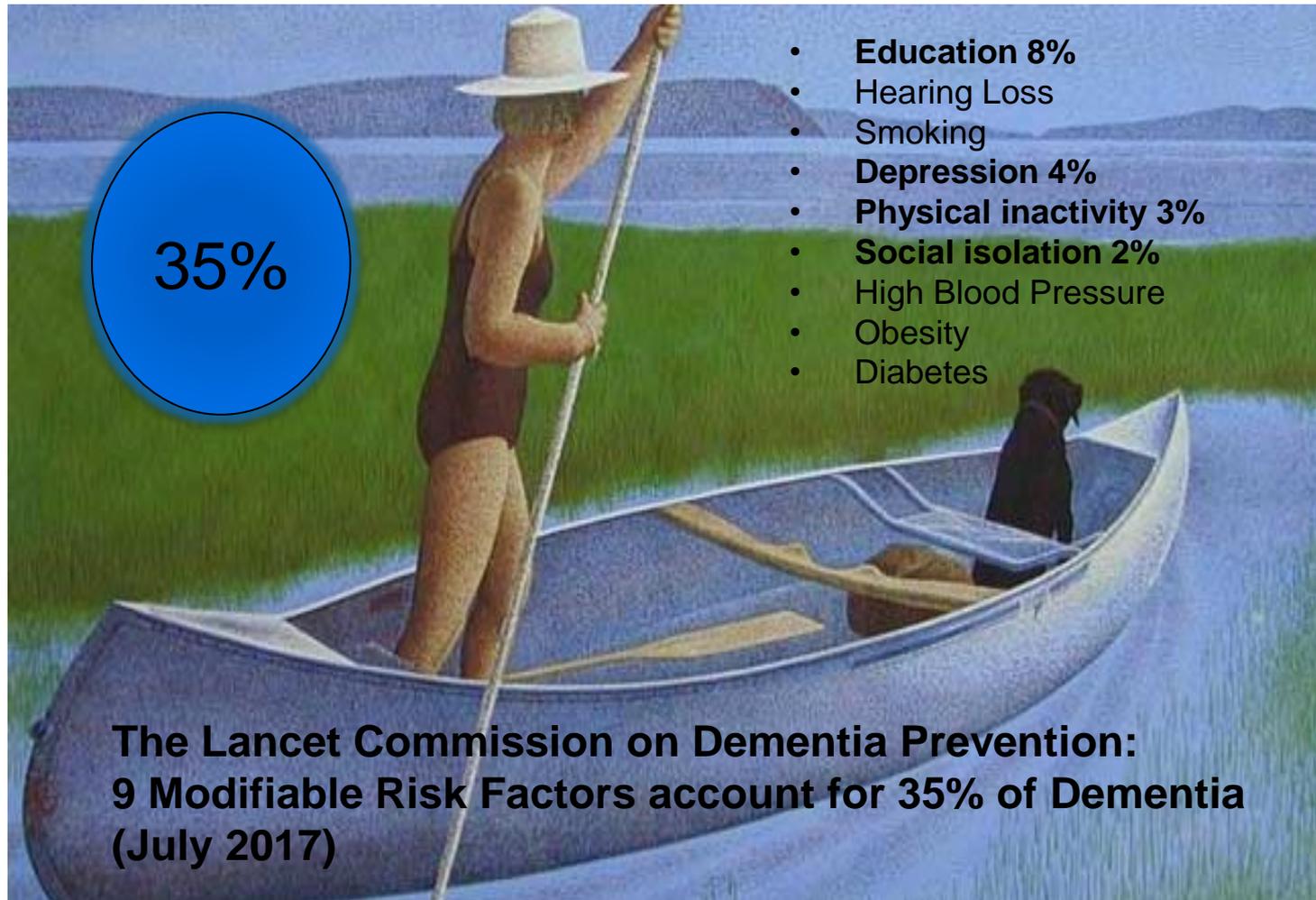
- Cognitive activity promotes neuroplasticity
- **Complex and novel** activities most helpful
- Higher education lowers risk of dementia

# Reducing Risk of Dementia in Older Age

JAMA May 16, 2017



# Dementia Prevention: Combined Lifestyle Factors



<http://www.thelancet.com/commissions/dementia2017>

# Attachment, Social Contact & Resilience



# Harvard Study of Adult Development



At age 50, **secure relationships** were the single most predictive variable related to **well-being** over 25 years regardless of background

# Loneliness and Social Isolation



- Health risks associated with loneliness are of similar magnitude to smoking and obesity (House et al., 2001)
- Socially isolated elderly have higher rates of infection, depression and cognitive decline (Pressman et al., 2005)



# Loneliness and Health

- 20,007 participants of the Swiss Health Survey 2012 (SHS)
- Lonely individuals were more often affected by
  - self-reported chronic diseases
  - high cholesterol levels and diabetes
  - **Moderate and high psychological distress**
  - **Depression**
  - **Impaired self-perceived health**
  - **Unhealthy lifestyle factors**

# Social Connections Matter



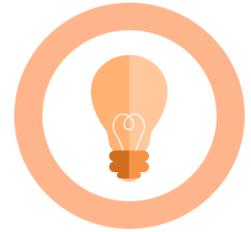
Having someone “in your corner”:

- A trusted confidant
- Someone who “has your back”



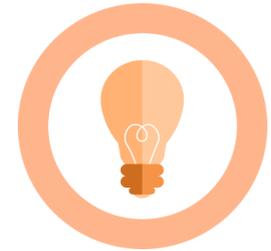
People who wonder  
whether the  
glass is half  
empty or  
half full  
miss the  
point. The  
glass is refillable.

# Cognitively Shifting to Positivism from Disease Paradigm



- To feel good and enjoy life more - Rather than *to address negative thinking and prevent depression/anxiety relapse*
- To have fun hiking/walking/time in nature; keep up with kids/ grandkids - Rather than *to reduce sedentary behavior and depression/dementia risks*
- To enjoy more time with family/friends - Rather than *to avoid social isolation as a depression/dementia risk factor*
- To get satisfaction from learning new things - Rather than *to increase hippocampal volume and promote "cognitive reserve" to mitigate subsequent risk of dementia*

# Cultivating Gratitude & Self-Compassion



**Gratitude:** Appreciation of what is valuable and meaningful to oneself- a general state of thankfulness and/or appreciation

- Sansone Psychiatry 2020 (positive psychology)
- *Gratitude exercises: Write a gratitude letter, keeping a gratitude journal, counting blessings (ABCs)*

**Self-compassion:** Kind self-talk– speaking to yourself as though you are your own best friend.

- *Self-compassion resources:* <https://self-compassion.org>  
- Dr. Kristin Neff

# 5 Happiness Interventions



- 1) Regularly setting aside time to recall moments of gratitude (i.e., keeping a journal in which one “counts one’s blessings” or writing gratitude letters)
- 2) Engaging in self-regulatory and positive thinking about oneself (i.e., reflecting, writing, and talking about one’s happiest and unhappiest life events or one’s goals for the future),
- 3) Practicing altruism and kindness (i.e., routinely committing acts of kindness or trying to make a loved one happy)
- 4) Affirming one’s most important values
- 5) Savoring positive experiences (e.g., using one’s five senses to relish daily moments or living this month like it’s one’s last in a particular location)

[Boehm, Lyubomirsky, & Sheldon, 2011](#); [Layous, Lee, Choi, & Lyubomirsky, 2103](#); [Lyubomirsky, Dickerhoof, Boehm, & Sheldon, 2011](#); [Lyubomirsky, Sousa, & Dickerhoof, 2006](#);

# The Relaxation Response

- Coping strategies when facing stress:
  - Deep breathing
  - Positive self-talk
  - Non- avoidance & problem solving
- Relaxation Response:
  - Yoga (CANMAT guidelines for tx of depression)
  - Mindfulness- “MBSR”
  - Relaxation Techniques- Progressive Muscle Relaxation
- Sleep Hygiene



# “Rest & Digest”: Sleep & Nutrition

## Sleep & Brain Health

Good sleep quality improves coping & mood

Evidence-based sleep strategies: <https://mysleepwell.ca>



## Nutrition & Brain Health

Vegetable oils (olive oil, nuts)

Green/colorful vegetables

dark-coloured berries are good brain health.

Resources: [Canada's Food Guides and Healthy Eating](#) and [Brain Health Foods](#) and <https://www.hsph.harvard.edu/nutritionsource/>



# Canadian Mental Health e-Resources

- [Canadian Mental Health Association](#)
- [Positive mental health and well-being](#)
- [Mental Health Commission of Canada](#)
- [Canadian Coalition for Seniors' Mental Health](#)
- [Fountain of Health Association](#)
- [Mental health promotion](#)
- [Best practices: Interventions](#)
- [Bullying](#)
- [Measuring Positive Mental Health in Canada: Myths and Facts](#)
- [Measuring Positive Mental Health in Canada: Social support](#)
- [Here to Help \(BC Mental Health Resource\)](#)



# Fountain of Health Initiative

[www.fountainofhealth.ca](http://www.fountainofhealth.ca)



fountain *of* health

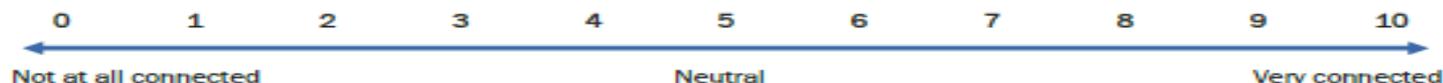
How do you feel about your health?



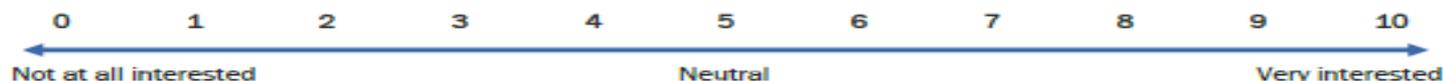
## Health & Resilience Pre-Questionnaire

Find out how you are doing in key areas for your long-term health:  
(circle **one** number for each question below)

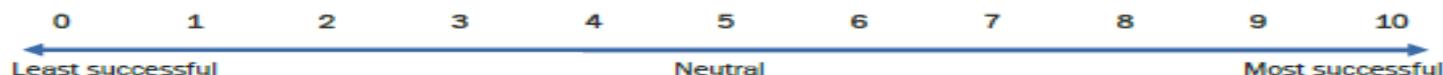
1. How would you rate yourself in terms of being socially connected to others?



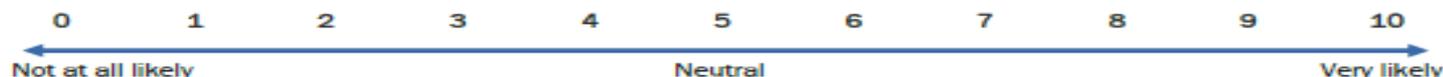
2. How would you rate yourself in terms of being interested in learning new things?



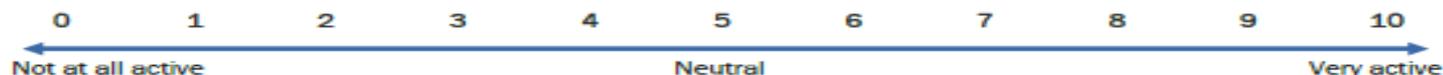
3. Using your own definition, how would you rate yourself in terms of successful aging?



4. How would you rate yourself in terms of how likely you are to seek mental health help if you needed it?



5. How would you rate yourself in terms of being physically active?



Patient's Initials: \_\_\_\_\_ Date (MM/DD/YY): \_\_\_\_\_ Total Score: \_\_\_\_\_ /50

# On a scale of 1 to 10...

1. How would you rate yourself in terms of being socially connected to others?
2. How would you rate yourself in terms of being interested in learning new things?
3. Using your own definition, how would you rate yourself in terms of successful aging?
4. How would you rate yourself in terms of how likely you are to seek mental health help if you needed it?
5. How would you rate yourself in terms of being physically active?



Positive Thinking



Social Activity



Physical Activity



Brain Challenge



Mental Health

How would you rate yourself in terms of being socially connected to others?

1. Not at all connected
10. Very connected

# How would you rate yourself in terms of being interested in learning new things?

- 1. Not at all interested
- 10. Very interested

Using your own definition, how would you rate yourself in terms of successful aging?

1. Least successful
10. Most successful

How would you rate yourself in terms of how likely you are to seek mental health help if you needed it?

1. Not at all likely
10. Very likely

# How would you rate yourself in terms of being physically active?

- 1. Not at all active
- 10. Very active

# 5 Prescriptions for healthy aging



Positive Thinking



Social Activity



Physical Activity



Brain Challenge



Mental Health



# What are *S.M.A.R.T.* Goals?

**Specific** - What concrete step will you take?

**Measurable** - How can success be measured?

**Action-Oriented** - What action or behaviour is needed?

**Realistic** - How realistic is it to accomplish?

**Time-Limited** - When will it be done? (what time, day, how often)

# Questions to Hone a S.M.A.R.T. Goal

- **How realistic** is this goal for you in the next few weeks?
- **When is the last time** you did... (this activity at this intensity)?
- **How confident** are you that you'll accomplish this goal?
- **What times of day/ week** are most feasible for this goal?
- **What are some of the barriers** you expect you'll face in doing this goal? What might increase your odds of success?
- **How likely** is it that you will actually do this?

# Examples of small S.M.A.R.T. Goals



## **PHYSICAL ACTIVITY**

Walk to the mailbox 3 times a week for one week

Get up during the ads in the 6 o'clock news 4 times a week



## **SOCIAL ACTIVITY**

Call a friend or family member once a week

Set up a coffee date once in the next 4 weeks



## **BRAIN CHALLENGE**

Read the paper 3 mornings a week

Listen to a radio program twice a week



## **Other – Mental Health and Positive Thinking**

Attend yoga class once a week for 4 weeks

Write in a gratitude journal twice a week for 4 weeks

Try out the Wellness App!  
Log in at [www.fountainofhealth.ca](http://www.fountainofhealth.ca) or  
<https://wellnessapp.ca>



fountain of health

[Home](#) [About](#) [Wellbeing](#) [Make it Your Own](#)

*Research shows that there are five actions you can take to maximize your health and happiness no matter what your age.*



TRY OUT  
THE APP!

5  
THINGS YOU  
CAN DO

TAKE THE  
QUIZ

# Wellness App Features:

- Health and Resilience Questionnaire
- SMART goal-setting
- Readiness assessment using red, yellow and green light responses
- Daily encouragement
- Daily check-in calendar
- Useful links for online resources for insomnia (CBTi), anxiety and stress management, online beginner meditation, yoga, nutrition, Exercise is Medicine, 23 ½ Hours, TED Talk and FoH video on optimal aging

### The Wellness App

 My Profile

 My Goal

 Daily Check-in  
Calendar

 **5 Wellness Areas**

 **Encouragement**

 **Resources**

 Sign Out

 Fountain of Health

 Terms of Use



## Hello & Welcome

The Wellness App invites you to rewire your health habits for long-term wellness!



fountain of health

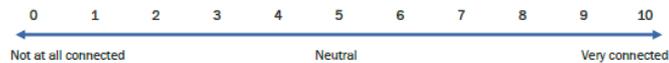
# Step 1 – Assess: Get a Health and Resilience Baseline



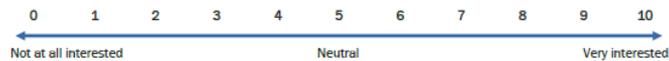
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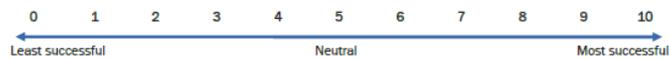
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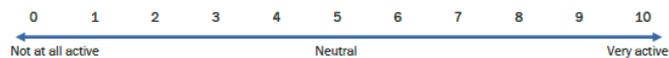
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Patient's Initials: \_\_\_\_\_ Date (MM/DD/YY): \_\_\_\_\_ Total Score: \_\_\_\_\_/50

The Brain Health & Wellness Project  
App: wellnessapp.ca Email: info@wellnessapp.ca Toll free line: 1-833-722-2151 Fax: 888-456-9440  
Clinicians are welcome to photocopy forms, but may not modify them without permission.  
Copyright © 2019 Fountain of Health™ [www.fountainofhealth.ca](http://www.fountainofhealth.ca)

PAPER

## The Wellness App

- My Profile
- My Goal**
- Daily Check-in Calendar
- 5 Wellness Areas
- Encouragement
- Resources
- Sign Out
- Fountain of Health
- Terms of Use

## Health and Resilience Questionnaire

This is how you rated yourself recently. You can adjust any of your answers if you wish, and then click save.

Click on the scales below and rate how you are doing in our 5 key wellness areas. Drag or click the marker to select one number for your self-rating in each area.

How physically active are you?\*



How socially connected to others are you?\*



How interested in learning new things are you?\*



How would you rate your own wellbeing at this point in your life?\*



How likely you are to seek mental health help if you needed it?\*



Total Score: 41

Submit

APP

# STEP 2 – Invite:

## Small Health Behaviour Change

**Invite** yourself to make a small health behaviour change in ONE area:

*Physical Activity*



*Social Activity*



*Brain Challenge*



(Or another of your choosing: nutrition, yoga, mindfulness)

## The Wellness App

 My Profile

 **My Goal**

 Daily Check-in  
Calendar

 5 Wellness Areas

 Encouragement

 Resources

 Sign Out

 Fountain of Health

 Terms of Use



## My Goal

The Wellness App invites you to rewire your health habits for long-term wellness!

Small changes over time can make a great difference to your health. The App is here to help you set your own small doable goals, and receive encouragement along the way. Would you like to get started?

[Let's Get Started!](#)



# Write Down a Goal

## The Wellness App

**fountain of health** Add to Home Screen

**The Wellness App**

- My Profile
- My Goal
- Daily Check-In Calendar
- 5 Wellness Areas
  - Physical Activity**
  - Social Activity
  - Brain Challenge
  - Positive Thinking
  - Mental Health
- Encouragement
- Resources
- Sign Out
- Fountain of Health
- Terms of Use

### Physical Activity

Staying physically active is key for our health. Research shows that our brains can continue to make new connections throughout our lifetime. Physical activity helps optimize brain health and physical wellness at any age.

Current recommendations are for 150 minutes of physical activity per week (for example, 30 minutes 5 days a week). The good news is you just have to move! Remember, any kind of activity is good for our health!

**Here Are Some Great Exercise Ideas:**

- Get out for a walk with a friend or colleague.
- Take the stairs more often at home or at work.
- Get up in-between commercials when watching television.
- Use an exercise bike when watching the news or go for a bike ride outside.

**Ready... Set...Goal!**

If you have not set a goal yet, consider setting a Physical Activity goal. Talk to your healthcare provider to ensure the goal you set is safe for you to do.

Remember, the more Specific, Measurable and Realistic your goal is, the more likely it is to achieve it.

Learn more about setting **S.M.A.R.T. goals** or get some **Encouragement**

## Paper



### The Brain Health & Wellness Project Take Home Goal Sheet



Did you know that your family genes account for only 25% of your longevity? Lifestyle changes can have a much bigger impact!

You are invited to Jumpstart your health today by setting one small goal in one key area:

**Physical Activity:** Simply moving and being active will benefit your health. Light physical activity for 15 mins a day can increase life expectancy by 3 years. Talk with your healthcare provider to be sure the activity you choose is safe for you to do.

Examples: Walk indoors/outside, take the stairs, use weights or bands, garden, hike, run or try out an exercise class

OR

**Social Connection:** Being socially active improves health and well-being; loneliness can be as bad for your health as smoking.

Examples: Call a family member, meet a friend for coffee, attend church, a lecture or concert, join a group or volunteer

OR

**Brain Challenge:** Challenging your brain with new learning can reduce your dementia risk by up to 35%.

Examples: Visit the library, listen to music, attend a lecture or audit a class, search online or try a new language or instrument, play cards

OR

**Other activities:** Positive Thinking and taking care of Mental Health through yoga, mindfulness or healthy can improve overall well-being.

Examples: Meditate, eat more fruits and vegetables, try out a yoga class, write in a gratitude journal, get more rest

Date: (MM/DD/YY): \_\_\_\_\_

MY GOAL: Record one goal and note when you will do it. (e.g. Walk 15 min, 2x/week for 4 weeks):

Goal: \_\_\_\_\_

**What if I don't achieve the goal I set?** This is entirely normal! You might want to switch it up completely or set a smaller goal.

**No goal is too small!** Small changes can lead to big health benefits over time. If interested, register to use **The Wellness App** ([wellnessapp.ca](http://wellnessapp.ca)), free on any device.

# Goal-Tracking on App

**fountain of health**

**The Wellness App**

- My Profile
- My Goal
- Daily Check-in Calendar**
- Logout
- Visit the Fountain of Health

**5 Key Areas**

- Physical Activity
- Social Activity
- Brain Challenge
- Positive Thinking
- Mental Health

**Resources**

## Daily Check-in and Goal Tracking Calendar

Good to see you Beverley! This page allows you to track your goal or get some encouragement to work on it today.

Check-in: Are you ready to work on your goal today? \*

READY MAYBE NOT READY I DID IT!

Sep 09, 2018

If you have already completed your goal, please log it on the tracking calendar.

**Physical Activity**

Current Goal: Exercise upper body three times a week

**fountain of health**

**The Wellness App**

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**5 Key Areas**

- Physical Activity
- Social Activity
- Brain Challenge
- Positive Thinking
- Mental Health

**Resources**

If you have already completed your goal, please log it on the tracking calendar by clicking on the day:

**Physical Activity**

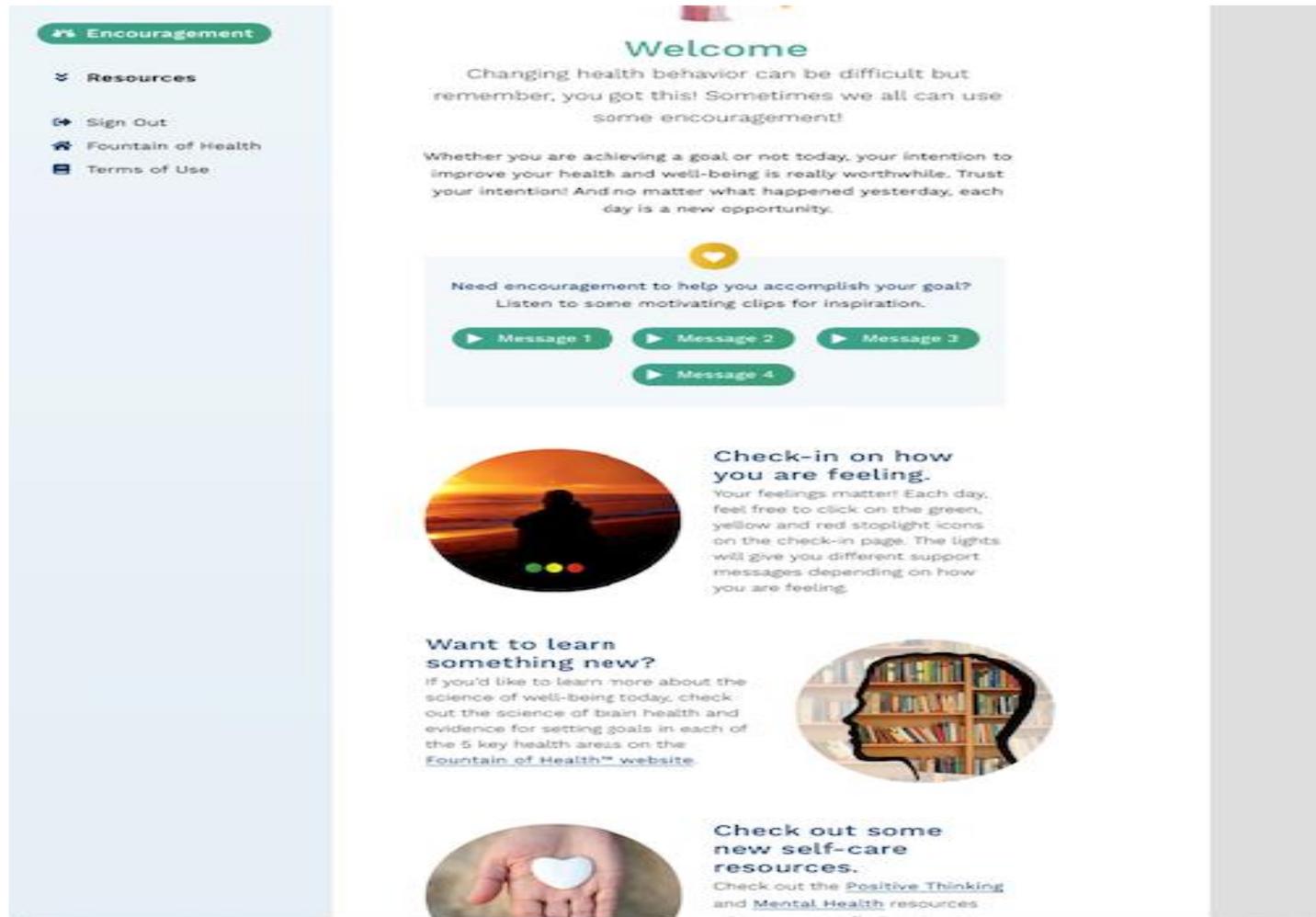
Current Goal: Exercise upper body three times a week

today September 2018

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22

App users receive support, reminders & encouragement. They can track progress & print

# Encouragement Section with Audio Supports



The screenshot shows a website interface for an 'Encouragement' section. On the left is a navigation sidebar with a green header 'Encouragement' and menu items: 'Resources', 'Sign Out', 'Fountain of Health', and 'Terms of Use'. The main content area features a 'Welcome' message, a section for audio messages, and three informational cards.

**Encouragement**

- Resources
- Sign Out
- Fountain of Health
- Terms of Use

## Welcome

Changing health behavior can be difficult but remember, you got this! Sometimes we all can use some encouragement!

Whether you are achieving a goal or not today, your intention to improve your health and well-being is really worthwhile. Trust your intention! And no matter what happened yesterday, each day is a new opportunity.

Need encouragement to help you accomplish your goal? Listen to some motivating clips for inspiration.

- Message 1
- Message 2
- Message 3
- Message 4

### Check-in on how you are feeling.

Your feelings matter! Each day, feel free to click on the green, yellow and red stoplight icons on the check-in page. The lights will give you different support messages depending on how you are feeling.

### Want to learn something new?

If you'd like to learn more about the science of well-being today, check out the science of brain health and evidence for setting goals in each of the 5 key health areas on the [Fountain of Health™ website](#).

### Check out some new self-care resources.

Check out the [Positive Thinking and Mental Health](#) resources.

## Step 3 – Track Progress: Goal Follow Up at 4 weeks

- Appreciate progress
- Consider barriers to change
- Repeat!

**My Goal**

Daily Check-in  
Calendar

5 Wellness Areas

Encouragement

Resources

Sign Out

Fountain of Health

Terms of Use



## Your 4 Week Checkout

Jody Burry, Congratulations on completing 4 weeks of work on your health goal!



It looks as if you partially achieved your goal.  
Awesome job!  
Remember, no goal is ever too small and you're moving in a great direction for your health.



**Current 4-Week Goal: Social Activity**  
Your S.M.A.R.T. goal for Social Activity is to get coffee with a friend twice a week.



# Barriers to “Health Promotion”

Common Concerns reported by **Clinicians**:

- *I don't have the time*
- *I don't have the training*
- *This is not my area-- I'm an expert in disease, not “health promotion” – that's someone else's job*
- *My patients are too sick for this*
- *I counsel people all the time, but they don't follow through*
- *I find I just can't get my patients to “do” things for their health*

**Which do you think is the #1 concern?**

# Barriers to Health Promotion or Self-Care

Concerns reported by **Patients/ Clients:**

- *I am too .... (busy, stressed, old, sick) to do anything*
- *This isn't relevant for me or my medical situation*
- *It's too late for this to make a difference for me*
- *If I try this, I will fail/ let people down*
- *This goal is too small to matter*

**Which do you think is the #1 concern?**

# So, Does This Work?

- Tested in three clinical trial phases, with over 500 patients.
- Goal attainment over 4 and 8 week periods have shown that **an average of 80% of patients who use the FoH tools to set a goal are at least partially, completely or able to even exceed the health goal they set in one of 5 key health areas**

## Paper Tool Users

### Well-Being

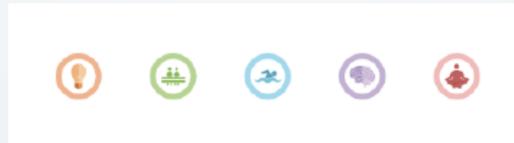
85% experienced at least some change in well-being

### Goal Attainment

89% at least partially completed their goal

#### Goals set by domain

Physical Activity:	57%
Social Activity:	18%
Brain Challenge:	10%
Mental Health:	11%
Positive Thinking:	4%



## Wellness App Users

### Well-Being

80% experienced at least some change in well-being

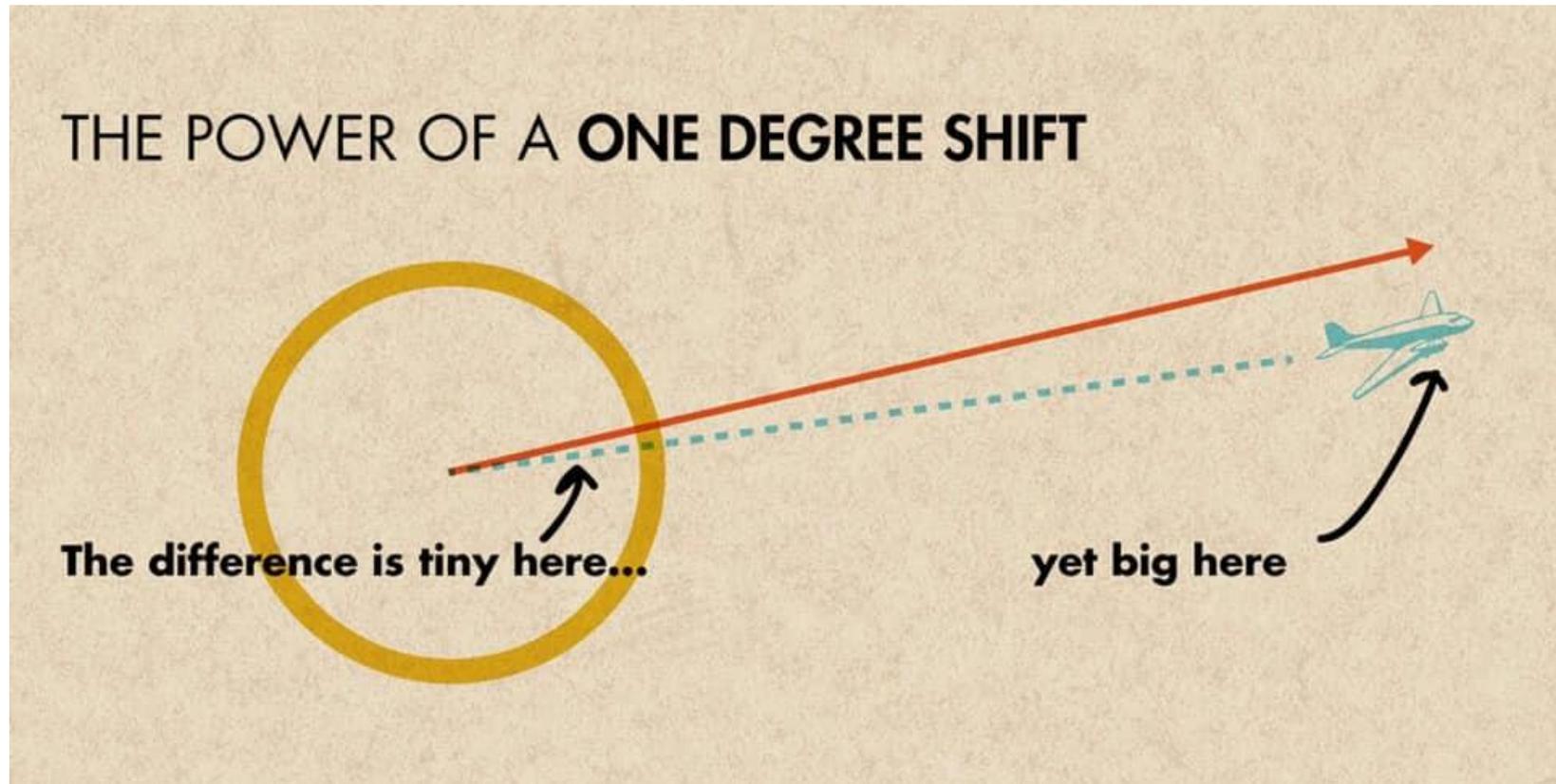
### Goal Attainment

90% at least partially completed their goal

#### Goals set by domain

Physical Activity:	62%
Social Activity:	12%
Brain Challenge:	8%
Mental Health:	9%
Positive Thinking:	9%

# Small Meaningful Changes Matter Over Time: The One Degree Effect



Try out the Wellness App!  
Log in at [www.fountainofhealth.ca](http://www.fountainofhealth.ca) or  
<https://wellnessapp.ca>



fountain of health

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*Research shows that there are five actions you can take to maximize your health and happiness no matter what your age.*



TRY OUT  
THE APP!

5  
THINGS YOU  
CAN DO

TAKE THE  
QUIZ

# FCBC Resources

## Caregiver Toll-Free Support Line

- 1-877-520-3267
- 1-1 Emotional Support
- Help with navigating the health care system
- Access to support groups
- Referral to community resources

## Caregiver Education

- Caregiver Connection Newsletter
- FCBC Monthly Enews
- Caregiver Tips and Tools (webinars, articles, podcast, booklets)
- FCBC Social Media (FB Lives and YouTube Channel)



**Family Caregivers  
of British Columbia**

[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

# Here to Help Resource



[www.here to help.bc.ca](http://www.here to help.bc.ca) is a BC resource that provides mental health and substance use information.

Thank you and be well!