

## **iCON Chinese Health Forum 安康線上中文健康講座** **Take Charge of Your Health: Living Well Together with** **Diabetes**

**掌管您的健康：與糖尿病共存!**

### **常見資源 General Resources**

#### **HealthLink BC**

- Diabetes: Taking Care of Your Feet (English only)
- [Diabetes: Taking Care of Your Feet | HealthLink BC](#)
- What is Diabetes (English only)
- [Diabetes | HealthLink BC](#)
- 致電 Call: 8-1-1
- 每天 24 小時提供卑詩省醫療保健系統的信息，設有中文。Open 24/7, speak to a health service navigator, who can connect you directly with a nurse, dietitian, exercise professional, or pharmacist. Chinese speakers are available.
- 網站和短片 Website and video: [About 8-1-1 | HealthLink BC](#)

#### **卑詩省家庭照顧者中心 Family Caregivers of BC**

- 照顧者熱線 Caregiver Support Line: 1-877-520-3267

#### **維多利亞大學 Self-Management B.C., University of Victoria**

- 慢性病自我管理計劃 Self-Management Program
- 網站 Website: <https://www.selfmanagementbc.ca/>
- 2 型糖尿病自我管理計劃 Type 2 Diabetes self-management program
- 網站 Website: <https://www.selfmanagementbc.ca/diabetesprogram>
- 如需相關中文資訊，請致電或電郵：604-940-8967 / [mckang@uvic.ca](mailto:mckang@uvic.ca)

## 卑詩省長者指南 BC Seniors Guide

- 網站 Website: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorbc/seniors-related-initiatives/bc-seniors-guide>
- 中文版 Chinese Version:
- [BC Seniors' Guide - 12th Edition \(gov.bc.ca\)](#)

## 加拿大糖尿病協會 Diabetes Canada

- 網站 Website: [Canada needs a nation-wide diabetes strategy now - Diabetes Canada](#)
- 指南 Guidelines: [Diabetes Canada | Clinical Practice Guidelines - Home](#)
- 中文資源 Chinese Resources: [Diabetes Canada | Clinical Practice Guidelines - 中文資源](#)
- 網絡研討會 webinars (英語 English): [Webinars - Diabetes Canada](#)
- National Peer Connect Program: Type 2 Diabetes (English only): [National Peer Connect Program: Type 2 Diabetes - Diabetes Canada](#)
- 均衡飲食餐盤 The Balanced Food Plate (2021, Nov)
- [The Balanced Food Plate with food pics Nov 19 2021 CHT \(diabetes.ca\)](#)

## 加拿大食品指南 Canada Food Guide

- 中文資源: <https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/snapshot/languages/traditional-chinese-chinois-traditionnel.html>

## BC Children's Hospital Endocrinology & Diabetes Unit

- Blood Glucose Response from Food Groups (2020, Jun), English only:
- <http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/glycemic.pdf>

## Forum for Injection Technique (FIT)

- 注射信息和講義 Injection information and handouts:
- [FIT4Diabetes :: FIT Technique Plus](#)
- 如需相關中文資訊，請電郵：[info@FIT4diabetes.com](mailto:info@FIT4diabetes.com)

## 菲沙衛生局患者教育資源 Fraser Health Patient Education Resource

- 網站 Website: <https://patienteduc.fraserhealth.ca/>
- 可選擇不同語言並搜尋相關資訊

## BC PharmaCare

- 網站 Website (English only): [BC PharmaCare: Get help paying for medications and medical supplies - Province of British Columbia \(gov.bc.ca\)](#)

## Coverage for insulin pumps

- 網站 Website (English only): [Government expanding coverage for insulin pumps, eliminating age restriction | BC Gov News](#)

## Fair PharmaCare plan 卑詩公平藥物補助計劃

- 網站 Website (英文 English): [Fair PharmaCare plan - Province of British Columbia \(gov.bc.ca\)](#)
- 網站 Website (繁體中文 Traditional Chinese): [fpc01-tch.pdf \(gov.bc.ca\)](#)
- 網站 Website (简体中文 Simplified Chinese): [fpc01-sch.pdf \(gov.bc.ca\)](#)

## Coverage for Dexcom G6 continuous glucose monitor

- 網站 Website (English only): [Expanded medical device coverage for people with diabetes | BC Gov News](#)

## Biosimilars Initiative for patients

- 網站 Website (English only): [Biosimilars Initiative for patients - Province of British Columbia \(gov.bc.ca\)](#)

## Lower Mainland Foot Care Nurses Association

- 網站 Website: [Lower Mainland Foot Care Nurses Association \(lmfna.ca\)](#)
- 可搜尋足部護理護士 Search for a Foot Care Nurse:
- [Member Directory / Search – Lower Mainland Foot Care Nurses Association \(lmfna.ca\)](#)

## Wounds Canada

- 網站 Website: [Home - Wounds Canada](#)
- 可搜尋相關中文資訊

## British Columbia Podiatric Medical Association

- 網站 Website: [BC Podiatric Medical Association \(bcpodiatrists.ca\)](#)
- 可搜尋社區內的足科醫生

## 戒煙計劃 Smoking cessation program: Quit Now BC

- 網站 Website: [QuitNow.ca](http://QuitNow.ca) | [Where people come to quit smoking.](#)

## 危機及防止自殺熱線 Crisis Intervention and Suicide Prevention Line

- 全天候 24 小時運作 available 24 hours a day, 7 days a week
- (大溫地區 Greater Vancouver) 604 872-3311
- (免費熱線 toll-free) 1 800 SUICIDE (784-2433)

## 310 心理健康支持熱線 310 Mental Health Support Line

- 提供情緒支援和心理健康等資訊 Provides emotional support, information, and resources
- ( 無需撥地區字頭 An area code is not needed ) 310-6789

## Here to Help BC

- 網站 Website: [www.heretohelpbc.ca](http://www.heretohelpbc.ca)
- 相關中文資訊: [Other Languages](#) | [Here to Help](#)

## 加拿大心理衛生協會 The Canadian Mental Health Association (CMHA)

- 網站 Website: [CMHA British Columbia – Mental Health for All](#)
- 「重振旗鼓」情緒處理計劃 “Bounce Back Program”
- 網站 Website: [Bounceback \(bouncebackbc.ca\)](http://Bounceback(bouncebackbc.ca))
- 致電 Call: 1-866-639-0522

## Anxiety Canada

- 網站 Website: [Home - Anxiety Canada](#)
- 「給成人的焦慮計畫」 “My Anxiety Plan for Adults” (English only)
- 網站 Website: [Anxiety Canada – MAPS](#)

## 加拿大情緒障礙學會 Mood Disorders Society of Canada

- 網站 Website: [Homepage - DepressionHurts.ca](http://Homepage - DepressionHurts.ca)
- 簡體中文網站 Simplified Chinese Website: <https://depressionhurts.ca/zh-hans/>

## 酒精及藥物資訊以及轉介服務

### The Alcohol & Drug Information and Referral Service

- 網站 Website (English only): [Alcohol & Drug Information Referral Service | HealthLink BC](#)
- 全天候 24 小時運作 available 24 hours a day, 7 days a week
- 多種語言選擇 Multiple languages
- (低陸平原 Lower Mainland) 604 660-9382
- (免費熱線 toll-free) 1 800 663-1441