

健康生活、健康心臟!

Healthy Living, Healthy Heart!

社區資源 Community Resources

卑詩健康資訊 HealthLink BC

電話 Call: 8-1-1

健康服務響導（每天24小時提供卑詩省醫療保健系統的信息，設有中文服務）助您查找健康資訊和服務，聯絡註冊護理師、運動專家、藥劑師或註冊營養師。

A health services navigator (available 24/7 and Chinese speakers are available) can find you health information and services or provide a connections to a Registered Nurse, Exercise Professional, Pharmacist or Registered Dietitian.

網頁 Website:

- 心臟健康生活方式 Heart Healthy Lifestyle (英文版本 English version):
www.healthlinkbc.ca/healthy-eating-physical-activity/conditions/heart/heart-healthy-lifestyle
- 搜尋您所在地區的健康服務 To find health services in your area (英文版本 English version): www.healthlinkbc.ca/health-services/search-services-your-area
- Fitness: Adding More Activity to Your Life (英文版本 English version):
<https://www.healthlinkbc.ca/healthy-eating-physical-activity/being-active/getting-started/fitness-adding-more-activity-your>

使用應用程式 Use App:

(Available on App Store, Google Play, or Microsoft store)

(可於 App Store、Google Play 或 Microsoft store 網路商店免費下載)



HealthLinkBC
BC Health Service Locator
Province of British Columbia

健康生活、健康心臟! Healthy Living, Healthy Heart!

社區資源 Community Resources

維多利亞大學慢性病自我管理計劃 UVicSelf-Management Program

電話 Call: 604-940-8967 (Courtney Kang)

設有中文服務 Chinese speakers are available

網頁 Website: <https://www.selfmanagementbc.ca/>

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

網頁 Website: <https://www.familycaregiversbc.ca/>

卑詩省長者指南 BC Senior's Guide

網站 Website:

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

附有中文版本 Traditional Chinese version available

電子健康記錄 - BC 省 Health Gateway British Columbia

網站 Website:

www2.gov.bc.ca/gov/content/health/managing-your-health/health-gateway

健康生活、健康心臟!

Healthy Living, Healthy Heart!

社區資源 Community Resources

加拿大心臟及中風基金會 Heart & Stroke Canada

網站 Website:

<https://www.heartandstroke.ca/>

(英文及法文 English and France available)

電話 Call: 1-888-473-4636

星期一至五, 上午8時30分至下午5時 (當地時間)

Mon. – Fri. 8:30 a.m. – 5 p.m. (local time)

發布刊物 Publications:

- **心臟衰竭基本常識 Understanding heart failure** (繁體中文版 Traditional Chinese):
<https://www.heartandstroke.ca/-/media/pdf-files/canada/other/understand-hf-trad-chin-final.pdf?rev=16ee4f38b143461d8a2a88f7d14b658e>
- **Living well with heart disease** (英文版本 English version):
<https://www.heartandstroke.ca/-/media/pdf-files/canada/2017-lwwhd/livingwellwheartdisease-en.pdf?rev=f7b5ff16728a49eb8aeae8997ceaa82f>
- **Living with heart failure** (英文版本 English version):
<https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-living-with-heart-failure.pdf?rev=ab51db41a11c40d6b765a2084bf60d43>

社區資源 Community Resources

加拿大心臟及中風基金會 Heart & Stroke Canada

發布刊物 Publications:

- **Are you at risk for heart disease or stroke?** (英文版本 English version):
<https://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/en-are-you-at-risk.pdf?rev=38dc60b961244b63b96abf89c8ef89fb>
- **Managing your blood pressure** (英文版本 English version):
<https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-managing-your-blood-pressure.pdf?rev=ad8b90f1eccc4f389360a6d51ba83bf9>
- **How to manage your cholesterol** (英文版本 English version):
<https://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/amgencholesterol-broch-en-web.pdf?rev=0c636ce3f776419885bcf0e2f398d247>
- **Talking to your doctor** (英文版本 English version):
<https://www.heartandstroke.ca/-/media/pdf-files/canada/2018-heart-month/f21-talktoyourdoctor-en-v3.pdf?rev=02d607aba15e407793a9a54c30c60f9d>

加拿大婦女心臟健康中心 Canadian Women's Heart Health Centre

網站 Website: <https://cwhhc.ottawaheart.ca/>

(英文及法文 English and France available)

電郵 Email: cwhhc@ottawaheart.ca

健康生活、健康心臟!

Healthy Living, Healthy Heart!

社區資源 Community Resources

加拿大高血壓協會 Hypertension Canada

網站 Website: <https://hypertension.ca/public>
(英文及法文 English and France available)

卑詩省指引和協議諮詢委員會患者指南：管理高血壓

B.C. Guidelines and Protocols Advisory Committee Patient Guide: Management of Hypertension

網站 Website:
<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/hypertension>

戒煙 QuitNow.ca

網站 Website: <https://quitnow.ca/>
電話 Call: 1-877-455-2233 (免費 toll-free)

當地醫療資源 Local medical resources

- 家庭醫生
- 內科專家
- 心臟病專家
- 心房顫動門診
- Family doctors
- Internal Medicine specialists
- Cardiologists
- Atrial Fibrillation Clinic

社區資源 Community Resources

當地醫療資源 Local medical resources

- 溫哥華綜合醫院(VGH)
- 聖保祿醫院 (SPH)
- 皇家哥倫比亞醫院 (RCH)
- Vancouver General Hospital (VGH)
- St. Paul's Hospital (SPH)
- Royal Columbian Hospital (RCH)

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

電話 Call: 604 872-3311 (大溫地區) / 1-800-784-2433 (免費 toll-free)

全天候24小時無間斷運作 Available 24 hours a day, 7 days a week

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

電話 Call: 310-6789 (無需撥字頭/區號 An area code is not needed)

提供情緒和心理健康支持

Provides emotional support, information, and resources for mental health related concerns.

心理健康及物質使用資訊 Mental Health and Substance Use Information

網站 Website:

<https://www.heretohelp.bc.ca/>

一個由推廣心理健康及物質使用資訊的非牟利組織所成立的網址。內含有關維持良好心理健康的要點、物質使用問題及整體健康的知識。

This resource provides information about maintaining good mental health, provides information, tips and resources for self management of mental illness, excessive drinking or use of other substances as well as general wellness.

健康生活、健康心臟!

Healthy Living, Healthy Heart!

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

電話 Call: 1-866-658-1221

網站 Website: <https://cmha.ca/>

「重振旗鼓」情緒處理計劃 “Bounce Back Program”

網站 Website: <https://bouncebackbc.ca/>

該計劃有助提升心理健康。教學光碟附有英語、普通話及廣東話，學習工作簿材料可選英語和廣東話。

It is for depression and anxiety and to improve your mental health. Instructional DVDs are available in English, Mandarin and Cantonese and the Workbook is available in English and Cantonese.

Anxiety B.C

網站 Website: <https://www.anxietycanada.com/>

「成人自我了解焦慮課程」 My Anxiety Plan (MAP) for Adults

<https://maps.anxietycanada.com/courses/anxiety-plan-for-adults/>

是一項免費線上工具，讓你逐步了解和管理焦慮情感的方法。

It is a free online tool which is a step-by-step guide to managing your anxiety.

Depressionhurts.ca

網站 Website (簡體中文 Simplified Chinese): <https://depressionhurts.ca/zh-hans/>

網站 Website (英文 English): <https://depressionhurts.ca/en/>

抑鬱症症狀一覽表 Symptoms checklist for depression:

(簡體中文 Simplified Chinese) <https://depressionhurts.ca/zh-hans/checklist/>

(英文 English) <https://depressionhurts.ca/en/could-it-be-depression/>

社區資源 Community Resources

Guideline and Protocol Advisory Committee (GPAC) for depression

網站 Website:

<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/depression-in-adults>

酒精及藥物資訊以及轉介服務

The Alcohol & Drug Information and Referral Service

電話 Call: 1-800-663-1441 / 604-660-9382 (低陸平原 lower mainland)

全天候24小時接聽電話，設有多種語言服務。

Assistance is available 24 hours a day, 7 days a week and in multiple languages.

網站 Website: <https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service>

 www.iconproject.org

 icon.support@ubc.ca



歡迎掃描二維碼訂閱「安康」通訊，定時接收最新活動消息和健康生活資訊。

Please scan the QR code to join iCON mailing list and receive upcoming event news and healthy living tips.

