



# Recovery After Critical Illness

A guide for patients, caregivers and families



**CRITICAL CARE BC**  
Provincial Health Services Authority

October 2025

When you or your loved one is very ill, they may go to the Intensive Care Unit, a High Acuity Unit, or a Critical Care Unit. For this booklet, we call these units 'Critical Care'. When a person needs Critical Care, those closest to them are affected. This can be a stressful experience for both the patient and their family. We define family as anyone the patient sees as important. They are key partners in care.

In this booklet, we encourage you to reach out to a health care provider, like a Family Physician or Nurse Practitioner. We recognize that many people in BC do not have access to either. In some cases, a specialist or Community Health Representative connects people to provide similar support.

For residents of British Columbia who need a family doctor or nurse practitioner, please register using the Health Connect Registry [hcr.healthlinkbc.ca/s/](https://hcr.healthlinkbc.ca/s/)

BC residents can also contact HealthLink BC using the 8-1-1 toll-free number (if you are hearing impaired, call 7-1-1). Talk to a health service guide for help. They can give you info on how to find a Family Physician, Nurse Practitioner, Community Health Representative, or other health resources in your area. In this document, we refer to these roles as 'health care provider'.

Pharmacists and Dietitians are also available by calling 8-1-1. Pharmacists in BC are now able to support treatment of minor ailments and medication related concerns. More information on expanded Pharmacist services can be found here - <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/pharmacy-services#pharmacisthelp>

Critical Care BC adapted this guide with permission from Fraser Health Authority (FHA) Critical Care Network. The original content was created by FHA with input from researchers, health care providers, recovering patients and their families. Patient partners, families, health care providers, key partners and researchers in British Columbia have provided and approved the revisions. [The most recent version of this document is available here.](#)

Critical Care BC (CCBC) is a Health Improvement Network with the Provincial Health Services Authority (PHSA). It aims to achieve health equity for critically ill patients in British Columbia (BC).

CCBC brings together provincial experts, regional leaders and community and lived experience partners to identify opportunities for province wide solutions and resources, such as this Recovery After Critical Illness Guide, available across BC.

As part of PHSA, CCBC is committed to respecting the experiences of diverse peoples, decreasing inequities (based on race, sexual orientation, gender, ethnicity, religion, age, disability, geography, culture, income, education and sex), addressing systemic racism and discrimination (Provincial Health Services Authority, 2022).



## Land acknowledgement

The Critical Care BC office is located on the traditional and ancestral lands of the Musqueam, Squamish, and Tsleil-Waututh Nations. We acknowledge the traditional and ancestral lands and territories of First Nations throughout BC, where we and our partners support care, work, live, and play. We also acknowledge the generations of First Nations, Métis, and Inuit from elsewhere who call these lands and waters home.

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## Recovery at home after critical illness

Going home after Critical Care can be a good step. However, it can also be tough and emotional for you and your family. Be aware of possible difficulties. These can include physical, mental, and emotional challenges. Ongoing medical needs, sleep issues, and changes in appetite are also important to note.

Adjusting to new daily routines can take time. This includes medication schedules, physical therapy, and medical appointments. Patients and caregivers might need to plan and organize their daily routines in a new way. Asking other people for help and support is important when returning home. You and your loved one will likely need more help than you first thought you would.

Caregivers often struggle when a loved one leaves Critical Care. They can take on tasks such as managing medications and helping with mobility. They also go to medical appointments and offer emotional support. This often happens with little preparation or help. This can be a challenging experience for both the body and the mind. Caregivers may feel stress, isolation, or uncertainty as they navigate a new role. Caregivers need to recognize their own needs. They should seek support and take steps for their well-being. This is key in the recovery journey.

Watch this short video to learn more about your recovery:  
<https://youtu.be/1uEEHudpTRs?si=tYCDvQrMjF-SVMIy>



### Key considerations during recovery

- Recovery is a gradual process. It's normal if you can't do everything you used to do right away.
- Don't hesitate to ask for help from friends and family while you regain your strength.
  - We suggest when friends or family offer help, that you accept if able.
  - After getting better, patients and families often say this when they think about their experience.
- Focus on doing things at your own pace, begin with small steps and increase your efforts over time.
- Find your balance between activity and rest.
- Prioritize key tasks, like work or childcare. Let less urgent ones wait until you're ready.
- Contact your Health Care Provider to see a Respiratory Therapist (RT), a Physiotherapist (PT), an Occupational Therapist (OT), a Registered Dietitian (RD), a Social Worker (SW), Pharmacist or Speech Language Pathologist (SLP) in the community for specific concerns.  
**Note:** it may take some time to get an appointment.
- If seen by PT or OT in hospital, refer to guidance provided and continue your home exercises. A health care provider may refer you to a Home Health if appropriate.

## Resources you may need after discharge from the hospital

Open communication with health care providers can make recovery smoother.

**Medical equipment:** Speak to your nurse, physiotherapist or occupational therapist about medical equipment rentals in your community. They can help you with payment supports if you qualify.

**Mental health support:** Critical illness is a traumatic event for everyone involved.

It is normal to feel stressed, anxious and tired. This can harm our physical well-being and affect our interactions with others. You might care less about sexual connections than before. This can change things for both you and your partner.

Many survivors of critical illness think about their mortality. They often wonder what they'll do if they get sick again. Your health care provider can help you with conversations about serious illness and Advanced Care Planning.

This support prepares you and your family for future challenges.

It can help to talk with someone and share your concerns. A hospital social worker or a spiritual health practitioner can support you through this if you're still in the hospital. Once at home, let your health care provider know if you would like to talk with someone.

## Potential challenges during recovery

Recovery from a critical illness takes time. It depends on several factors. These include the length and severity of your illness. Also, consider if your illness requires lifestyle changes.

Many people make a full recovery, but it can take months to years. Some people might need medication and further treatment after they return home. Many critical illness survivors face a condition known as Post-Intensive Care Syndrome (PICS). Anyone who survives critical illness can develop PICS. People with PICS face a mix of physical, mental, and emotional symptoms. These symptoms persist even once they leave the hospital.

### Society of Critical Care Medicine (SCCM)



[THRIVE: Redefining Recovery](#)  
[youtube.com/@SCCM](https://youtube.com/@SCCM)

## Common symptoms of PICS

### Physical symptoms

- Muscle weakness, trouble walking, or trouble moving certain body parts
- Feeling tired all the time and not sleeping well
- Difficulty breathing

### Thinking (cognitive) symptoms

- Difficulty with clear thinking, concentration, or memory
- Forgetfulness
- Not understanding what has happened to you and how ill you were
- Difficulty talking
- Poor concentration
- Trouble organizing thoughts and problem solving
- Longer-term recovery to pre-hospital mental wellness

### Emotional symptoms

- Not caring about what you look like
- Feeling guilty about causing worry to your loved ones
- Feeling upset and tearful
- Being quick tempered and snappy
- Feeling scared about how sick you were
- Worried about getting very sick again
- Depression and/or anxiety

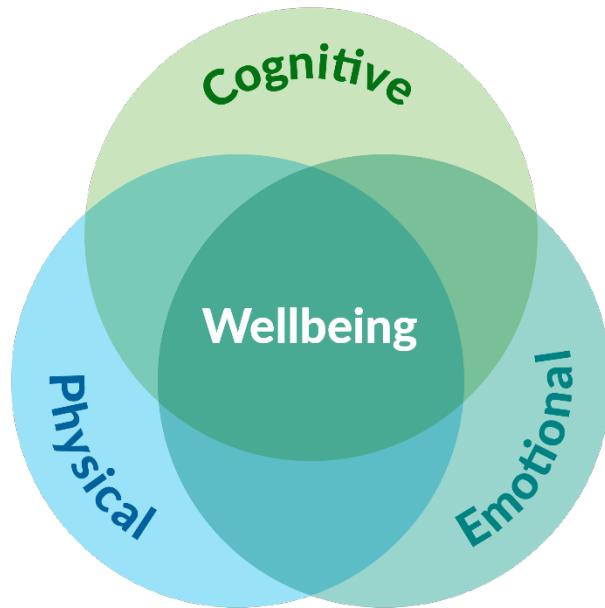


Image adapted from [brainbehaviorclinic.com](http://brainbehaviorclinic.com)

Exposure to a frightening event can lead to symptoms of Post Traumatic Stress Disorder (PTSD). PTSD is a powerful stress response. It can leave people feeling afraid or upset. They may also have bad memories long after the scary event has passed.

Health care providers see that treating one symptom can help with others. For example, when people move again with a physical therapist, they often feel happier.

In general, treatment involves addressing whichever symptoms or disorders are present. Often, that means combining a few different treatments. Make sure to check your current medication prescriptions with your health care provider or pharmacist. When patients leave the hospital, health care providers sometimes don't restart their old medications. They might also give prescriptions that aren't needed anymore. Any BC Pharmacist can help ensure you have safe and appropriate prescriptions.

## Common challenges and ways to help

### Amnesia

- Write down information and refer to it.
- Keep a diary.

Your memory of the time in Critical Care might be hazy or absent. This can come from the illness or the medications that doctors gave you. Some people never recall exactly what happened in Critical Care.

Many people in Critical Care benefit from having a diary or notes. A caregiver or family member can keep these to help them look back. This record helps fill memory gaps and clarify what happened in the hospital. It's useful, especially if some parts are hard to remember.

As a caregiver, tracking treatments, feelings, and talks with health care providers can help your loved one understand and recover at home. If you didn't keep a diary at the time, that's completely okay. Starting one now can still be helpful. If you're a patient or caregiver, jotting down your thoughts can be helpful. It lets you process your feelings, keep track of progress, and notice when you might need extra support. It's also a way to reflect on how far you've come, together.

### Husky voice

- Avoid straining your voice. Speak calmly at a low volume.

### Shortness of breath

- Notify your health care provider if your breathing is noisy.
- Talk to your health care provider about breathing exercises or medication. These can help strengthen your lungs and make breathing easier.

You might find that your voice sounds husky. This change is likely due to having a breathing tube and tends to resolve with time. Try not to strain your voice. Speak in a calm voice without raising your volume. If it doesn't improve, ask your health care provider for a referral. You might need to see a Speech Language Pathologist (SLP) or an Ear, Nose, and Throat specialist (ENT) for help.

Your breathing might have changed or might not be as strong as before. You might notice noisy breathing, wheezing, congestion, or shortness of breath. If your breathing is noisy, let your health care provider know. Your health care provider might check further. They might also give you medicine to open your lung passages. This helps you breathe easier. Your breathing muscles need to get stronger to lower your risk of a chest infection. Ask your health care provider for breathing exercises. They can help strengthen your breathing muscles.

### Changing moods

- Be kind and patient with yourselves. It's part of healing process and should improve with time.

### Difficult concentration

- Tell your health care provider if this persists; they may have tools and resources to help you

### Lack of interest

- Try to stay positive and realistic about what you can do

### and energy

- Keep a journal to track your progress. This helps you focus on your goals and celebrate your achievements.

A critical illness is stressful to both the body and the mind. It is common to have some memory problems and changing moods, feeling down one day and up the next. You might feel sad, angry, or a mix of many emotions. You may have trouble sleeping. You might find it hard to concentrate. You could also feel low on energy or lose interest in things. These are normal reactions to illness and should lessen with time. It's normal to have these feelings sometimes during healing. If they last, tell your health care provider. They can help.

The "4 Ps" of energy conservation are principles to help manage fatigue and efficiently use your energy: Prioritize tasks, plan your activities, pace yourself by breaking tasks into smaller parts, and position your body comfortably to avoid strain.

### THE FOUR P'S OF ENERGY CONSERVATION

Prioritizing	Planning	Pacing	Positioning
Write out your goals at the beginning of the week, from the hardest to complete to the easiest. Plan how you want your day to go to reach your goals.	Plan your week ahead of time. Put the more demanding tasks at the beginning of your day and plan times for breaks.	Pace yourself throughout the day. Take breaks if you get tired. Your body will thank you.	Pay attention to how your body is positioned. If you can complete something sitting down, do so to save your energy.

Adapted from the American Stroke Foundation and [aftersroke.org/after-stroke-self-care-the-four-ps-for-energy-conservation](http://aftersroke.org/after-stroke-self-care-the-four-ps-for-energy-conservation)

Sometimes, it can feel like your recovery is taking a very long time. Try to stay positive and realistic about what you can do. Ask your health care provider about the activities you can expect to be able to do. Remember, if there is anything you are unsure about, let them know so they can help you.

Keep a diary or journal of your progress. This can help you focus on your goals and see what you have accomplished.

## Pain

- If you feel any pain or discomfort, tell your health care provider right away. They need to assess and treat these issues quickly.
- Medications, combined with other therapies, can control most pain.

It is common to have some pain for several reasons. You might have existing or chronic conditions that cause pain. Or, you might have pain from recent surgery, injury or critical illness.

Tell your health care provider about any discomfort or pain. This helps them assess and treat it quickly. Medications alone or in combination with other therapies can control most pain. Managing your pain well helps you feel better and recover faster.

## Trouble sleeping

- Avoid caffeine, especially near bedtime.
- Herbal tea (decaf), reading or listening to relaxing music before bed can help you sleep.

## Potential nightmares or flashbacks

- Avoid screen time before bed.
- Let your health care provider know so they can help.

People often see changes in their sleep patterns after a critical illness. It can take time to get back to a normal sleep routine. You may find it harder to fall asleep, or you may wake often during the night. If you have trouble sleeping, avoid caffeine in tea and coffee at bedtime. Caffeine can keep you awake. Herbal tea may help you fall asleep. Reading or listening to relaxing music before you go to sleep may also help.

If you are having any problems sleeping, let your family health care provider know so they can help. Sleeping medications can help you fall asleep. However, they often do not guarantee good sleep quality. They may only keep you asleep for a few hours. They can also leave people feeling groggy and prevent activity the next morning.

For more information about *Getting A Good Night's Sleep*, please see this useful document from Anxiety Canada: [anxietycanada.com/sites/default/files/SleepHygiene.pdf](http://anxietycanada.com/sites/default/files/SleepHygiene.pdf)

## Physical tiredness and weakness

- Be patient and kind to yourself.
- Build your strength and endurance consistently. Do a little activity each day, with breaks in between.
- Don't wait until you're in pain. Ask your health care provider for help from a physiotherapist early on.
- If pain prevents you from moving around, tell your health care provider as soon as possible.

You might find yourself feeling weak, tired, and may have trouble walking. You began moving in Critical Care, but you still need time to build strength and endurance. Your arms and legs might feel heavy and be swollen with fluid, making moving around more of an effort. Your joints might feel stiff and painful.

You may consider seeing a physiotherapist to regain muscle strength, mobility, and learn how to conserve your energy. If pain is stopping you from moving around, tell your health care provider early. They may be able to offer equipment to help keep you safe at home.

## Changed body image (skin, hair, body shape, etc.)

- Be kind to yourself.
- These are almost always temporary.

As a result of being ill, you could find that your appearance has changed. Your body might look swollen, or you might have lost weight. You might notice changes in your hair or in the texture of your skin. These changes are almost always temporary.

Some people comment about scars and marks left on their skin. These are the result of procedures needed to care for you. Most of these marks will fade and some will disappear over time. Your health care provider can offer suggestions for ointments to aid healing.

**Extra and different  
nutrition needs**

**Decreased appetite,  
nausea, and unpleasant  
eating experience**

- Try to have high protein, high energy snacks in between meals and eat every 2–3 hours.
- Consider oral nutrition drinks (e.g. Boost® or Ensure®).
- Speak to a registered dietitian or your health care provider for suggestions.
- Be aware that these usually get better with time.

When recovering from a serious illness, your body may need extra nutrition. This helps you heal and regain strength and energy. Healthcare professionals recommend that many people follow a high protein, high energy diet after critical illness.

Examples of high protein foods	Examples of high energy foods
<ul style="list-style-type: none"><li>• All meat (e.g. beef, pork, goat, lamb)</li><li>• Fish and shellfish</li><li>• All poultry (e.g. chicken, turkey, duck)</li><li>• Eggs</li><li>• All dairy products (e.g. milk, yogurt, cheese, kefir)</li><li>• Soy products (e.g. soybeans/edamame, tofu, bean curd, soy milk, tempeh, soy cheese, soy yogurt)</li><li>• Beans/lentils (e.g. chickpeas, kidney beans, split peas, baked beans)</li><li>• All nuts and nut butters (e.g. peanut, almond, cashew, walnuts)</li><li>• All seeds and seed butters (e.g. sunflower, pumpkin, chia, sesame, hemp hearts)</li><li>• Wheat germ</li><li>• Brewer's yeast</li><li>• Protein powders (e.g. whey, soy, rice, pea, hemp)</li><li>• Commercial nutritional supplement drinks</li></ul>	<ul style="list-style-type: none"><li>• Whole milk (cow or goat)</li><li>• Higher fat yogurt (3% milk fat or more)</li><li>• Full fat cheese</li><li>• Whipping cream, sour cream, half and half</li><li>• Butter, margarine</li><li>• Avocado</li><li>• All nuts and nut butters (peanut, almond, cashew, walnuts)</li><li>• All seeds and seed butters (e.g. sunflower, pumpkin, chia, sesame, hemp hearts)</li><li>• Coconut milk</li><li>• All vegetable oils (e.g. canola, olive, peanut, coconut)</li></ul>

Adapted from BC Cancer, 2019

You may have a reduced appetite and feel nauseous. Your throat and mouth could be sore, and swallowing might be hard. If you have difficulty swallowing, ask to see a Speech Language Pathologist for help.

Some people notice changes in their sense of taste. Foods might taste saltier, sweeter or have an unusual metallic taste. This usually gets better with time.

You might find it easier to eat small amounts of food more often, rather than eating a large amount of food at once. Try to have small meals and two or three snacks each day. You can buy oral nutrition drinks (such as Boost® or Ensure®), which can help you get the nutrition that you need.

### Snack ideas

- Peanut butter with apple slices, crackers, banana, or toast
- Protein bar
- Muffin with peanut butter or cheese
- Yogurt with nuts and seeds or fruit
- Hummus or cheese and crackers

From being ill, you might have lost weight and muscle. As you get better and can eat and exercise more you will get stronger. This will take time.

Talk to a registered dietitian for help with nutrition as your body recovers. Drink water at regular intervals throughout the day to avoid dehydration.

Please see the BC Cancer website for more tips on healthy eating during recovery. This document is for patients in cancer treatment, but it also offers helpful tips for recovering from critical illness.

[bccancer.bc.ca/nutrition-site/documents/patient-education/high\\_protein\\_high\\_energy\\_food\\_choices.pdf](http://bccancer.bc.ca/nutrition-site/documents/patient-education/high_protein_high_energy_food_choices.pdf)

## Getting back to your daily routine

**It's normal to feel unsure about going home or getting back to work after being in Critical Care. Recovery takes time, and it's okay to feel worried about how you'll cope.**

From being ill, you might have lost weight and muscle. Everyday tasks such as laundry, grocery shopping, cooking, personal care, dressing, and yard work might seem too tough for you right now. They may also tire you out more than before. You may have to adapt and do things differently than before you were sick.

When recovering from a critical illness, your body may need extra nutrition. This helps you heal and regain strength and energy. As you get better and can eat and exercise more, you will get stronger. This will take time.

It may help to keep a journal to record your progress and to take the time you need to do daily living activities. Critical illness was a serious event in your life and you may wonder when you'll get better.

Keeping a journal can help when you can look back and celebrate the progress you've made. A journal can show your recovery progress. You might share this with your health care provider or community health representative. This can help you get more support in specific areas.

## Processing your Critical Care experience

**It's also normal to have gaps in your memory from your hospital stay. This can feel confusing or even scary.**

Talk to your family and friends about their memories of your time in Critical Care. Ask how they felt and coped. This can help you understand the experience better. If your family kept a journal while you were in Critical Care, try reading it together. Reading their reflections can help you better understand their journey and your own.

Please see Additional Resources at the end of this document for mental health resources available to support your recovery.

## Relationships and family

Common changes in relationships may include:

### Shifts in family dynamics:

Caregivers who were worried while you were in the hospital might feel protective when you come home. Their careful attention can feel overwhelming or frustrating. Still, it usually comes from love and concern.

### Changes in mutual understanding:

You may notice a drop in interest for activities or hobbies you once enjoyed. This can be puzzling for caregivers and loved ones who want to support you but don't know how.

### Caregiver stress and isolation:

Many caregivers report emotional strain, disrupted routines, and a diminished social life. They may neglect their own health-sleep, nutrition, and emotional well-being, while focusing on caregiving duties.

### Emotional strain and changing roles:

As the patient and caregiver roles change, identities may also shift. Spouses becoming care providers, or adult children assuming new responsibilities. These changes can bring grief, frustration, or tension.

## What can help support relationships during this time?

### Invite open communication.

Encourage caregivers and patients to share their feelings, needs, and worries openly. Do this without any judgment. This can ease misunderstandings and strengthen trust.

### Recognize the caregiver's contributions and wellness.

Caregivers are integral to your recovery journey. Helping them find support from trusted sources, like FCBC's Caregiver Rx program, makes the journey easier for all.

### Access caregiver-specific supports.

FCBC has a toll-free Caregiver Support Line. They offer peer groups and caregiver coaching. This helps provide emotional support and practical advice. You are not alone in this caregiving marathon.

### Plan together.

You might want to use shared care plans or journals. They can help you track your recovery goals, medications, follow-up appointments, and emotional check-ins.

## Post Intensive Care Syndrome Family

Having a loved one in Critical Care can cause anxiety, depression, and complicated grief. This is known as Post Intensive Care Syndrome Family (PICS-F). Concern for a loved one in Critical Care can take a toll on families and caregivers' mental health. This stress can last from the moment of admission until months or years after discharge.

Symptoms of PICS-F in caregivers may include:

- Grief
- Changes in sleep
- Anxiety and/or depression
- Stress
- Feeling overwhelmed
- Feeling tired



### Key considerations for families and caregivers

Caregiving can be deeply meaningful but it's also demanding, and it's easy to put your own needs on hold. While it may feel like there's no time or space to care for yourself, seeking support early, before you reach a point of burnout, can make a real difference.

Self-care doesn't have to be big or perfect. A short walk, a quiet cup of tea, or a conversation with someone who understands can help ground you and provide much-needed relief. Giving yourself permission to pause is not selfish, it's essential.

You don't have to do this alone. Family Caregivers of BC (FCBC) offers free, compassionate support across the province:

- A toll-free Caregiver Support Line: 1-877-520-3267
- One-to-one coaching with trained staff
- Peer support groups to connect with others
- Free webinars and tools to help you navigate caregiving

You can also speak with your own health care provider about how you're coping. They may be able to connect you to local services or arrange additional help at home.

Caregiving is important work. Your well-being matters, too.

## Who can I ask for help?

Speak to your health care provider about how you are feeling. They can refer you to other services if needed. This includes free or low-cost counseling and virtual mental health support:

You can find community health services near you by contacting these local options:

### **Vancouver Coastal Health**

Home Health

[www.vch.ca/en/service/home-health#what\\_to\\_expect](http://www.vch.ca/en/service/home-health#what_to_expect)

### **Interior Health**

Home Health Referral Form

[www.interiorhealth.ca/health-and-wellness/home-and-community-care/home-health-referral-form](http://www.interiorhealth.ca/health-and-wellness/home-and-community-care/home-health-referral-form)

### **Fraser Health**

Home and Community Care

[www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care](http://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care)

### **Island Health**

Home Care Services

[www.islandhealth.ca/our-services/community-health-services/home-care-services](http://www.islandhealth.ca/our-services/community-health-services/home-care-services)

### **Northern Health**

Accessing Services

[www.northernhealth.ca/services/home-community-care/accessing-services#referral-process](http://www.northernhealth.ca/services/home-community-care/accessing-services#referral-process)

While Home Health does not support rehabilitation, staff can often point you in the right direction, which may include suggesting you reach out to your health care provider.

You can find online support for anxiety, depression, and other mental health issues in British Columbia here:

[www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports#counselling](http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports#counselling)

If these changes create tension at home, talk openly and calmly with your caregiver. This can really help. As a patient, sharing your feelings and needs helps your caregiver support you better. As a caregiver, it's important to share your experiences and set clear boundaries. Doing this can help prevent misunderstandings and build a stronger relationship.

Recovery is a shared journey. It's okay for patients and caregivers to rely on their support network. They should also give themselves grace while adapting to new routines and roles.

## Additional information

This booklet aims to support recovery, and individual needs may vary. We encourage early discussions with health care providers when there are concerns. The provider can help them find community support. They can also arrange extra help for a recovering family member.

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### My ICU Guide — What to Expect Following ICU Discharge

[www.myicuguide.ca/expect-following-icu-discharge](http://www.myicuguide.ca/expect-following-icu-discharge)

Dr. Daren Heyland, a Professor of Medicine and Epidemiology at Queen's University, Kingston, Ontario, created this detailed Canadian website.

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### ICUsteps

[icusteps.org](http://icusteps.org)

This is a charity based in England, Wales, and Scotland. It is run by former intensive care patients and their families. They want to enhance the care and support for patients recovering from critical illnesses through:

- Focused information sheets  
[icusteps.org/information/information-sheets](http://icusteps.org/information/information-sheets)
- A Guide for Patients and Caregivers  
[icusteps.org/information/guide-to-intensive-care](http://icusteps.org/information/guide-to-intensive-care)
- Translations of the Guide — 20 languages  
[icusteps.org/information/translations](http://icusteps.org/information/translations)

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### MyLifeAfterICU

[www.mylifeaftericu.com/adults-in-icu](http://www.mylifeaftericu.com/adults-in-icu)

This is an ICU recovery guide from New South Wales, Australia

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## British Columbia resources

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### Family Caregivers of BC

This is a free support service available across BC. We recommend connecting with them whenever a loved one is admitted to Critical Care.



[Family Caregivers of BC](#)

[youtube.com/@familycaregiversofbc6134](https://youtube.com/@familycaregiversofbc6134)

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

### FCBC toll-free Caregiver Support Line:

1-877-520-3267

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### BC Ministry of Health — Health Starts Here

This website offers location-searchable resources to support British Columbians.

[helpstartshere.gov.bc.ca](http://helpstartshere.gov.bc.ca)

#### Mental Health:

Search by location for resources to support anxiety, addiction, mental health, and/or substance use.

[helpstartshere.gov.bc.ca/mental-health](http://helpstartshere.gov.bc.ca/mental-health)

#### Wellbeing:

Search by location for resources to support physical, mental and emotional wellbeing.

[helpstartshere.gov.bc.ca/wellbeing](http://helpstartshere.gov.bc.ca/wellbeing)

#### Multicultural Family Centre:

Works with immigrants and refugee communities to deliver culturally specific health promotion programs.

[helpstartshere.gov.bc.ca/resource/multicultural-family-centre](http://helpstartshere.gov.bc.ca/resource/multicultural-family-centre)

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### First Nations Health Authority — Traditional Wellness and Healing Health Supports

[www.fnha.ca/what-we-do/health-system/traditional-wellness-and-healing](http://www.fnha.ca/what-we-do/health-system/traditional-wellness-and-healing)

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### Métis Nation British Columbia — Programs and Services

[www.mnbc.ca/work-programs/programs-services](http://www.mnbc.ca/work-programs/programs-services)

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### **Moving Forward Family Services**

Joining community activities, eating healthy, staying hydrated, and exercising can help families and caregivers stay well and take care of themselves, too. They provide coaching in life skills, relationships, and parenting. They also help with substance use challenges. Their counseling covers trauma, stress, anger, grief, loss, depression, anxiety, and more.

Moving Forward offers virtual and in-person workshops and support groups. These are available in Hindi, Punjabi, Urdu, and Bengali. They also include support groups for addiction.

[movingforward.help](http://movingforward.help)

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### **South Asian Health Institute (SAHI)**

The South Asian Health Institute (SAHI) was created to boost health for South Asians. It uses innovative and evidence-based methods to achieve this goal. SAHI knows culture affects health. It aims to lower chronic diseases and other health issues in the South Asian community. SAHI works closely with Fraser Health programs, community leaders and interest holders.

Visit SAHI's website to access resources and learn more about their work.

[www.fraserhealth.ca/health-topics-a-to-z/south-asian-health/south-asian-health-institute](http://www.fraserhealth.ca/health-topics-a-to-z/south-asian-health/south-asian-health-institute)

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### **Canadian Mental Health Association: Vancouver-Fraser**

See detailed list of Chinese Mental Health Services Resources

<https://lowermainland.cmha.ca/wp-content/uploads/2020/11/Chinese-Mental-Health-Resource-list-Aug-2020.pdf>

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