# Who are you walking for?

**For Hope** 

# Walk with us to support Mental Health in Whistler!

As we walk we will cover key topics at each kilometre that interact with our Mental Health. Learn more about how WCSS can help below!

# **Kilometre 1. Basic Needs**

#### **Sponsor: Jack Murray Personal Training**

Mental health is impacted by access to basic needs, like shelter, food, and clothing. If you need help, book with Outreach TODAY!





In cases of unforseen circumstances, emergency, or extreme need Outreach workers can provide Re-Use-It and Re-Build-It store vouchers so financially restricted clients can shop for essentials with dignity and choose clothing items that suit their needs.

We can also help you access the toiletry items (toothbrush, toothpaste, deodorant, razor, soap, etc.) you need to feel your best. Stop by and see an Outreach worker!

tested in 2024

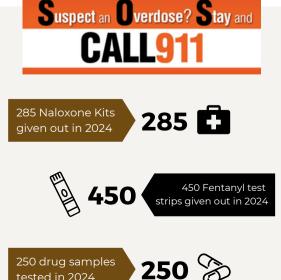
# **Kilometre 2. Harm Reduction**

#### Sponsor: Smartwool Whistler

Mental health is impacted by access to harm reduction supplies for safer substance use, overdose prevention, and safe sex.

#### WCSS can help you access harm reduction supplies and resources for FREE! WCSS provides:

- take home Naloxone Kits and training
- · condoms and safe sex supplies
- · safer smoking/injection kits and disposal bins
- · drop-in drug checking using spectrometer and test strips · take home fentanyl test strips
- · information and referrals to VCH Mental Health and Substance Use, detox and treatment programs





#### Activate and Connect • Whistler Community Services Society

Whistler Community Services Society offers a free drop-in for seniors. This is a space to gather, to...

O Whistler Community Services Society

Mental health is negatively impacted by injury and illness. People may experience a lowered or limited quality of life due to pain and other symptoms which can lead to low mood, depression, anxiety, and other mental health challenges.

In addition, accessing support for physical rehabilitation (like gyms, physiotherapy, RMT, etc.) can be costly.

Combined with the burden of losing work opportunities (which can affect access to basic needs like food and shelter) this cost is both financial and mental.

# ●) ▲▲ 195

158 clients accessed subsidized physio in 2024



195 clients accessed counselling assistance in 2024

#### WCSS offers support for those affected by illness or injury:

- access to subsidized physiotherapy sessions
- access to subsidized <u>counselling assistance</u>
- Concussion Support Group: heal from your concussion
- Drop-In Concussion Support

- Making Sense of Pain group: cope with chronic pain - support accessing resources for your mental and physical

health, <u>BOOK with Outreach today!</u>

# Kilometre 4. Age-Specific Support Services Sponsor: Quattro at Whistler

WCSS supports clients of all ages and stages! Our mental health is best when we feel connected and supported! We offer social programs, funding for kids to access sport, camp, and art programs, FREE Outreach services, workshops, and MORE!

#### Support for EVERYONE!

- Activate and Connect (55+)
- Birth, Baby, and Beyond
- Counselling Assistance
- Drop-In Grief and Loss Conversations
- <u>- Holiday Helpers</u>
- Kids Art, Kids Camp and Kids Sport
- Supporting Today's Teens
- Whistler Rainbow Connection (2SLGBTQIA+)

- Outreach Services: Need a chat? 604-932-0113 or <u>book online!</u> 140 kids received funds for sports, art, and camp in 2024!



42 caregivers learned how

to support their teens in 2024

212 total Activate and Connect participants in 2024



# NIGHTWALK

Questions? imogen@mywcss.org Do you want to support mental health?

### DONATE TODAY