

May 2, 2025

**MENTAL HEALTH BENEFITS & RESOURCES: ADDICTION DRUG COVERAGE – NEW OPIOID TREATMENT ACCESS LINE – MENTAL HEALTH WEEK MAY 5-11, 2025**

**Addiction Drugs Coverage - Opioid Use Disorder Treatment (OAT) under BC PharmaCare Plan Z**

**BC PharmaCare has expanded Plan Z to include coverage for addiction treatment medications for any BC resident with Medical Services Plan (MSP) coverage.** These changes are part of BC's efforts to respond to the opioid crisis by removing financial barriers to evidence-based treatment options such as opioid agonist treatment (OAT). PharmaCare now pays the full cost of most opioid agonist treatment (OAT) for B.C. residents.

- No forms to fill out
- Present your prescription at a pharmacy
- The pharmacy will need your Personal Health Number. Your Personal Health Number is on your driver's licence, BC Services Card, or CareCard

If you are not enrolled in MSP, a pharmacist or prescriber can help you get temporary coverage of OAT.

Find out more about BC PharmaCare coverage for Opioid Use Disorder treatments here: [Drug coverage for opioid use disorder - Province of British Columbia](#)

Learn more about Plan Z here: <https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/plans/plan-z>

**NEW BC Opioid Treatment Access Line**

The Opioid Treatment Access Line makes it faster and easier for all British Columbians to access life-saving medication that prevents withdrawal symptoms and reduces the risk of overdose, and to get connected to support that same day.

**Get immediate help to prevent withdrawal symptoms. Call: [1-833-804-8111](tel:1-833-804-8111)**

**It's free and confidential. Open every day from 9 am to 4 pm across BC.**

Learn more here: <https://helpstartshere.gov.bc.ca/blog/find-same-day-care-opioid-addiction>

**SEE THE WHOLE PERSON - CMHA Mental Health Week May 5-11, 2025**

This May 5-11, the CMHA is encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country.

Help promote the following important items as we approach Mental Health Week supported by the Canadian Mental Health Association. **#UnmaskingMentalHealth #MentalHealthWeek**

Learn more here: <https://cmha.ca/mental-health-week/>

**Explore More Resources Available:**

- **Pacific Blue Cross Mental Health Resources:** <https://www.pac.bluecross.ca/mentalhealth#findhelp>,
- <https://www.pac.bluecross.ca/mentalhealth#mentalchecklist>
- **Canada Life Mental Health Resources for Employees:** [Au travail - Resources for employees - Workplace Strategies for Mental Health](#)

- **Government Sponsored Mental Health Supports:** [Virtual mental health supports - Province of British Columbia](#)
- **Encouraging use of your Employee Assistance Program (EAP)**
- **Hosting mental health check-ins, webinars, nature walks**

Thank you for sharing these updates with your teams and promoting a culture of mental health and addiction support in your workplace.

#### *Questions*

*If you have any questions, please contact the HBT Benefits Team at [BenefitsTeam@hbt.ca](mailto:BenefitsTeam@hbt.ca) or 604-736-2087; Toll-free at 1-888-736-2087*