



Maple Ridge
Pitt Meadows

Child & Youth Wellness RESOURCE GUIDE

Your Directory for Mental
Health and Substance Use

Mental Wellness

Substance Use

Crisis Lines

Programs & Organizations

Services & Support

Online Resources

and much more!



The Ridge Meadows Local Action Team proudly presents this Child & Youth Wellness Resource Guide to help increase awareness of available mental health and substance use services and resources in our community as well as helpful online resources and technology to support mental wellness.

The development of this mental health & substance use resource guide is supported by the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded by the Shared Care Committee in partnership with the General Practice Services and Specialist Services Committees; all are Joint Collaborative Committees of Doctors of BC and the BC government.

The goal of the Collaborative is to increase timely access to integrated services and supports for children, youth and families struggling with mental health and substance use issues.

Thank you to members of the Ridge Meadows Local Action Team, the youth and parents, the Leadership Team, members of the Mental Health & Substance Use Program Inventory Working Group and the Ridge Meadows Division of Family Practice for supporting the development of this resource guide.

By working together as a community, we can connect children, youth and their families to a multitude of services that will make our community stronger and healthier.

Last update March 23, 2017

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Emergency Phone Numbers

**If you are seriously at risk, go to the nearest hospital immediately.
If you don't have anyone to give you a ride
CALL 911.**

Emergency

If you believe that your life or someone else's life is in danger.

Phone: 9-1-1

Crisis Line 24/7

If you are in crisis and/or distress and require immediate response.

Phone: 604-872-3311

Fraser Health Crisis Line

Emotional support, intervention & information for suicidal thoughts, mental health problems, addiction, family violence, abuse, relationship conflicts, loss, or just plain loneliness. Immediate, free & confidential.

Phone: 604-951-8855

Kids Help Phone 24/7

Kids Help Phone: Immediate and caring support, information and, if necessary, referral to a local community or social service agency.

Phone: 1-800-668-6868

Chat: www.kidshelpphone.ca

Chat Hours: Wed - Sun, 3-11pm

MCFD Child Protection 24/7

If you are being abused or neglected, phone day or night.

Phone: 1-800-663-9122 or 310-1234

310 Mental Health Support Line

This number will connect you to your local BC crisis line without a wait or busy signal, 24 hours a day.

Phone: 310-6789

START Team

The START Team (Short Term, Assessment, Response, Treatment) provides confidential mental health assessment and intervention services for 6-18 year old youth and families experiencing a mental health crisis.

Hours: Monday to Friday 9am-9pm. Weekends & Holidays: Noon-9pm.

Phone: 1-844-782-7811

Suicide Line 24/7

Call if you are in distress or worried about someone else. It's free and available 24 hours a day.

Phone: 1-800-SUICIDE or 1-800-784-2433

Youth in BC 24/7

24-hour youth in distress line staffed by counsellors and trained volunteers who are committed to helping youths in crisis.

Phone: 604-872-3311

Chat: www.youthinBC.com

Online Chat Hours: Noon - 1am

Victim Link BC 24/7

24-hour crisis support to victims of family and sexual violence.

Phone: 1-800-563-0808

Text: 604-836-6381

Youth Space

National online emotional and crisis chat and text for youth under 30.

Chat: www.youthspace.ca

Chat & Text Hours: 6pm - midnight

Text: 778-783-0177

Non-Emergency Phone Numbers

Police (Non-Emergency)

Maple Ridge & Pitt Meadows

Phone: 604-463-6251

Ambulance (Non-Emergency)

Maple Ridge & Pitt Meadows

Phone: 604-872-5151

Fire Department (Non-Emergency)

Phone: 604-463-5880 Maple Ridge

Phone: 604-465-2401 Pitt Meadows

Ridge Meadows Hospital

Phone: 604-463-4111

Medical Clinics (Walk-In)

Maple Ridge

Cottonwood Medical Clinic

#102 – 12005 238B Street (Dewdney Trunk Road & 238B St)

Phone: 604-476-9705

Mageta Medical Clinic

#110 – 20528 Lougheed Highway

Phone: 604-465-1100

Ridge Meadows Care Clinic (East)

#4 – 22932 Lougheed Highway

Phone: 604-466-5767

Youth Wellness Centre - Medical Clinic for Youth – Thursdays 4-6pm

Come by the Youth Wellness Centre for your mental and physical health. Confidential, non-judgmental & youth-friendly services.

Cost: No

Referral: No referral is needed.

Hours: Thursdays 4pm – 6pm (no appointment necessary)

Location: 11925 Haney Place, Maple Ridge (in the Greg Moore Youth Centre)

Pitt Meadows

Pitt Meadows Medical Clinic

#105 – 19170 Lougheed Highway (by Save-On)

Phone: 604-465-4911

Ridge Meadows Care Clinic (West)

#203 – 19800 Lougheed Highway (inside Superstore)

Phone: 604-465-9188

Other Health Services

BC 211

A free, confidential information and referral to a full range of community, social and government services. 24 hours a day, 7 days a week.

Phone: 2-1-1

www.redbookonline.bc211.ca

Fraser Health Public Health Unit

Offers public health services and programs such as immunizations, prenatal classes, promotion of healthy pregnancies through support, education and connecting with community services. Postpartum services including breastfeeding support. Offers Nurse-Family Partnership - a free public health program for young women having their first baby. The goal of the program is to support first-time parents to succeed. Women enrolled in the program are visited by a public health nurse throughout their pregnancy, continuing until their child reaches two years of age. More info at:

<https://www.healthyfamiliesbc.ca/nurse-family-partnership>

Aims to support children and their families through Public Health promotion, prevention, and intervention. Some youth may qualify for

vision, dental and developmental screenings. Harm reduction supplies are available, including Take Home Naloxone Kits.

Cost: None

Self-referral: Yes. Early registration for Prenatal and Postnatal Services is advised. Register at <http://www.fraserhealth.ca/health-info/pregnancy-and-babies/> or through your public health nurse, physician or midwife.

Hours: 8:30aam – 4:30pm some evening and weekend services are available

Location: #400 – 22470 Dewdney Trunk Road, Maple Ridge

Phone: 604-476-7000

www.fraserhealth.ca

Healthlink BC/Nurse Line 24/7

When you call 8-1-1 you will be connected with a health services navigator. They can provide you with health information, help you navigate the health care system and find health services across the province, or connect you with a registered nurse.

Phone: 8-1-1

www.healthlinkbc.ca

LifeLabs

LifeLabs provides convenient access to laboratory testing services.

Maple Ridge: #101 - 11743 224 Street

Phone: 604-467-5141

Pitt Meadows: #102 – 12195 Harris Road

Phone: 604-465-7873

Options for Sexual Health (Opt)

Provides sexual and reproductive health services for all genders, all orientations up to the age of 25. Services include: low-cost birth control, STI care, Pap screening, pregnancy testing and pregnancy options counselling. Our clinicians are committed to providing youth with confidential, non-judgmental, youth-friendly, pro-choice, and sex-positive services.

Cost: There are no service fees for youth. Birth Control Products can be purchased for a low cost. Please note our clinics are cash only.

Referral: Welcomes new and returning clients under 25 years of age. No referral is necessary.

Hours: Tues 4pm – 7pm, Thurs 4pm – 6pm drop-in. Please book an appointment for PAPs & STI care

Location: 11925 Haney Place, Maple Ridge (in the Greg Moore Youth Centre)

Phone: 604-463-6268

www.optionsforsexualhealth.org

Ridge Meadows Hospital

Location: 11666 Laity Street, Maple Ridge

Phone: 604-463-4111 or if an EMERGENCY dial 9-1-1

Ridge Meadows Hospital – Inpatient Psychiatry Unit

Psychiatric care unit provides 24-hour care for inpatients requiring an intensive level of support.

Location: 11666 Laity Street, Maple Ridge

Self-referral? Individuals are generally referred by the emergency department staff, or as an inpatient from another department within the acute care site.

Phone: 604-463-4111 or if an EMERGENCY dial 9-1-1

Ridge Meadows Hospital – Health Information Centre

Trained volunteers assist patients and families to navigate and locate most appropriate and accurate health care information and community resources by electronic, print, or audio-visual means -- free service.

11666 Laity Street, Maple Ridge

Hours: Mon – Fri, 10am – 5pm

Wellness Programs & Services

Aboriginal Programs | Self-referral

Maple Ridge Pitt Meadows Community Services

Program/Service: Anishnaabe Place – Youth Group

Youth ages 12–18 years are invited to join this exciting group, where they can come together to learn, laugh and support one another.

Social activities, enhancing life skills, promoting cultural awareness and teachings are just part of the fun!

Location: 11907 228th Street, Maple Ridge

Cost: No cost

Who is eligible? Aboriginal individuals who are residents of Maple Ridge and Pitt Meadows

Self-referral? Yes

Phone: 604-467-6911

Email: acarson@comservice.bc.ca

www.comservice.bc.ca/programs-services/community-services/anishnaabe-place

Ministry of Children & Family Development (MCFD)

Program/Service: Aboriginal Child & Youth Mental Health Outreach (ACYMH)

****See pg 26 for non-Aboriginal Child & Youth Mental Health Intakes****

We meet families and youth where they are, to develop a relationship and to explore and access services. We work to link children, youth and their families to needed services, either those directly provided by ACYMH, or by other agencies.

Location: Outreach: Greg Moore Youth Centre

Walk-In Clinic: 22323 119 Ave, Maple Ridge

Cost: No cost

Who is eligible? Children and youth of aboriginal ancestry who are presenting with signs/symptoms/concerns of moderate to severe mental health condition and who are open to talking with someone from ACYMH

Self-referral? Yes - no referral or appointment is needed to access Outreach, or to attend an intake screening

How to access: Intake screening Thursdays 9am-4pm at 22323 119 Ave, Maple Ridge

Phone: Outreach: 604-816-5580 (text or call)

Email: roger.ekman@gov.bc.ca

Fraser River All Nations Aboriginal Society (FRAN)

Program/Service: Fraser River All Nations Aboriginal Society (FRAN)

To provide a gathering place where all community members can safely gather, celebrate, experience Aboriginal culture programs and ceremonies, and enhance cultural awareness, community connection and opportunities for learning and holistic growth.

Location: 22470 Dewdney Trunk Road, Maple Ridge

Cost: No cost

Who is eligible? All ages /All Nations

Self-referral? Yes

How to access: Call or email

Phone: 604-466-7439

Email: franassociety@gmail.com

www.facebook.com/franassociety

Abuse | Self-referral

Cythera Transition House Society

Program/Service: Cythera Counselling Centre

To provide refuge and assistance to women and children who have been abused or have witnessed abuse. Our goal, as always, is to work towards bringing about changes in the attitudes and behaviours toward violence in our families, schools and workplaces. Thursdays 9:30-11:30am

Location: 22318 McIntosh Avenue, Maple Ridge

Cost: No cost

Who is eligible? All Ages

Self-referral? Yes

How to access: Call or email

Phone: 604-467-9939

Email: inquiries@cythera.ca

www.cythera.ca

Cythera Transition House Society

Program/Service: Children Who Witness Abuse Program

This program is for children and youth (3 to 18) who have witnessed and/or experienced serious family conflicts but are not currently living in the abusive situation. The program offers individual and/or age-appropriate group counselling.

Location: 22318 McIntosh Avenue, Maple Ridge

Cost: No cost

Who is eligible? 3-18 years of age

Self-referral? Yes

How to access: Call or email

Phone: 604-467-9939

www.cythera.ca

Act 2 Child and Family Services

Program/Service: *Sexual Abuse Counselling Program (SAIP)*

Location: #203-11743 224th Street, Maple Ridge

Cost: No cost

Who is eligible? Children, Youth

Self-referral? Yes

How to access: Call or email Act 2 directly

Phone: 604-463-0965

Email: info-mr@act2.ca

www.act2.ca/services.html

Abuse | Referral Required

Maple Ridge Pitt Meadows Community Services

Program/Service: *Alisa's Wish Child and Youth Advocacy Centre*

Provides a centralized child/youth friendly wrap-around service for children and youth aged 18 years and younger who are victims of abuse and/or witness to violence, and their non-offending family members.

Location: 11907 228th Street, Maple Ridge

Cost: No cost

Who is eligible? 18 years and under

Self-referral? No, a referral is required through RCMP or MCFD.

How to access: Call RCMP or MCFD who will connect with the Advocate at Alisa's Wish or one could call Alisa's Wish directly.

Phone: 604-467-6911

Email: cmadsen@comservice.bc.ca

www.comservice.bc.ca/programs-services/children-youth-family-services/alisas-wish-community-initiative

Community Living & Independent Living | Referral Required

Arcus Community Resources

Program/Service: *Arcus Community Resources*

Provides personalized community living services to people of all ages with intellectual, medical, or physical challenges. Helps the client

participate in the community whether they live at home or in a residential facility. Also offers respite care.

Location: 25598 100 Avenue, Maple Ridge

Cost: Government Funded

Who is eligible? All ages

Self-referral? No, a referral is required through MCFD

How to access: MCFD

Phone: 604-406-1235

Email: reception@arcuscommunityresources.com

www.arcuscommunityresources.com

Maple Ridge Pitt Meadows Community Services

Program/Service: Rainbow Clubhouse

With the support of a facilitator, members perform tasks that are essential to the functioning of the clubhouse. Opportunities to participate in the clubhouse include: vocational support, volunteer opportunities, reception skills, computer/internet lessons, daily meal preparation, grocery shopping, budgeting, outreach, orientation, hiring committee, events committee, music, art, wellness programs, and social and recreational opportunities. Daily Activities include: Running the clubhouse, bi-monthly membership meetings, socializing, and afternoon activities such as community outings, pool tournaments, music program and games. Evening recreation activities include: games, outings, community special events.

Location: 11907 228th Street, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? No, a referral is required through Mental Health, an individual's physician and/or therapist

Phone: 604-467-0544

www.comservice.bc.ca/programs-services/mental-health-services/rainbow-club

Maple Ridge Pitt Meadows Community Services

Program/Service: Community Living Support Program

Provides community support to individuals living with mental health issues. Clients are supported by outreach workers to achieve increased independence in managing their daily activities through the provision of education, training and by increasing client's stability in their community. The Semi-Independent Living Program is a supported

housing program that enables individuals with mental health issues to live independently in safe, affordable, self-contained living units. Clients are supported by outreach workers to achieve increased independence in managing their daily living activities to increase client's ability within their community. Individuals in this program are eligible for a rent subsidy.

Location: 11907 228th Street, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? No, a referral is required from Mental Health

Phone: 604-467-0503

www.comservice.bc.ca/programs-services/mental-health-services/community-living-support

Ministry of Children & Family Development (MCFD), Fraser Health, CMHA and BC Housing

Program/Service: Youth Supported Independent Living Program

Housing subsidy and outreach support program for youth

Location: North Fraser

Cost: No cost, but youth must have a source of income to cover living costs.

Who is eligible: Youth 17+ with serious mental illness and needing housing, who can live independently with support. Must be engaged in mental health services. Voluntary program. Youth can remain in program to age 21.

Self-referral? No, a referral is required through CYMH team

How to access: CYMH

Phone: 604-466-7300

Counselling | Employee Assistance Program (EAP)

Do you have access to an Employee Assistance Program?

An Employee Assistance Program (EAP), or Employee and Family Assistance Program (EFAP) is a confidential, information, counselling, consultation and referral service designed to provide employees and their eligible family members professional assistance to address a wide range of personal, family and work-related concerns. EAP services are designed to help employees resolve concerns that are interfering with personal or work life functioning.

Counselling | Self-referral

Act 2 Child and Family Services

Program/Service: *Sexual Abuse Counselling Program (SAIP)*

Location: #203-11743 224th Street, Maple Ridge

Cost: No cost

Who is eligible? Children, Youth

Self-referral? Yes

How to access: Call or email Act 2 directly

Phone: 604-463-0965

Email: info-mr@act2.ca

www.act2.ca/services.html

Maple Ridge Pitt Meadows Community Services

Program/Service: *Affordable Family Counselling*

Intended to make counselling available to individuals within the community who may not be covered by an Employee Assistance Program and are able to pay a nominal fee to access counselling services.

Location: 11907 228th Street, Maple Ridge

Cost: \$50 per 50 minute session

Who is eligible? Children, youth, adults & families

Self-referral? Yes

Phone: Intake line 604-467-6911 extension 1433

Email: ischaflia@comservice.bc.ca

<http://www.comservice.bc.ca/programs-services/children-youth-family-services/counselling/affordable-family-counselling>

Maple Ridge Pitt Meadows Community Services
Program/Service: Community Counselling Services

Provides free solution-focused therapy to individuals, couples, and families who cannot otherwise access counselling. Service is provided by master's level counselling psychology practicum students, with supervision from the Clinical Director.

Location: 11907 228th Street, Maple Ridge

Cost: No cost

Who is eligible? Individuals and families

Self-referral? Yes

Phone: Intake line 604-467-6911 extension 1423

Email: ischafli@comservice.bc.ca

www.comservice.bc.ca

School District 42

School Counsellors

School counsellors are assigned at both elementary and secondary schools. The role of the school counsellor is to support students in the positive development of their social emotional wellbeing. When students require a more intensive level of support, school counsellors assist families in connecting to community agencies and resources.

How to access: Elementary - speak with child's classroom teacher, school administrator, or school counsellor. Secondary - speak with the youth's assigned school counsellor.

School District 42

Keeping Kids In School

If a child or youth is struggling with school attendance or not attending school due to a mental health concern the Keeping Kids In School team will support both the student and family in the process of developing an educational plan.

How to access: Contact the Vice Principal of Safe and Caring Schools
www.sd42.ca/contact-us/staff-contacts/

Counselling | Referral Required

Act 2 Child and Family Services

Program/Service: Maple Ridge Fee-for-Service Counselling Program

Offers counselling for a variety of issues.

Location: #203-11743 224th Street, Maple Ridge

Cost: \$50-\$110 per session, based on family income

Who is eligible? Children, Youth & Adults

Self-referral? No, a referral is required through MCFD

How to access: Call or email Act 2 directly

Phone: 604-463-0965

Email: info-mr@act2.ca

www.act2.ca

Act 2 Child and Family Services

Program/Service: Family Counselling Service

A wide range of family and individual counselling is available for an affordable fee. Available through Tri-Cities and Ridge Meadows offices.

Location: #203-11743 224th Street, Maple Ridge

Cost: No cost

Who is eligible? Children, Youth & Families

Self-referral? No, a referral is required through MCFD

How to access: Call or email Act 2 directly

Phone: 604-463-0965

Email: info-mr@act2.ca

www.act2.ca/services.html

Act 2 Child and Family Services

Program/Service: Clinical Counselling Program

Helps children and youth address the emotional and behavioural issues arising from traumatic events such as sexual abuse, violence, family breakup, death of a loved one and other grief and loss issues.

There is no cost to participants but a referral through Ridge Meadows or Tri-Cities office of the Ministry of Children and Family Development is required, except for sexual abuse counselling which may be accessed without a referral.

Location: #203-11743 224th Street, Maple Ridge

Cost: No cost

Who is eligible? Children, Youth & Families

Self-referral? No, a referral is required through MCFD

How to access: MCFD

Phone: 604-463-0965

Email: info-mr@act2.ca

www.act2.ca/services.html

Act 2 Child and Family Services

Program/Service: Sexual Health in Family Treatment (SHIFT)

Treats children 11 years of age and under who exhibit intrusive, inappropriate sexual behaviour such as preoccupation, coercion, aggression, or sexual acting out.

Location: #203-11743 224th Street, Maple Ridge

Cost: No cost

Who is eligible? Children, 11 years of age and younger

Self-referral? No, a referral is required through MCFD

How to access: MCFD

Phone: 604-463-0965

Email: info-mr@act2.ca

www.act2.ca/services.html

Maple Ridge Pitt Meadows Community Services

Program/Service: Clinical Counselling Services

Brief Counselling is a program within the Clinical Counselling Services of Maple Ridge/Pitt Meadows Community Services. It provides an opportunity for families to receive brief family counselling services to better aid in their success. This program is not accessible to the general public. Where space allows, other Ministry funded programs, such as clients of the Youth and Family Conflict Intervention Program or Outreach Services may be appropriate clients for referral to this program.

Location: 11907 228th Street, Maple Ridge

Cost: Government funded

Who is eligible? Families

Self-referral? No, a referral is required through MCFD

How to access: MCFD

Phone: 604-467-6911

Email: ischafli@comservice.bc.ca

<http://www.comservice.bc.ca/programs-services/children-youth-family-services/counselling/clinical-counselling-services>

PLEA Community Services Society of BC

Program/Service: Counselling and Family Support

Offers short-term, intensive counselling services with the goal of reducing risk factors that contribute to antisocial behaviour, family breakdown, and out-of-home placements for youth. Counselling is designed to address family functioning, and sessions can be inclusive of youth and the family members that are willing to engage

Location: 11965 Fraser Street

Cost: No cost

Who is eligible? Youth

Self-referral? No, a referral is required through MCFD

How to access: MCFD

Phone: 604-476-2820

www.plea.ca

Counselling | Find a Private Counsellor

BC Association of Clinical Counsellors

A listing of registered clinical counsellors in private practice -- useful for finding a private therapist.

www.bc-counsellors.org

The Canadian Counselling & Psychotherapy Association

A listing of registered counsellors.

www.ccpa-accp.ca

Crisis Support | Self-referral

See Emergency numbers on page 4 of this guide for additional immediate supports and crisis hotlines.

START Team

Program/Service: Short-Term Assessment, Response & Treatment Program

If a child or youth is suicidal or is experiencing an immediate mental-health crisis, the START Program may be an alternative to taking the

individual to the hospital, or involving the police or ambulance, they can provide intervention and advice by phone, or may in some cases be able to have a clinician attend in person.

Cost: No cost

Who is eligible? Children & Youth

Self-referral? Yes

Phone: 604-949-7765 and ask to speak to an intake clinician

Eating Disorders | Self-referral

Ministry of Children & Family Development (MCFD)

Program/Service: North Fraser Eating Disorder Program

A specialized community child and youth eating disorders team that operates within the spectrum of services offered by MCFD Child and Youth Mental Health. Provide nutritional and medical management of anorexia, bulimia and other eating disorders. Treatment may include individual and family therapy, group therapy, psycho-educational sessions and information and education for the public and health professionals. Cases are prioritized according to urgency. Severely medically compromised youth will be referred to provincial treatment facilities at St. Paul's Hospital or BC Children's Hospital.

Location: 3003 St. John's St., Port Moody

Cost: No cost

Who is eligible? All ages

Self-referral? Yes (under 12 with a pediatric referral)

How to access: Call

Phone: 604-469-7600

www.keltyeatingdisorders.ca/fraser-north-eating-disorders-program/

Equine Therapy | Self-referral

North Fraser Therapeutic Riding Association

North Fraser Therapeutic Riding Association (NFTRA) is a non-profit, charitable organization that provides safe, professional therapeutic equine activities enriching the lives of physically, emotionally and developmentally challenged individuals through social, recreational and national competitive riding programs.

Location: 13345 Park Lane, Maple Ridge

Cost: Lesson fees are highly subsidized (please inquire regarding rider lesson fees)

Who is eligible? Children & youth

Self-referral? Yes

Phone: 604-462-7786

Email: info@nftra.ca

www.nftrarides.wordpress.com/

Family Programs & Resources | Self-referral

Family Education and Support Centre

Program/Service: Family Mental Health Resource Program

Provides education and resources regarding mental health issues for residents of Maple Ridge and Pitt Meadows. Mental health consumers, their families, and others may use the resource library, access information online, and talk privately to the outreach worker. Hours are 9 am to 4 pm Tuesday to Thursday. Offers eight group sessions of Mental Wellness for Parents twice a year to parents struggling with depression or anxiety who wish to learn strategies for wellness and self-care, communication, and prevention. Also offers 10 group sessions of Postpartum Depression Support Group twice a year for women struggling with depression or anxiety while pregnant or after giving birth.

Location: 22554 Lougheed Highway, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

Phone: Contact Karen Rai 604-467-6055 ext 104

Email: fsf@familyed.bc.ca

www.familyed.bc.ca/?page_id=230

Family Education and Support Centre

Program/Service: Adult Mental Health Resource Centre

Information and referral services for people with mental illness and friends/family members. Mental health resource library and space/facilitation for a number of groups on topics such as depression, anxiety, assertiveness, bipolar illness, schizophrenia, and sexual abuse.

Location: 22554 Lougheed Highway, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

Phone: Contact Karen Rai 604-467-6055 ext 104

Email: amh@familyed.bc.ca

www.familyed.bc.ca/?page_id=230

Fetal Alcohol Spectrum Disorder | Self-referral

Ridge Meadows Child Development Society

Program/Service: *FASD and Complex Behaviours Support Services*

A program designed for parents/guardians of children 0-10 years of age who are affected with Fetal Alcohol Syndrome effects.

Location: 22610 Dewdney Trunk Road

Cost: Free

Who is eligible? Parents/guardians

Self-referral? Self

How to access: Call or referral form on website

Phone: 604-463-0881

Email: info@rmcdc.com

www.rmcdc.com/programs/family-connections-program-fcp/

Fetal Alcohol Spectrum Disorder | Referral Required

Asante Centre

A non-profit organization providing a variety of services related to Fetal Alcohol Spectrum Disorder (FASD), Autism Spectrum Disorder (ASD) and other complex developmental needs. The Centre offers assessment and diagnostic services, family and community support, education, research projects, resource development, and more.

Location: 22356 McIntosh Avenue, Maple Ridge

Cost: Government Funded

Who is eligible? Children, Youth & Adults

Self-referral? No

How to access: A referral is required through MCFD or Family Physician

Phone: Maple Ridge Office 604-467-7101

Email: info@asantecentre.org

www.asantecentre.org

Grief Support | Self-referral

Ridge Meadows Hospice Society

Program/Service: *Grief/End of Life emotional support*

Staff and trained volunteers offer emotional support to children (6-12), youth and families who are experiencing grief after a loved one has died, is at end of life, or is living with a life limiting illness. Services include, visiting and companionship, grief groups, individual support and educational workshops.

Location: 22320 119th Avenue

Cost: No cost

Who is eligible? Children, youth & families

Self-referral? Yes

How to access: Call or visit

Phone: 604-463-7722

Email: info@ridgemeanowshospice.org

www.ridgemeanowshospicesociety.com

LGBTQ | Self-referral

Gen Out

The “Generation Out” drop-in group is for youth who are lesbian, gay, bisexual and trans, two-spirited and questioning.

Cost: No cost

Who is eligible? Youth

Self-referral? Yes

How to access: Call or email

Phone: 604-708-2648

Email: genoutrm@plea.bc.ca

www.plea.bc.ca/our-services/youth-outreach

Mental Health - Child & Youth | Self-referral

Ministry of Child & Family Development (MCFD)

Program/Service: Child & Youth Mental Health Intake Clinics

*****See pg 10 for Aboriginal Child & Youth Mental Health Intakes*****

Our programs are designed to support children and youth who are experiencing significant difficulties related to their thoughts, feelings and behaviours. Services include: intake and referral; consultations; mental health assessment; individual treatment; group treatment; parenting and child interventions. Concerns most commonly addressed by our centres include: anxiety, depression, severe behavior problems, psychosis and complex mental health concerns. Children, youth and families can begin a referral by attending the CYMH Intake Clinic for a screening interview. This initial meeting will typically be 30-90 minutes in length. Upon completion of the interview, a CYMH Clinician will provide you with information and details on the next steps in the process. There may be waiting lists for services. In Maple Ridge & Pitt Meadows, the Intake Clinic is provided each week.

Location: 22323 119 Ave, Maple Ridge

Cost: No cost

Who is eligible? Children, youth (0-18 yrs) and their families

Self-referral? Yes – no appointments are required for first-time visitors – simply walk-in during the hours listed below. Parents/caregivers are encouraged to only bring the child/youth who is seeking services with them to the Intake Clinic. Older children and youth are encouraged to attend the Intake Clinic with their families. Youth do have the option of attending the Intake Clinic on their own as a private self-referral.

How to access: For children 5 (who have started school) to age 18, visit 22323 119 Ave, Maple Ridge, Thursdays between 9am to 4pm. Please note, there may be a wait for your interview as the Intake Clinic is by drop-in only.

Phone: 604-466-7300

Youth Wellness Centre

A program of Maple Ridge Pitt Meadows Community Services

If you are a youth living with substance use or mental health issues, the Youth Wellness Centre is a safe and informative place. With a referral from your family doctor youth can see the youth psychiatrist for a mental health assessment. After the assessment, youth are often

referred to the youth advocate who helps connect youth with appropriate mental health & substance use programs and services. On Thursdays between 4-6pm there is a free drop-in for youth to meet with the youth advocate to learn about local mental health programs or a family physician to discuss your mental or physical health.

Cost: No cost

Who is eligible: Children and youth ages 8-24 years old living in Maple Ridge or Pitt Meadows

Referral: A referral is required by a family doctor for youth who would like to see the youth psychiatrist. No referral is necessary for the Thursday drop-in (see below) for youth that would like to meet with the youth advocate or a family physician.

Drop-in Hours: Thursdays 4pm – 6pm. Youth are seen on a first-come, first-served basis.

Location: 11925 Haney Place, Maple Ridge (in the Greg Moore Youth Centre)

Phone: 604-467-6911 Extension 1222

Email: vkipps@comservice.bc.ca

www.comservice.bc.ca/node/123

Mental Health 19+ | Self-referral

Fraser Health

Program/Service: Maple Ridge Mental Health Centre

Offers a range of community programs and services for people managing mental health issues. Services include adult community support, adult short-term assessment and treatment, community residential programs, crisis intervention, outpatient programs, concurrent disorders services, group therapy, peer support and outreach programs to support and encourage youth living with a mental illness to reintegrate into available programs in the community.

Location: 22470 Dewdney Trunk Road, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: Call or email

Phone: 604-476-7165

Maple Ridge Mental Health Office

Program/Service: Adult Community Support Services

Team serves primarily individuals who are experiencing a major mental illness requiring longer-term case management in the community to achieve and maintain essential life necessities such as adequate housing, nutrition, financial resources, medical and psychosocial care.

Location: 22470 Dewdney Trunk Road, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: Call

Phone: 604-476-7165

www.fraserhealth.ca/find-us/services/our-services?program_id=8437

Fraser Health

Developmental Disabilities Mental Health Services

Provides specialized mental health community services for individuals who live with co-existing developmental disabilities and a mental illness. Individuals may also struggle with behavioural challenges that are often influenced by the mental illness and developmental disability. Based on an individual's assessment, our specialized team of mental health care professionals will offer you the services and supports that best suit the individual's needs.

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: 19+ years call 604-777-8475

www.fraserhealth.ca/health-info/mental-health-substance-use/mental-health-substance-use-community-services/developmental-disabilities-program/services/

Maple Ridge Mental Health Centre

Program/Service: Adult Short-Term Assessment and Treatment Program

Ensures adults with serious acute mental disorders have access to responsive, sensitive and relevant assessment and treatment, and are linked with service providers. Provides treatments that restore the capability of adults with serious acute mental disorders to resume the activities of daily living. Services coordinated through the Mental Health Centres.

Location: 22470 Dewdney Trunk Road, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: Call

Phone: 604-476-7165

www.fraserhealth.ca/find-us/services/our-services?program_id=8437

Maple Ridge Mental Health Centre

Program/Service: Community Mental Health Care Centre

Provide many services including adult community support, adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorders services, group therapy, peer support and after-hours mental health support. Also provide outreach programs to support and encourage youth living with a mental illness to reintegrate into available programs in the community.

Location: 22470 Dewdney Trunk Road, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: Call

Phone: 604-476-7165

www.fraserhealth.ca/find-us/services/our-services?program_id=8713

Maple Ridge Mental Health Centre

Program/Service: Concurrent Disorders Support Group

A support group for individuals coping with mental health issues in addition to substance abuse. Participants should attend a drop-in session for a needs assessment and correct group placement prior to beginning the group. Facilitator-led funded program for people living or working in the communities of Maple Ridge and Pitt Meadows.

Location: 22470 Dewdney Trunk Road, Maple Ridge

Cost: No cost

Who is eligible? 19+ Maple Ridge or Pitt Meadows residents

Self-referral? Yes

How to access: Call

Phone: 604-476-7165

http://www.fraserhealth.ca/find-us/services/our-services?program_id=8713

Mental Health - Child & Youth | Referral Required

Fraser Health

Program/Service: Developmental Disabilities Mental Health Services

Provides specialized mental health community services for ages 12 and over who live with co-existing developmental disabilities and a mental illness. Individuals may also struggle with behavioural challenges that are often influenced by the mental illness and developmental disability. Based on an individual's assessment, our specialized team of mental health care professionals will offer you the services and supports that best suit the individual's needs.

Cost: No cost

Who is eligible? Youth 12+ years

Self-referral? No. A referral is required by a Family Physician for youth 12-18 years.

How to access: 12-18 years call 604-918-7540

www.fraserhealth.ca/health-info/mental-health-substance-use/mental-health-substance-use-community-services/developmental-disabilities-program/services/

Fraser Health

Program/Service: Child & Youth Outpatient Psychiatry Clinics

The Child and Youth Psychiatry Clinics provide mental health assessment and, in some cases, short-term treatment for children and youth. We offer three separate clinics including General Teaching, Infant Psychiatry and Neuropsychiatry, which are described below:

Child & Youth Psychiatry Teaching Clinic

The General Teaching Clinic team, which consist of psychiatrists, a clinical social worker and psychiatric residents, provides mental health assessments for children and youth with a broad range of mental health concerns which may include depression, anxiety and behaviour challenges.

Cost: No cost

Who is eligible? Children and youth 6 - 18 years of age

Self-referral: No

How to access: A referral is required from a family doctor, pediatrician or other medical specialist

<http://www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/child-youth-mental-health-services/child-youth-outpatient-psychiatry-clinics/>

Infant Psychiatry

The Infant Psychiatry program helps parents who have concerns about their child's emotional/social development, including parent-child relationship issues, and infant/young children displaying challenging behaviour or experiencing difficulties as a result of trauma or extreme stress.

Cost: No cost

Who is eligible? Families with infants/young children from birth to age five.

Self-referral: No

How to access: Speak with your family doctor to find out if this service is right for your child.

<http://www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/child-youth-mental-health-services/child-youth-outpatient-psychiatry-clinics/>

Neuropsychiatry

The Neuropsychiatry Clinic helps children and youth who are experiencing specialized neuropsychiatric/neurodevelopmental disorders such as: previous diagnosed Autism Spectrum Disorder with symptoms of mental illness, seizure disorders, post-meningitis conditions, head injuries; Complex Attention Deficity and hyperactivity disorder, Tourett's Disorder, Fetal Alcohol Spectrum Disorder, Alcohol-related Neurodevelopmental Disorder; severd Obsessive-compulsive Disorder, and/or Genetic Disorders with psychiatric symptoms; other neuropsychiatric disorders.

Cost: No cost

Who is eligible? Children and youth 6 to 18 years old and their families

Self-referral: No

How to access: Speak with your family doctor to find out if this service is right for your child.

<http://www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/child-youth-mental-health-services/child-youth-outpatient-psychiatry-clinics/>

Maple Ridge Mental Health Centre

Program/Service: Concurrent Disorders Services

The Concurrent Disorder Therapist provides a range of services for youth who are presenting with a Concurrent Disorder. Our services include: consultation, assessment, determining referral needs, and liaise with community resources for further and/or specialized services. We also offer counselling for clients and families, formulation and implementation of treatment plans, comprehensive case consultation and follow-up support on treatment decisions in collaboration with members of the interdisciplinary team. We participate in and lead a variety of team and/or local committees and internal and external case conferences and develop, coordinate and deliver in-services, presentations and training to clients, families, and caregivers. We also provide clinical support to, and co-therapy with, other Mental Health and Substances Use clinicians who are working with clients who present with concurrent disorders.

Location: Fraser north

Cost: No cost

Who is eligible: Youth up to 24 years old

Self-referral? No

How to access: Referral required through CYMH, MCFD, or Community Youth Substance Use Services

Phone: 604-614-8735

Email: dana.martin@fraserhealth.ca

www.fraserhealth.org

Mental Health 19+ | Referral Required

Maple Ridge Mental Health Centre

Program/Service: Concurrent Disorders Services

The Concurrent Disorder Therapist provides a range of services for youth and young adults under the age of 24 who are presenting with a Concurrent Disorder. Our services include: consultation, assessment, determining referral needs, and liaise with community resources for further and/or specialized services. We also offer counselling for clients and families, formulation and implementation of treatment plans, comprehensive case consultation and follow-up support on treatment decisions in collaboration with members of the interdisciplinary team. We participate in and lead a variety of team and/or local committees and internal and external case conferences and develop, coordinate and deliver in-services, presentations and training to clients, families, and caregivers. We also provide clinical support to, and co-therapy with, other Mental Health and Substances Use clinicians who are working with clients who present with concurrent disorders.

Cost: No cost

Who is eligible: Youth and young adults up to 24 years old

Self-referral? No

How to access: Referral required through CYMH, MCFD, or Community Youth Substance Use Services

Phone: 604-614-8735

Email: dana.martin@fraserhealth.ca

www.fraserhealth.org

Mentorship | Self-referral

Blue Door Youth Services-CEED Centre Society

Program/Service: Mentor Matching

Teens and emerging adults interested in being supported by a community mentor should contact the program coordinator via email or phone. You can refer yourself. School districts, youth clinics, support programs and various other community service providers are encouraged to recommend our program to youth. We

match mentors to youth based on shared interests. We will ask you some basic questions about your interests to make this possible.

Location: 11739 223 Street, Maple Ridge

Cost: No cost

Who is eligible? Teens and young adults

Self-referral? Yes

How to access: Call or email

Phone: 604-463-2229

Email: community@ceedcentre.com

www.ceedcentre.com/blue-door-youth-services.html

Blue Door Youth Services-CEED Centre Society

Program/Service: Mentor Training Program

Community members 19+ are empowered to learn how to identify and support mental health issues in youth, communications strategies, community integration and more. We hold training sessions quarterly. Please email for the next training dates and times. We also offer monthly mentor networking/support sessions. This training is free.

Location: 11739 223 Street, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: Call or email

Phone: 604-463-2229

Email: community@ceedcentre.com

www.ceedcentre.com/blue-door-youth-services.html

Mentorship | Referral Required

PLEA Community Services Society of BC

Program/Service: Kinnections Youth Mentorship Program

Pairs volunteer mentors with youth from age 15 to 18 years currently in continuing care or on a Youth Agreement, or 19-year-olds who were in care on their 19th birthday, as they make the transition into adulthood. Office hours are 8:30 am to 4:30 pm Monday to Friday. Serves Maple Ridge and Pitt Meadows. Funded by MCFD.

Location: 11965 Fraser Street

Cost: No cost

Who is eligible? 18-24

Self-referral? No, a referral is required through MCFD

How to access: MCFD

Phone: 604-476-2821

www.plea.ca

Outreach Programs | Self-referral

Blue Door Youth Services-CEED Centre Society

Program/Service: Youth Outreach Program

We provide clothing, personal hygiene items and personalized support for street-entrenched youth aged 13-18. Our focus is on relationship building. These services are free.

Location: 11739 223 Street, Maple Ridge

Cost: No cost

Who is eligible? Youth

Self-referral? Yes

How to access: Call or email

Phone: 604-463-2229

Email: community@ceedcentre.com

www.ceedcentre.com/blue-door-youth-services.html

Youth Unlimited (YU)

Program/Service: Community Support

Youth Unlimited serves its community through partnership and collaboration. We volunteer in high schools, supporting youth workers and counselors meeting the many complex needs of teens in our community. Seasonally, YU workers can be found coaching sports teams and participating in other recreational activities and clubs, being the extra coach or adult required for the youth activity to run. Other YU programs include: Inside Out Leadership, High School Breakfast, Outdoor Bike Program, and Lunch Club.

Location: In high schools

Cost: No cost

Who is eligible? Youth

Self-referral? Yes

Phone: Dennis 604-838-3546 or Maureen 778-242-8907

Email: dennis@youthunlimited.com or maureen@youthunlimited.com

www.youthunlimited.com/programs-and-locations/maple-ridge/

Outreach Programs | Referral Required

Maple Ridge Pitt Meadows Community Services

Program/Service: *Child & Youth Mental Health Outreach program*

Offers service and support to children and youth with mental health concerns. This support and influence is extended to the families of these clients.

Location: 11907 228th Street, Maple Ridge

Cost: No cost

Who is eligible? Children, Youth & Families

Self-referral? No, a referral is required from the Child & Youth Team at MCFD

Phone: 604-467-6911

Email: krogge@comservice.bc.ca

www.comservice.bc.ca/programs-services/mental-health-services/child-youth-mental-health-outreach

Parent Support & Programs | Self-referral

Family Education and Support Centre

Program/Service: *Mental Wellness for Parents*

Free eight week group is designed with the specific needs of parents experiencing major depression, bipolar disorder and generalized anxiety disorder, and features mental wellness material, parenting information and support delivered with an emphasis on parents' mental wellness.

Location: 22554 Lougheed Highway, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: Contact Karen Rai

Phone: 604 467-6055 ext 104

Email: amh@familyed.bc.ca

www.familyed.bc.ca/?page_id=230

Family Education and Support Centre

Program/Service: Families Supporting Families Program

Free weekly groups for parents to support and learn from one another. Information and ideas are exchanged, promoting positive parent-child relationships and healthy child development.

Location: 22554 Lougheed Highway , Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

Phone: 604-467-6055

Email: fsf@familyed.bc.ca

Family Education and Support Centre

Program/Service: Parenting Education

Offers parenting education courses and workshops on numerous topics including: living with toddlers; active parenting; helping children deal with anger; and dealing with conflict in blended families. STEP (Systematic Training for Effective Parenting) is available to parents of young children and teens. Also offers anger management training for men and women, and conflict resolution training for couples.

Location: 22554 Lougheed Highway, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: Call or email

Phone: 604-467-6055

Email: fsf@familyed.bc.ca

FamilySmart™

Program/Service: Parent-in-Residence

FamilySmart™ Parents In Residence provide peer support, mentoring, system navigation and access to information, resources, networks and education for families and caregivers parenting children, youth or young adults with mental health and/or substance use challenges.

Cost: No cost

Who is eligible? Parents & families

Self-referral? Yes

How to access: In Maple Ridge & Pitt Meadows email Jeannie Harnett

Email: jeannie.harnett@familysmart.ca

www.familysmart.ca/programs/parents-and-youth-in-residence

Cornerstone Neighbourhood Church***Program/Service: Teen Mother Choices***

Purpose is to empower young mothers to become contributing members of their community, while giving the best life start to their children, by addressing their physical, emotional and spiritual needs based on a Christian framework. Offers eligible young mothers (up to age 23 upon entry to the program) a Mentor, Lifeskills Workshops, Goal Setting, Financial Planning & Support, and Counselling & Program Referrals. The weekly workshops are where moms, children and volunteers enjoy a meal together. Childcare is offered after the meal as different weekly speakers address the five different life roles of a young mom: teenager, student, employee, seeker and mother.

Location: Mailing Address : 20639 - 123 Avenue, Maple Ridge

Cost: No cost

Who is eligible? Up to age 25

Self-referral? Yes

How to access: call or email

Phone: 604-813-0525

Email: tmccmapleridge@gmail.com

www.mapleridgeteenmoms.ca

Ridge Meadows Child Development Society***Program/Service: Family Connections Program (FAS & ADHD)***

This service is offered to families to who have a child or children, up to the age of 19, affected or suspected of being affected with Fetal Alcohol Syndrome (FAS). The program also offer a educational program for parents/caregivers of children 5 – 12 years of age, who have a confirmed diagnosis of Attention Deficit Hyperactivity Disorder (ADHD).

Location: 22610 Dewdney Trunk Road , Maple Ridge

Who is eligible? Parents

Self-referral? Yes

How to access: Cal 604-463-0881 extension 302

Email: info@rmcdc.com

<http://rmcdc.com/programs/family-connections-program-fcp>

Parent Support & Programs | Referral Required

Maple Ridge Pitt Meadows Community Services

Program/Service: Outreach Services to Children, Youth, and Families

Provides in-home support to children and families experiencing personal or family problems. Issues may include family violence, conflict, mental health and addictions issues, financial problems, delinquency, social isolation, health or disability issues, and/or concerns regarding the death, divorce, or separation of parents.

Location: 11907 228th Street

Cost: Ministry Funded

Who is eligible? Children, Youth & Family

Self-referral? No, a referral is required through MCFD

How to access: MCFD

Phone: 604-467-6911

Email: krogge@comservice.bc.ca

www.comservice.bc.ca/

Psychosis | Self-referral

Fraser Health

Program/Service: Early Psychosis Intervention Program

Basic early psychosis services include complete assessment of symptoms and physical functioning, medication management, case manager, family support and education, client education, treatment of problems in living and other mental health issues.

Cost: No cost

Who is eligible? Youth 13 - 30 years

Self-referral? Yes

How to access: Call 604-777-8386

www.earlypsychosis.ca/pages/help/fraser-health

Recreation | Self-referral

Maple Ridge

Maple Ridge Leisure Centre

Weight training room, racquetball and squash courts, full-size gymnasium, a variety of pools, wet & dry saunas and a large swirl pool.

Location: 11925 Haney Place, Maple Ridge

Phone: 604-467-7322

www.mapleridge.ca

Greg Moore Youth Centre (GMYC)

The Greg Moore Youth Centre is co-supervised by trained staff and youth volunteers. The focus is on fun in a safe and constructive environment for youth aged 13-18 years old.

This one-of-a-kind facility includes an area for basketball, floor hockey, skateboarding, rock climbing and indoor soccer, as well as a lounge area, a games area with two pool tables, Foosball, air hockey and a quiet area for conversation, a multipurpose room equipped with a big screen projector that is used for movie nights, video games and training sessions, as well as a computer room.

Location: 11925 Haney Place, Maple Ridge

Phone: 604-467-7354

Visit www.youthservices.ca for complete programming and drop-in program and special events.

Stay connected at www.facebook.com/mrpmoyouth

Youth Drop-in Lounge

Drop by the Youth Lounge in the Greg Moore Youth Centre for some relaxed fun. From pool to foose-ball to giant chess or just hanging with your friends, we know you'll find something to do here.

Hours: 6:00 - 9:30 pm 7 days/week

Maple Ridge Public Library

Location: #130 – 22470 Dewdney Trunk Road, Maple Ridge

Phone: 604-467-7417

The ACT Arts Centre

Arts experiences for all ages. Arts experiences have been shown to decrease stress and feelings of alienation, build skills, confidence, connectivity to community and friendship. Involvement in the arts can be beneficial to your health and well-being.

Location: 11944 Haney Place, Maple Ridge

Phone: 604-476-2781

www.mract.org

Pitt Meadows

Pitt Meadows Family Recreation Centre

Includes a youth centre, sports hall, multi-purpose room, craft studio and a fitness/weight training room.

Location: 12027 Harris Road, Pitt Meadows

Phone: 604-465-2452

www.pittmeadows.bc.ca

Pitt Meadows Youth Lounge

The Lounge in the Pitt Meadows Family Recreation Centre offers a variety of recreational opportunities for pre-teens (11 – 14yrs) and Teens (13 – 18yrs).

Drop by the Lounge to enjoy some fun in a relaxed environment. Test out your skills at billiards, foosball, table tennis, giant chess, drums & guitars, board games, x-box, and more. There is always something to do in The Lounge, making it the perfect place to connect with friends!

Hours: Teens (13-18 yrs) Tues-Fri 6 – 9:30pm, Sat 4pm – 8pm

Pre-Teens (11-14 yrs) Tues-Fri 4 – 5:30pm, Sat 2 – 4pm

Visit www.pittmeadows.bc.ca/EN/main/visitors/8734/youth-programs.html for more information.

Pitt Meadows Public Library

Location: #200 – 12099 Harris Road, Pitt Meadows

Phone: 604-465-4113

Sexual Health | Self-referral

Options for Sexual Health (Opt)

Provides sexual and reproductive health services for all genders, all orientations up to the age of 25. Services include: low-cost birth control, STI care, Pap screening, pregnancy testing and pregnancy options counselling. Our clinicians are committed to providing youth with confidential, non-judgmental, youth-friendly, pro-choice, and sex-positive services.

Cost: There are no service fees for youth. Birth Control Products can be purchased for a low cost. Please note our clinics are cash only.

Referral: Welcomes new and returning clients under 25 years of age. No referral is necessary.

Hours: Tues 4pm – 7pm, Thurs 4pm – 6pm drop-in. Please book an appointment for PAPs & STI care

Location: 11925 Haney Place, Maple Ridge (in the Greg Moore Youth Centre)

Phone: 604-463-6268

www.optionsforsexualhealth.org

Substance Use | Self-referral

Al-Anon Family Groups

Phone: 604-688-1716

www.bcyukon-al-anon.org

Alcoholics Anonymous

Phone: 604-434-3933

www.vancouveraa.ca

Alcohol & Drug Referral Service

This service is available to people across B.C. needing help with any kind of substance abuse issues 24 hours a day. It provides information and referral to education, prevention and treatment services and regulatory agencies.

Phone: 1-800-663-1441

Email: help@bc211.ca

Alouette Addictions Services

Program/Service: Alouette Addictions Services

Offers outpatient treatment programs for adults and youth who are affected directly or indirectly by addictions and substance use in some way. Offers offers in-house counselling, referrals to appropriate services, and supportive counselling after treatment. They have an outreach team that works to house our street population offering wrap-around services and support. They offer education to elementary schools and have a school based prevention worker that works in every high school in Maple Ridge. They offer Narcan training and have a methadone doctor all day Monday, Tuesday, Wednesday and Friday, plus Thursday and Saturday mornings. They also have an outreach worker 4 days a week who works closely with Katzie First Nations. Alouette offers free parent education sessions each year and make a variety of community presentations. All services are voluntary and focus on each individual's needs and goals.

Location: 22477 Lougheed Highway, Maple Ridge

Cost: No cost

Who is eligible? Youth & Adults

Self-referral? Yes

How to access: Call or email

Phone: 604-467-5179

Email: mail@alouetteaddictions.org

www.alouetteaddictions.org/index.html

Astra

Astra assists youth who would like to change their relationship with alcohol and/or drugs through outreach and individual counselling.

Location: Maple Ridge/Pitt Meadows

Cost: No cost

Who is eligible? Youth between 13 and 24 who want to change their relationship with alcohol and/or drugs. People over 19 may connect with adult counsellors, if that is a better fit. Program staff are accessible by cell phone and work in the community, and are able to meet you wherever you are. Messages can be left for our counsellors at any time. They normally return calls within 24-48 hours on regular business days Monday to Friday.

Self-referral? Yes

How to access: Call or email

Phone: 604-836-6580

Email: crechkemmer@pcrs.ca

<http://www.pcrs.ca/our-services/astra/>

Community Youth Substance Use Services

Youth outpatient/outreach services provides assessment, counselling and referrals to other services for youth between 12 and 25 years of age affected by problematic substance use. Services include individual and group counselling, skills development and liaison with mental health and other services throughout the community.

Cost: No cost

Who is eligible? Youth 12–25 years of age

Self-referral? Yes

How to access: Services are offered through ASTRA Youth Outreach Addictions Services (Pacific Community Resources Society)

Phone: See Astra listing

Email: See Astra listing

<http://www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/youth-substance-use-services/community-youth-substance-use-services/>

Cocaine Anonymous

Program/Service: Cocaine Anonymous

A fellowship of men and women who share their experiences, strengths and hope with each other so they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Our primary purpose is to stay free from cocaine and all other mind-altering substances.

Location: 22270 North Ave, Maple Ridge

Cost: No cost

Who is eligible? 19+

Self-referral? Yes

How to access: Drop in Saturdays 7:30-8:30pm

Email: area@ca-bc.org

www.ca-bc.org

Narcotics Anonymous

Phone: 1-866-683-6819

www.bcrna.ca

One Way Club Society

Program/Service: One Way Club Society

Social club for alcoholics, addicts, and others desiring fellowship in a drug-free environment. Offers information about support groups such as AA, NA, Al-Anon, Alateen, and ACOA, as well as information about detoxification and treatment centres. AA and NA meetings are held most evenings of the week. Literature is available on a variety of programs and groups. Hours are 8 am to 10 pm Monday to Friday, 8 am to 9 pm Saturdays, and 8 am to 10 pm Sundays.

Location: 22270 North Avenue

Cost: By donation

Who is eligible? 19+

Self-referral? Yes

How to access: drop-in

Phone: 604-463-6617

www.redbookonline.bc211.ca/organization/9489541/one-way-club-society

Support Groups | Self-referral

Blue Door Youth Services

Program/Service: Go Figure Youth-led Support Group

For youth (13-18) or emerging adults (19-24). Join peers at 7 pm on the 1st and 3rd Wednesday of each month at the CEED Centre Neighbourhood House. We talk about anxiety and depression in our day-to-day lives, learn new ways to cope, and participate in group activities off-site and at the CEED Centre Neighbourhood House. This program is free.

Location: 11739 223 Street, Maple Ridge

Cost: No cost

Who is eligible? Youth

Self-referral? Yes

How to access: Call or email

Phone: 604-463-2229

Email: community@ceedcentre.com

www.ceedcentre.com/blue-door-youth-services.html

Maple Ridge Mental Health Centre

Program/Service: Concurrent Disorders Support Group

A support group for individuals coping with mental health issues in addition to substance abuse. Participants should attend a drop-in session for a needs assessment and correct group placement prior to beginning the group. Facilitator-led funded program for people living or working in the communities of Maple Ridge and Pitt Meadows.

Location: 22470 Dewdney Trunk Road, Maple Ridge

Cost: No cost

Who is eligible? 19+ Maple Ridge or Pitt Meadows residents

Self-referral? Yes

How to access: Call

Phone: 604-476-7165

http://www.fraserhealth.ca/find-us/services/our-services?program_id=8713

Maple Ridge Pitt Meadows Community Services

Program/Service: Anxiety/Depression Group

A facilitated support, skills development and maintenance group for individuals living with anxiety and/or depression. The groups are small (8 – 12 individuals maximum), relaxed and informal. There is no limit on the number of sessions you can attend for maintenance and support.

Location: 11907 228th Street, Maple Ridge

Cost: No cost

Who is eligible? Youth 19+ years

Self-referral? Yes

How to access: Call 604-467-6911 extension 1350

Email: sfunk@comservice.bc.ca

www.comservice.bc.ca/programs-services/mental-health-services/anxiety/depression-group

Suicide

**If you are seriously at risk, go to the nearest hospital immediately.
If you don't have anyone to give you a ride
CALL 911.**

Emergency

If you believe that your life or someone's else life is in danger.

Phone: 9-1-1

Suicide Line 24/7

Call if you are in distress or worried about someone else. It's free and available 24 hours a day.

Phone: 1-800-SUICIDE or 1-800-784-2433

Treatment Programs & Centres | Self-referral

Innervisions Recovery Society of BC

Program/Service: Hannah House Program For Women

Safe and caring drug and alcohol treatment program that encompasses the Twelve Step philosophy. Treatment program provides a solid foundation in recovery for those best served by a temporary absence from their present stressful environment and for those who require total immersion in a treatment setting.

Location: Maple Ridge

Cost: Yes

Who is eligible? 19+

Self-referral? Yes

How to access: Call

Phone: 24-hour phone line 1-866-466-4215

Email: helpme@innervisionsrecovery.com

www.hannahhouse1.ca

Innervisions Recovery Society of BC

Program/Service: InnerVisions Recovery Program For Men

InnerVisions Recovery Society Program. Since 1991, InnerVisions has offered a safe and caring drug and alcohol treatment program that encompasses the Twelve Step philosophy. Our treatment program

provides a solid foundation in recovery for those best served by a temporary absence from their present stressful environment and for those who require total immersion in a treatment setting. InnerVisions Recovery Society uses a 60-day treatment model for the best application of our Twelve Step program. In some cases, clients may ask for an extension of a small period of time depending on their aftercare plan.

Location: Maple Ridge

Cost: Yes

Who is eligible? 19+

Self-referral? Yes

How to access: Call

Phone: 24-hour phone line 1-877-939-1420

Email: helpme@innervationsrecovery.com

www.innervationsrecovery.com

Treatment Programs & Centres | Referral Required

Maples Adolescent Treatment Program

The Maples is an accredited facility that offers specialized programs and services to address the needs of young people (12 to 17 years old) who have a lot of mental health concerns or troubling behaviour.

Referral: Most young people admitted to programs at The Maples are referred by a local Child and Youth Mental Health office. Maple Ridge Child & Youth Mental Health 604-466-7300.

Location: 3405 Willingdon Ave, Burnaby

Phone: 604-660-5800

www2.gov.bc.ca/gov/content/home Search: Maples Adolescent Treatment Centre

Maple Ridge Treatment Centre (MRTC)

Offers an intensive 60-bed residential treatment program for men 19 years of age and older, who are managing substance misuse. Program is 35 days, with extensions based on clinical needs, and is primarily group-based with some opportunities for individual sessions.

Treatment delivered by clinical counsellors and concurrent disorder therapist, a medical team which includes a medical director and onsite nursing team, a full-time registered onsite dietician, and an onsite

exercise and games room, meditation and yoga classes, and community partnerships with recreation and leisure services. Accepts men on methadone maintenance, and accepts men with a concurrent mental health disorder who have been stable on medication for at least one month.

Cost: Yes

Who is eligible? Men 19+

Self-referral? No

How to access: A referral is required through a Family Physician

Location: 22269 Callaghan Avenue, Maple Ridge

Phone: 604-467-3471

Email: info@mrtc.bc.ca

www.mrtc.bc.ca

CRESST - Community Residential Emergency Short Stay and Treatment

An emergency psychiatric facility that provides support for clients experiencing a mental health crisis. Offers a structured therapeutic environment that focuses on resolving the immediate crisis, achieving stabilization, and readjusting to community living. Endeavors to prevent unnecessary hospitalizations and maintain client autonomy in a safe, supportive, and supervised setting. Clients stay at the facility voluntarily.

Cost: Fully funded

Who is eligible? 19+

Referral: Through a mental health centre or therapist, general practitioner, psychiatrist, or hospital.

Referral Form:

[www.fraserhealth.ca/media/Cresst%20referral%20form%20\(2\).pdf](http://www.fraserhealth.ca/media/Cresst%20referral%20form%20(2).pdf)

Locations: Abbotsford, Surrey and New Westminster

Phone: 604-587-4220

www.bc211.ca Search: CRESST

Timber Creek Tertiary Care Facility

A 59-bed adult acute mental health program for individuals with serious, complex and persistent mental illness needing intensive and highly-specialized treatment and support. Features a 12-bed Psychiatric Intensive Care Unit for adults needing short-term, typically two to four weeks of intensive psychiatric treatment, support and stabilization. A 17-bed Intensive Tertiary Rehabilitation Unit provides specialized

rehabilitation treatment and care with a focus on recovery to each client's level of capability.

Location: 13646 94A Avenue, Surrey

Cost: MSP Covered

Who is eligible? 17+

Self-referral? No

How to access: Hospital referral only

Phone: 604-580-6500

Tertiary Inpatient Rehabilitation - Memorial Cottage

Provides intensive psychosocial rehabilitation to individuals requiring assistance in managing their mental health illness. Program emphasizes recovery, effective life skills development and an individualized approach to treatment and community living. Support is provided by a team of health care professionals in a residential care setting.

Location: 22051 Fraser Highway, Langley

Cost: MSP Covered

Who is eligible? 19+

Self-referral? No

How to access: FHA Referral

Phone: 604-539-4370

www.fraserhealth.ca/find-us/services/our-services?program_id=10831

Tertiary Inpatient Rehabilitation - Cypress Lodge

Provides intensive psychosocial rehabilitation to individuals requiring assistance in managing their mental health illness. Program emphasizes recovery, effective life skills development and an individualized approach to treatment and community living. Support is provided by a team of health care professionals in a residential care setting.

Location: 2739 Lougheed Highway, Coquitlam

Cost: MSP Covered

Who is eligible? 19+

Self-referral? No

How to access: FHA Referral

Phone: 604-777-8777

www.fraserhealth.ca/find-us/services/our-services?program_id=10833

Youth Day Treatment Program - Ministry of Children & Family Development (MCFD) - Child and Youth Mental Health

Therapeutic day program with academic and treatment components.

Location: Coquitlam

Cost: No cost

Who is eligible: Secondary aged youth who have significant mental health concerns that are preventing them from attending school, where local options have been exhausted, and who are currently involved in mental health treatment. Voluntary program.

Self-referral? No

How to access: Referral required through CYMH team

Phone: 604-466-7300

PLEA Community Services Society of BC

Program/Service: Daughters and Sisters Addiction Treatment for Teen Girls

A six-month residential treatment program that serves young women 12 to 18 years of age, whose substance use is problematic. Program participants live with Family Caregivers in the community and participate in day, evening and weekend programming including individual and group counseling, parent-teen mediation, teacher-supervised education, addiction awareness learning and practical life skills. Social, arts, cultural and recreational activities are integral components of the program and take place in the community.

Location: 3894 Commercial Street, Vancouver

Cost: No

Who is eligible? 12 to 18

Self-referral? No

How to access: Through MCFD

Phone: 604.708.2616

Email: kbrown@plea.bc.ca

www.plea.ca/our-services/addiction

PLEA Community Services Society of BC

Program/Service: Waypoint

A six-month residential treatment program that serves young men 12 to 18 years of age, whose substance use is problematic. Program participants live with Family Caregivers in the community and participate in day, evening and weekend programming including individual and group counseling, parent-teen mediation, teacher-

supervised education, addiction awareness learning and practical life skills. Social, arts, cultural and recreational activities are integral components of the program and take place in the community.

Location: 3894 Commercial Street, Vancouver

Cost: No

Who is eligible? 12 to 18

Self-referral? No

How to access: Through MCFD

Phone: 604-708-2616

Email: kbrown@plea.bc.ca

www.plea.ca/our-services/addiction

Surrey Memorial Hospital

Program/Service: Adolescent Psychiatric Unit

The Adolescent Psychiatric Unit (APU) team at Surrey Memorial Hospital cares for youth (12-17 inclusive) who require a stay in hospital because of a serious mental health concern. Funded program. Serving residents of Fraser Health.

Location: Surrey Memorial Hospital

Cost: No

Who is eligible? 12-17

Self-referral? No

How to access: Physician or emergency or MCFD referral

Phone: 604-585-5660

www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/child-youth-mental-health-services/adolescent-psychiatric-unit/

Surrey Memorial Hospital

Program/Service: Adolescent Day Treatment Program

The Adolescent Day Treatment Program provides services to youth who are experiencing severe psychiatric difficulties such as schizophrenia and other psychotic disorders, major affective disorders, anxiety disorders, or other severe mental health issues, and are also struggling with academic and social/family functioning. Youth attend the outpatient program four days a week from 9:30 a.m. until 3 p.m. for up to four months.

Location: Surrey Memorial Hospital

Cost: No

Who is eligible? 13-18

Self-referral? No

How to access: Referral required through MCFD and Youth Mental Health staff

Phone: 604-585-5660

www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/child-youth-mental-health-services/adolescent-day-treatment-program/

Work Programs & Life Skills Training | Self-referral

Pathfinder Youth Centre Society - Maple Ridge Office

Program/Service: *Employment Ready Program*

16-week program for at-risk youth, ages 15 to 30, develop life and employment skills, gain useful industry certifications, and complete a work experience. Youth may be experiencing employment barriers such as lack of job retention; being a single parent, an aboriginal youth, a visible minority, and/or a person with disabilities; and/or recovering from addiction.

Location: 20110 Stewart Crescent

Cost: No cost

Who is eligible? 15-30

Self-referral? Yes

How to access: Call

Phone: 604-460-2856

Email: pathfinderyouthsociety@shaw.ca

www.pathfinderyouthsociety.org

William Weselowski & Associates Ltd

Program/Service: *WorkBC Maple Ridge (Innerchoices Career Centre)*

Two-week, full-time job search program open to anyone who is unemployed and legally entitled to work in Canada. Covers all aspects of a job search, including calling cards, resumes, cover letters, interview skills, and networking. Provides group support, and works to remove personal barriers to employment in the areas of communication, conflict resolution, negotiation, and anger awareness.

Location: 11435 201A Street

Cost: Free

Who is eligible? 19+

Self-referral? Yes

How to access: Call or email

Phone: 604-465-8812

Email: innerchoices@telus.net

www.innervisionsrecovery.com

Work Programs & Life Skills Training | Referral Required

PLEA Community Services Society of BC

Program/Service: Youth Development Services

Provides one-on-one support on an outreach basis to youth, helping youth develop life skills, address risks and challenges, and build positive connections within their community. Workers help youth to identify and work on goals in areas such as family, peers, and community, as well as help youth reconnect to educational programs, and access employment programs and secure jobs. They encourage youth to participate in community social and recreational activities, and create opportunities for youth to participate in events that provide positive and mutual peer support. Can also help youth develop Youth Agreements that will help them meet their identified goals in these areas.

Location: 11965 Fraser Street

Cost: No

Who is eligible? 13 to 18

Self-referral? No, a referral is required through MCFD

How to access: MCFD

Phone: 604-476-2820

www.plea.ca

Online Support & Resources

Anxiety

Anxiety BC

If you or your child is living with too much anxiety, visit Anxiety BC for resources, results and relief.

www.anxietybc.com

Autism

Autism Society of BC

Comprehensive website that includes: information and referral services, community support groups, outreach events, educational events, seminars and lecture series & library resources.

www.autismbc.ca

Depression

Depression Hurts

Answers your questions about depression, helps you recognize it in others, and learn how to talk about it.

www.depressionhurts.ca

Eating Disorders

Kelty Eating Disorders

Explains causes and risks of various eating disorders as well as treatment options and the recovery process.

www.keltyeatingdisorders.ca

Looking Glass - Eating Disorders

Offers support groups, for adolescents specializing in the care and treatment of eating disorders.

www.lookingglassbc.com

Love our Bodies, Love Ourselves!

Aims to bring awareness to the public in preventing eating disorders and building self-esteem with a positive body image.

www.jessieslegacy.com/love-our-bodies-love-ourselves

Fetal Alcohol Spectrum Disorder

FASD Society of BC

Comprehensive website that includes: FAQs on FASD, diagnostic guidelines, education and resources.

www.asantecentre.org

LGBTQ

QMUNITY

QMUNITY is a non-profit organization based in Vancouver, BC that works to improve queer and trans lives. We provide a safer space for LGBTQ/2S people and their allies to fully self-express while feeling welcome and included. Our building serves as a catalyzer for community initiatives and collective strength.

www.qmunity.ca

Mental Health

Canadian Mental Health Association

Learn about the different forms of mental illness and their treatment. Find valuable resources for medical advice and community support services.

www.cmha.ca/mental-health/your-mental-health/youth

Fraser Mental Health Services

Community and hospital-based mental health services and programs available to individuals in the Fraser Health communities.

www.fraserhealth.ca/health-info/mental-health-substance-use/

HealthLink BC

Directory of publicly-funded health, mental health, and addiction treatment programs accessible to British Columbians, including the organizations providing the programs and the sites where they are offered.

www.healthlinkbc.ca/find/?q=Mental+Health

Here to Help

Providing help to better prevent and manage mental health and substance use problems and live a healthier life.

www.heretohelp.bc.ca

Mental Health First Aid Canada

Aims to improve mental health literacy and provide the skills to help people better manage developing mental health problems in themselves, a family member, a friend or a colleague.

www.mentalhealthfirstaid.ca/EN/Pages/default.aspx

Mental Health Screening Tools

Use our free, anonymous, screening questionnaires to see whether or not there may be a mental health issue. Remember: these self-assessments are for screening only and are not designed to diagnose a condition. No test is 100% accurate. If you are concerned about your mental health or that of your loved ones, seek help from a health professional.

www.ementalhealth.ca/index.php?m=surveyList

Mental Health & Substance Use Resource Line - BC211

Specializes in providing information and referral regarding community, government and social services. Their help line services include 211, the Alcohol and Drug Information and Referral Service (ADIRS), the Problem Gambling Help Line, VictimLinkBC and the Youth Against Violence Line.

www.bc211.ca

Mindcheck

An interactive website where youth, parents and professionals can get support that includes: education, self-help tools, website links, and help connecting to local resources.

www.mindcheck.ca

Mood Disorders Association of BC

Provides a resource manual for families dealing with mental illness as well as helpful links, and family-focused support groups.

www.mdabc.net/family-resources

Multicultural Mental Health Resource Centre

Provides access to resources to support culturally safe and competent mental health care for Canada's diverse population.

www.multiculturalmentalhealth.ca

Youth Mental Health & Substance Use Services

This online map of B.C. youth mental health and substance use services provides information on services that are provided directly through the Ministry of Children and Family Development (MCFD), health authorities and community agencies.

www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/find-services-near-you/youth-mental-health-services

Medication

Medication FAQs

Information and resources in plain language to help you make an informed decision. Printable information in plain language on use of specific medications in children and adolescents is available.

www.keltymentalhealth.ca/treatment/medications

Psychosis

BC Early Psychosis Intervention

Promotes early detection, educates about psychosis, and provides direction for seeking help.

www.earlypsychosis.ca

Schizophrenia

BC Schizophrenia Society

Dedicated to supporting each other, educating the public, raising funds for research and advocating for better services for people with schizophrenia and other serious and persistent mental illness.

www.bcscs.org

Substance Use

Youth Mental Health & Substance Use Services

This online map of B.C. youth mental health and substance use services provides information on services that are provided directly through the Ministry of Children and Family Development (MCFD), health authorities and community agencies.

www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/find-services-near-you/youth-mental-health-services

Suicide

Suicide - Warning Signs

Common warning signs of suicide in children and teens.

www.healthlinkbc.ca/healthtopics/content.asp?hwid=ty6090

Tourette Syndrome

Tourette Syndrome Foundation

Online resource library, evidence-based knowledge, help and information.

www.tourette.ca

Transgender

Transgender Health Information Program

THIP helps people access gender affirming information and resources across BC. All transgender-health related questions from youth, adults, families, health care providers and others are welcome.

www.transhealth.phsa.ca

Transition to Adulthood

Transition to Adulthood - Open Mind

The transition between youth and adulthood can be overwhelming for those who may face new experiences, challenges, and pressures.

OpenMindBC.ca presents a valuable resource for physicians, parents, teachers, and youth to learn more about the support services that are available in British Columbia and across Canada.

www.openmindbc.ca

Healthcare Professional-focused

Resources

Assessment of Suicide Risk Adolescent

The TASR-A was developed to assist in the clinical evaluation of young people at imminent risk for suicide. It was created by clinicians with expertise in the area of adolescent suicide assessment and the development and application of various scales and tools in clinical, research and institutional settings. The TASR-A is not a diagnostic tool since suicide is a behaviour rather than a medical diagnosis.

www.teenmentalhealth.org/toolbox/tasr/

Canadian Mental Health - Bounce Back Program

A free program for depression/anxiety funded by Provincial Health Services and operated by the Canadian Mental Health Association. A great resource for those with mild to moderate symptoms and the program has no wait list. It's also a great resource for GPs in search of supports for their patients. For 19+ patients.

Referral form: www.cmha.bc.ca/how-we-can-help/adults/bounceback/practitioners

www.cmha.bc.ca/how-we-can-help/adults/bounceback/practitioners

Child & Youth Mental Health Toolkits

A variety of toolkits to help increase awareness and understanding of the epidemiology, symptoms and identification of some common mental health conditions as well as provide examples of some recommended treatments.

www.shared-care.ca/toolkits

FamilySmart – Mental Health Tip Sheets

Tipsheets for families you are working with, including: What to expect from your family physician, what to expect from your child's school, what to expect from mental health services, getting help for children with mental health concerns, child & youth mental health services, and dual diagnosis guide.

www.familysmart.ca/resources/

Healthy Living, Healthy Minds Toolkit for Professionals

Provides information and resources for health professionals to discuss healthy living specific to child and youth mental health, including assessment tools and handouts.

www.keltymentalhealth.ca/toolkit-professionals

Inpatient & Outpatient Services - BC Mental Health & Substance Use

Inpatient and outpatient programs and services provided by BC Mental Health & Substance Use Services (BCMHSUS) by referral only.

www.bcmhsus.ca/programs-referral-info-at-a-glance

Kelty Mental Health for Healthcare Professionals

Here you will find information and resources on topics related to mental health challenges affecting youth and young adults.

www.keltymentalhealth.ca/medical

Mental Health Info Sheets/Hand-Outs

A to Z directory including: addictions, anxiety, anger, ADD/ADHD, autism, bipolar, depression, eating disorders, OCD, schizophrenia, psychosis, technology issues and trauma.

www.ementalhealth.ca/Fraser/ArticlesByCategory/index.php?m=article&ByCategory

Open Mind

Doctors of BC has compiled information and resources below that will be useful to doctors who see youth patients. Doctors should also refer to the 'youth' and 'family' sections of this website to familiarize themselves with resources that could be recommended to youth patients and their families.

www.openmindbc.ca/doctors

Suicide - Warning Signs

Common warning signs of suicide in children and teens.

www.healthlinkbc.ca/healthtopics/content.asp?hwid=ty6090

Teen Mental Health

Information, resources and clinical tools designed to assist in customizing treatment approaches and available in a number of different languages.

www.teenmentalhealth.org/care/health-professionals/

Practice Guidelines for Working with Children and Youth At Risk for Suicide in Community Mental Health Settings

Practice Guidelines

www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/practice_guidelines_children_youth_at_risk_suicide.pdf

Preventing Youth Suicide - A Guide for Practitioners

The purpose of this guide is to provide practitioners with high-quality, up-to-date information on the topic of youth suicide prevention.

www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/preventing_youth_suicide_practitioners_guide.pdf

PSP: Child & Youth Mental Health

Clinical tools, resources, and learning sessions to help identify, assess, manage and treat children and adolescents with mental health disorders.

www.qpsc.bc.ca/what-we-do/professional-development/psp/modules/child-and-youth-mental-health

RACE - Rapid Access to Consultive Expertise

Speak directly with specialists in a timely manner.

Mobile app: www.raceconnect.ca/wp-content/uploads/2015/07/eRACE-letter-size-no-crop.pdf
www.raceconnect.ca/

Suicide Prevention, Intervention & Postvention Practice Guidelines

Quick Reference Guide

www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/suicide_pip_pg_quick_reference.pdf

Parent-focused Resources

Confident Parents Thriving Kids

Thriving Kids is a family-focused coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3-12. The program is offered at no cost to BC families, and coaches are available to meet with parents during day, evening and weekend hours to meet each family's needs.

www.cmha.bc.ca/how-we-can-help/children-families/confident-parents

Friends for Life - Parents' Program

The goal is to educate parents and families about the FRIENDS program that is being delivered in many B.C. classrooms and to equip them with family-friendly tools and information to practice the FRIENDS program skills together at home. FRIENDS is proven effective as both a universal resiliency building program, as well as a targeted early intervention anxiety reduction program for children. The online BC FRIENDS Parent Program has many resources, videos and tools available to parents in British Columbia

www.familysmart.ca/programs/bc-friends-parent-program

FamilySmart™

Mental Health challenges are hard. People are struggling, whether you're living it or working in it, or both. It's really hard. And it doesn't need to be so hard. FamilySmart™ knows some ways to make it easier. FamilySmart™ means seeing each other, hearing each other, being kind to each other. It can make things easier and it can save lives.

www.familysmart.ca

Questions about Medications

Information and resources in plain language to help you make an informed decision. Printable information in plain language on use of specific medications in children and adolescents is available fr

www.keltymentalhealth.ca/treatment/medications

Teen Mental Health

Resources and information designed to help you support the ones you love, while ensuring you take care of yourself while doing so.

www.teenmentalhealth.org/care/parents/

The Healthy Living ... It's in Everyone Toolkit for Families

Includes information, resources, and tools to help children and youth with mental health challenges develop healthy living habits.

www.keltymentalhealth.ca/toolkit-families

Kelty Mental Health for Parents & Caregivers

Here you will find information and resources on topics related to mental health challenges affecting youth and young adults.

www.keltymentalhealth.ca/family

Family Toolkit for Mental Health

When a family member suffers from a mental illness, one of the most important things to do is to take the time to learn about the disorder. The Family Toolkit was designed to assist families in caring for a family member with a mental illness by providing information and practical resources.

www.heretohelp.bc.ca/workbook/family-toolkit

Teacher/Educator-focused Resources

Mental Health Guide for Teachers

Orientation to child and youth mental health – a guide for teachers

www.forcesociety.com/sites/default/files/CYMentalHealthGuide_Teachers.pdf

Open Mind

Teachers are often well placed to recognize whether a youth may be suffering from a mental health problem. This site links to a number of websites containing resources and information to support families and teachers of youth who may be experiencing a mental health problem.

www.openmindbc.ca/teachers

Teen Mental Health

Resources and information to help improve mental health literacy among students, educators and school staff.

www.teenmentalhealth.org/care/educators/

Youth-focused Resources

Anxiety BC for Youth & Young Adults

Are you ready to stop letting anxiety push you around? Provides a rich resource of self-help information and programs.

www.youth.anxietybc.com/

Blue Wave – Wellness Check

Aids in the understanding of the feelings and experiences associated with different states of mind.

www.bluewavebc.ca/wellness-check

Dealing with Depression

Learn what depression is, what causes it and what you can do. Includes skills training for realistic thinking, problem solving and goal setting.

www.dwdonline.ca

Do Yoga With Me

Free online yoga and meditations for all ages.

www.doyogawithme.com

Kelty Mental Health

General Mental Health Information for kids and teens.

www.keltymentalhealth.ca

Kids Help Phone

Phone and web counseling for youth ages 20 and under.

www.kidshelpphone.ca/Teens/Home.aspx

Mind Your Mind

Reach out. Get help. Give help. A space for youth and young adults (14-24) to find support when going through tough times.

www.mindyourmind.ca

Mindfulness for Teens

Support for teens to live in the present moment, with kindness and curiosity

www.mindfulnessforteens.com

Teen Mental Health

Learn about, live with, and care about mental health. Use the ToolBox to find resources that will better support you.

www.teenmentalhealth.org

Open Mind

A website designed specifically for youth who have questions or concerns about their mental well-being.

www.openmindbc.ca/youth-young-adults

Walk Along

Your Journey to Mental Wellness. A community where young Canadians can explore their mental health amongst their peers.

www.walkalong.ca/

We're Here to Help

Chat online or by phone with a volunteer from the Crisis Intervention & Suicide Prevention Centre of B.C.

www.youthinbc.com/#

Youth in BC

Chat online with trained volunteers 12 pm – 1 am daily.

www.youthinbc.com

Youth Space

A safe place to talk about whatever is on your mind.

www.youthspace.ca

Youth Wellness Phone Apps

Always There

A password protected space for you to log your feelings, flip through a ton of youth-submitted tips, inspirational quotes, and jokes aimed at helping you cope with stress. The app can also connect you directly with a Kids Help Phone counsellor over the phone, or through Live Chat.

www.kidshelpphone.ca/teens/phoneus/alwaysthere.aspx

BoosterBuddy

Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.

www.viha.ca/cyf_mental_health/boosterbuddy

Breathe

Breathe is a friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.

www.stopbreathethink.org

Calm

Free and easy online relaxation moments

www.calm.com

Companion

The app helps you reframe negative and anxious thoughts, building your mental muscles so that you can cope much better with life's ups and downs.

www.companionapproach.com/the-app

MindShift

MindShift is an app designed to help teens and young adults cope with anxiety. It includes strategies to deal with everyday anxiety, as well as specific tools to tackle certain types of anxiety such as test anxiety, performance anxiety, and social anxiety.

www.anxietybc.com/resources/mindshift-app

Mood FX

MoodFx is an interactive mobile-optimized website designed to help people with depression and anxiety by providing simple and scientifically valid methods for monitoring symptoms and functioning.

www.moodfx.ca

My3 - Support Network

This is an app created to help you stay safe when you are having thoughts of suicide. It lets you program in your contacts for 3 people in your Circle of Care, as well as access 911 easily. It also helps you create and pull up your customized safety plan in times of need.

www.my3app.org

Optimism

Optimism is designed to help you increase your understanding of all the things that affect your mental health. The apps act as a springboard to detect patterns in your health and develop strategies to proactively manage depression, bipolar disorder, and other mental health conditions.

www.findingoptimism.com

Stresslr

A fun online resource for kids ages 9-11 to learn stress management skills, developed by B.C. Children's Hospital. By learning and developing healthy coping strategies, kids can better manage stress they face today and throughout their lives.

www.stresslr.ca

SuperBetter

SuperBetter is an app that encourages you to stay optimistic and motivated in the face of adversity and challenges. The app is designed to make you the superhero of your own mental health. You can activate power ups, battle bad guys, and complete quests.

www.superbetter.com

thinkFull

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The content in this guide is general in nature; it is not intended as professional/medical advice or a substitute for obtaining professional/medical advice. Please consult a doctor or other health care professional if you have any questions or concerns about your health or medical condition.

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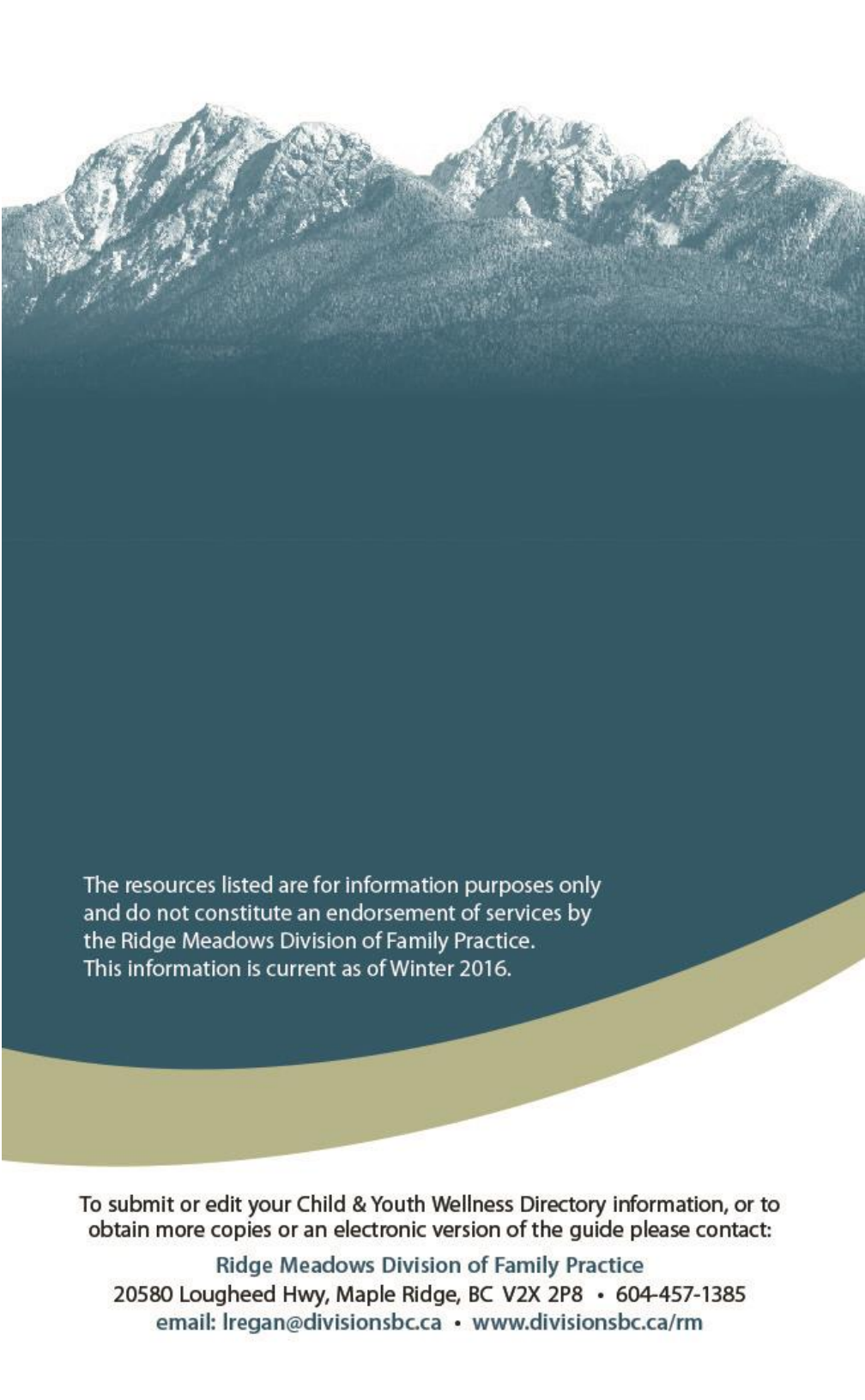
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Vision Statement

Ridge Meadows Division seeks to influence change by providing leadership to achieve optimal health for our community and provide support to our physicians that enables primary care for our community

Mission Statement

To provide improved patient care and physician satisfaction by supporting and enhancing the role of primary care physicians by having an organization that has meaningful communication and partnerships with Health Authorities, Ministry of Health, key stakeholders and the Community at large.



The resources listed are for information purposes only and do not constitute an endorsement of services by the Ridge Meadows Division of Family Practice. This information is current as of Winter 2016.

To submit or edit your Child & Youth Wellness Directory information, or to obtain more copies or an electronic version of the guide please contact:

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