

Whatever you're  
going through,  
we're here for you.

"I never realized how easy it was to access support through an app on my phone. I accessed Foundry's app from the comfort of my bedroom and spoke with a counsellor the same day. I left my session with resources and a follow-up appointment with a primary care provider. For the first time in a long time, I feel hopeful."

- Youth accessing Foundry Virtual BC services.

## Foundry Virtual BC

We offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 across British Columbia.

All services are free and confidential, no referrals are needed.  
We offer video, audio and chat options.

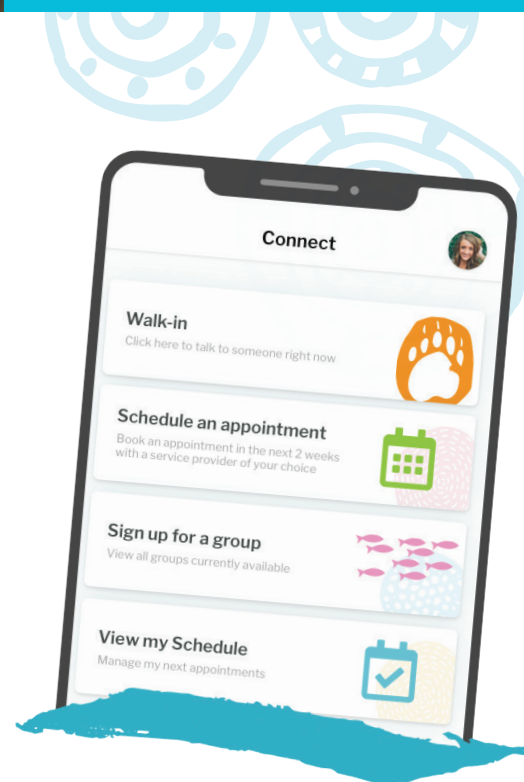
**Drop-in services:** Access same-day counselling and peer support.

**Scheduled appointments:** Book counselling or peer support appointments in advance.

**Group sessions:** Connect with peers, learn coping strategies and life skills.

**Primary Care:** Speak with a Nurse Practitioner about sexual health, medication, gender affirming care or other medical/health-related concerns.

**Employment services:** Explore employment opportunities, educational/certification programs or discuss other job or school-related options.



Download the App or  
use in a browser

Hours: 7 days/week  
1:00pm–9:00pm

Visit [foundrybc.ca/virtual](https://foundrybc.ca/virtual) to learn more. If you don't have internet access you can contact us at **1-833-308-6379** or email [online@foundrybc.ca](mailto:online@foundrybc.ca)

