

A condensed comprehensive guide for adults in need of mental health support,

For further adult health resources and services please obtain the complete Adult Health Services Handbook from your family doctor.

### MENTAL HEALTH RESOURCES

# BC Mental Health and Addictions

www.bcmhas.ca

BC 211 – Community and Social Services Directory and Referrals Community, social and government supports for all areas of mental and physical health www.bc211.ca

# **HeadsUpGuys**

Resources, services and programs to improve the mental health and well-being of men. <a href="https://headsupguys.org/">https://headsupguys.org/</a>



### RAPID ACCESS CLINIC

#### For Adults (19+)

The Rapid Access Clinic (RAC) provides timely access to a one-time consultation with a Psychiatrist and nurse from your local Mental Health Centre (MHC), in order to provide your General Practitioner (GP) or Nurse Practitioner (NP) with treatment recommendations. Following your service at the clinic, your GP or NP will receive a report from the Psychiatrist outlining your treatment plan. Your GP or NP will then continue with your treatment.

Physician Referral Required

#### Goals:

To provide more immediate access to timely psychiatric consultation to support and enhance the capacity of GPs to care for their patients.

New Westminster Mental Health Centre-Rapid Health Clinic (RAC): 604-777-6800

Tri-Cities Mental Health Centre-Rapid Health Clinic (RAC): 604-777-8400

Burnaby Mental Health Centre-Rapid Health Clinic (RAC): 604-453-1900 http://bit.lv/FHA-RAC



### FRASER HEALTH

# MENTAL HEALTH AND SUBSTANCE USE CENTRES:

Interdisciplinary team members work together with the person experiencing mental illness and substance use concerns to achieve mental wellness and recovery goals. Services include:

- Assessments
- Medication reviews and monitoring
- Crisis interventions: help in moving through crisis situations
- Consultation and navigating the systems
- Counselling
- Education around mental illness and treatment options
   No physician referral required.

#### **New Westminster Mental Health Centre:**

403 Sixth Street, 2nd floor New Westminster, BC V3L 3B1 604-777-6800

#### **Tri-Cities Mental Health Centre:**

Coquitlam, Port Moody, Port Coquitlam #1 - 2232 Elgin Avenue Port Coquitlam, BC V3C 2B2 604-777-8400

#### **Burnaby Mental Health Centre:**

3935 Kincaid Street Burnaby, BC V5G 2X6 604-453-1900





### MENTAL HEALTH- FAMILY SUPPORT

#### **Caring for Carers**

Providing support for carers of people with schizophrenia and psychosis.

1-888-888-0029

#### Family Support Services Program

Support for family, friends and natural supports of adults with mental health and/or substance use concerns.

www.fraserhealth.ca/mentalhealth 1-833-898-6200

#### **Suicide Information**

Education centre able to respond to individual, community and organization needs to gain information, education, and skills to respond to the risk of suicide. Resources for the bereaved of suicide.

www.suicideinfo.ca 1-833-456-4566 (4357)

#### Mental Health Advocacy

Mental Health Advocate Burnaby/New Westminster Assistance with CPP/Income Assistance/Disability applications. 604-547-0106

### Mental Health & Recovery New View Society

Cooperative community designed to create a healthy environment for individuals, who are recovering from mental illness.
2050 Mary Hill Road, Port Coquitlam www.newviewsociety.org
email: newview@newviewsociety.ca
604-941-3222,



# CHILD & YOUTH MENTAL HEALTH

#### Mental Health Support

310-6789 (no area code) 1-800-SUICIDE • 1-800-784-2433 https://www.crisislines.bc.ca/

#### Online Service for Youth

Online chat is available from Noon to 1:00am in BC www.YouthinBC.com

#### Youth Crisis- Live 24-Hour Chal

Suicide prevention and crisis centres in B.C. provide this online service along with its staffed telephone lines.

1-866-872-0113

#### Mind Check

Mindcheck.ca is a website designed to help BC youth and young adults, ages 13 to 25, to better understand mental health challenges and learn about steps they can take to improve their well-being. Support includes education, links to self-care tools, and assistance in connecting to local professional resources. www.mindcheck.ca

#### Kids Help Phone

Toll-free, confidential and anonymous telephone and online counselling and referral service for young people up to age 20, available 24 hours a day, seven days a week.

1-800-668-6868

#### Kids Help Phone Online Chat

Wednesday to Sunday, 3 p.m. to 11 p.m. in B.C. to connect you with a Kids Help Phone counsellor, on the web or from a smartphone.

https://kidshelpphone.ca/live-chat/

#### MENTAL HEALTH CENTRES

# Child and Youth Mental Health Centres:

Walk-in intake

Tri-Cities (Coquitlam, Port Coquitlam, Port Moody) 300 - 3003 St. Johns Street, Port Moody Tuesday & Thursday 9:00 am - 3:30 pm.

#### **New Westminster**

201 - 1065 Columbia Street Tuesday 12:00 pm - 4:00 pm.

#### **START Team**

Fraser Health's START program provides assessment and intervention services to children and teens (ages 6 – 18) experiencing a mental health crisis.

Monday to Friday: 9 a.m. to 9 p.m. Weekends and holidays: Noon to 9 pm.

1-844-START11 (1-844-782-7811)

#### Alcohol and drug information and referral service

Available to anyone needing help with any kind of substance use issues, 604-660-9382 or toll-free 1-800-663-1441

#### Kelty Mental Health Centre

A provincial source of mental health information, anger, grief/loss, mood/behaviour, anxiety, & psychosis resources for children youth and families.

www.keltymentalhealth.ca 1-800-665-1822

### STRESS & ANXIETY

#### **Medical Marijuana Clinic**

Green Leaf Medical Clinic: 604-371-4769 218 – 9525 201 St. Langley

Prescriptions from family physician or specialist required for application process.

Provides a framework for patients to legally use marijuana for beneficial relief of various symptoms.

Following the patient/physician consultation, the patient will work with one of the clinic's medical office assistants to decide on the licensed commercial producer that best suits their requirements. Strains will be recommended as per the physician's chart notes and past patient experiences.

Please note the clinic does not provide medication.

#### **Counselling & Support**

If you are looking for a highly trained professional to help address your specific mental health concerns, visit the links below to learn more and to find a provider. A good place to start when seeking treatment options for your mental health is to speak with your family physician.

#### Free & Low Cost Counselling

UBC Counselling Centre – Free Provides personal, couple and family counselling. Counsellors are in training, receiving supervision. 821 8th Street, New Westminster604-525-6651

# Purpose & Moving Forward Services

Free 1:1 counselling services.
40 Begbie Street, New
Westminster
604-526-1007



# **COUNSELLING & SUPPORT**

Free & Low Cost\*

#### SFU Clinical Psychology Centre - Free

Services provided by Masters and Doctoral level graduates.

Saywell Hall 9044-8888 University Drive, Burnaby

778-782-4720

#### **Burnaby Family Life** - Free

Therapy to women/children who have experienced abuse and violence. Open to New West residents if they have a history of childhood sexual abuse. Parenting and pregnancy programs.

2011 Holdom Avenue, Burnaby 604-659-2217

#### **Family Services of Greater Vancouver**

Vancouver, Richmond, New Westminster Low Cost

Provides professional counselling to children, adults, couples, and families living in the Lower Mainland.

https://fsgv.ca/counselling/ 604-874-2938

#### **Cameray Child and Family Services**

Provides many types of counselling programs (Burnaby and New Westminster residents) to children, youth, and their families based on their needs.

http://cameray.ca/counselling-programs/

Phone: 604-436-9449 Press "0"

#### **Moving Forward Family Services** - Low Cost

Safe, accessible, affordable counselling for all.

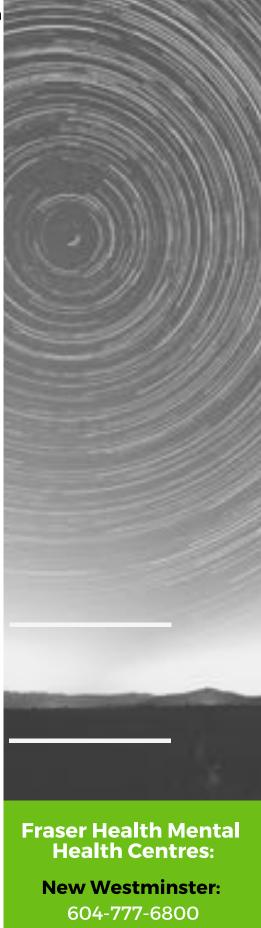
Drop in or book an appointment.

103 – 12827 76th Avenue, Surrey

email: counselling@mffs.ca

https://mffs.ca/

Text or call 778-321-3054;



**Tri-Cities:** 

604-777-8400

# COUNSELLING & SUPPORT

#### **Peer Support**

#### New Westminster Peer Support Group

Free & Drop in

Peer led support group attended by

people who live with any mental

health condition.

Thursdays 7:00-9:00pm at the Sherbrooke Lounge (260 Sherbrooke Street, New Westminster)

#### 7 Cups

7 Cups is a website which provides free peer support to people experiencing emotional distress by connecting them with trained listeners. https://www.7cups.com/

# MoodGYM Training Program

Learn cognitive behaviour therapy skills for preventing and coping with depression and anxiety.

https://moodgym.com.au/

#### Counselling

# Fraserside Community Services Society (Free) New Westminster

Adult & youth counselling services, group counselling, & child counselling.

Location: 2nd floor, 519 Seventh Street

New Westminster.

Monday to Friday 9:00am-5:00pm https://www.fraserside.bc.ca/ Self Referral 604-522-3722 (ext. 101).

#### **Share Community Resources**

Offers free or low cost addictions counselling.

http://sharesociety.ca/substance-use/ 604-936-3900

Canadian Mental Health Association BC 310-6789 (no area code required)

#### Bounce Back -

Free with GP referral

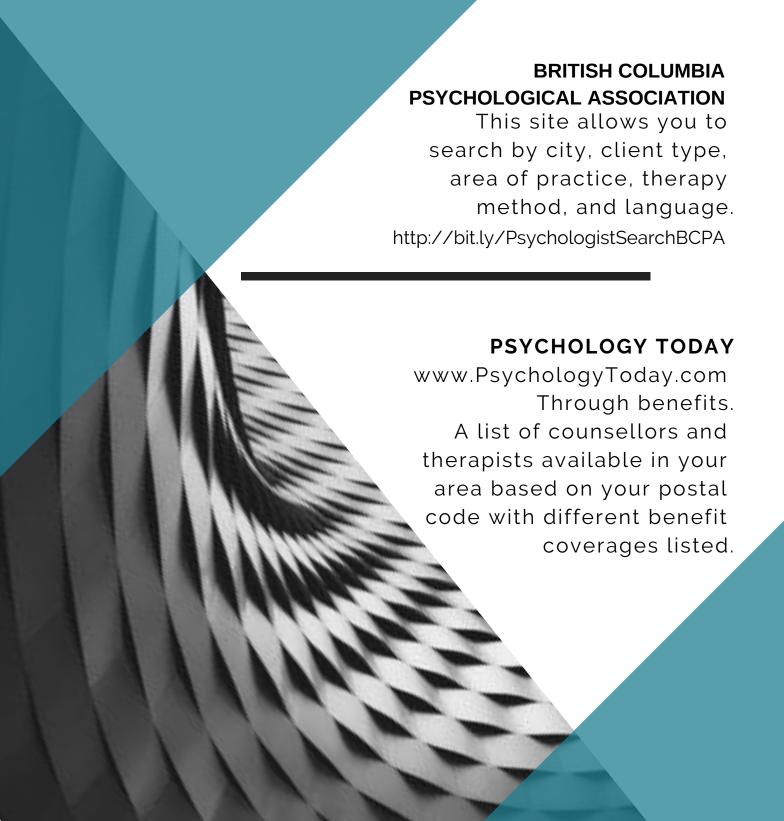
The Bounce Back Program is a free,
evidence-based program designed to help
adults and youth experiencing symptoms
of mild to moderate depression, low mood,
or stress, with or without anxiety.

604-872-4902,



# **PSYCHOLOGISTS**

Seeking help is the first step in the right direction towards your mental wellness. Find a psychologist that is right for you.



# **COMMUNITY DROP IN PROGRAMS**

# Borderline Personality Disorder Society of British Columbia

Peer Support Group The peer support group is a free, drop-in format comprised of a half-hour check-in, an hour discussion period, and a half hour social with tea and snacks. You do not need a formal diagnosis of BPD to attend. They have a lending library of handouts, resources and books on BPD and related subjects. Groups typically run on a weekly basis in Vancouver at the Coast Mental Health Office. Please contact Coral More: CoralMore@gmail.com

#### **Mood Disorders Association of BC**

The MDABC is a nonprofit organization providing treatment, support, education, and hope of recovery for people living with a mood disorder. They serve to build awareness and understanding in communities throughout the province, reaching out to as many people as possible www.mdabc.net 604-873-0103

#### **Anxiety BC**

A leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. This site provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety.

311 – 409 Granville Street, Vancouver www.anxietybc.com
604-525-7566

#### **BC Schizophrenia Society**

Education and caring support for families affected by serious mental illness. The family unit is our first responsibility and primary focus; the person with the illness is always included in the definition of family. www.bcss.org

604-270-7841

# **COMMUNITY DROP IN PROGRAMS**

#### Here To Help

A group of seven leading mental health and addictions non-profit agencies working to help people live well and better prevent and manage mental health and substance use problems.

Here to Help-Self Management Guide for Managing Substance Use:

www.heretohelp.bc.ca/self-help-resources Email: bcpartners@heretohelp.bc.ca 310-6789 (no area code) www.heretohelp.bc.ca

#### **Kelty Mental Health Resource Centre**

Mental Health information and resources for families.

www.keltymentalhealth.ca

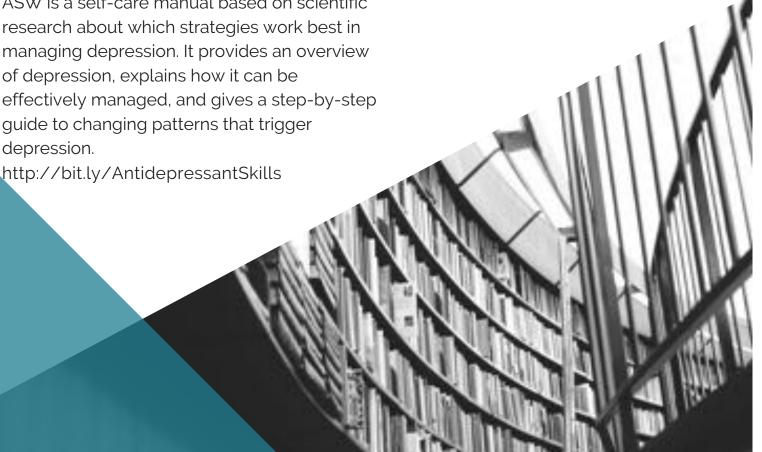
#### **Anti-depressant Skills Workbook**

ASW is a self-care manual based on scientific research about which strategies work best in managing depression. It provides an overview of depression, explains how it can be effectively managed, and gives a step-by-step guide to changing patterns that trigger depression.

### Canadian Mental Health **Association**

Through our family of over 100 local, provincial and national locations across Canada, CMHA provides a wide range of innovative services and supports tailored to and in partnership with our communities. Mental health begins where you live, learn, work and play. Together, we are making a difference. (Includes Bounce Back Programs - Self-help DVD's & telephone Coaching)

www.bouncebackbc.ca (BC): 604-688-3234 www.cmha.bc.org







# **Mental Health Resources for Seniors**





**Alzheimer Society of BC – Caregivers Support Groups:** 

Support services & education programs for people impacted by dementia throughout BC.

www.alzheimer.ca/bc or 1-800-667-3742 604-298-0780

#### **Seniors Services Society**

Offers services such as housing assistance, shuttle bus, housekeeping, meals on wheels, and Lunch Club - providing New Westminster seniors (60+) opportunities for friendly social outings and affordable meals out. 750

Carnarvon Street, New Westminster, BC V3M 1E7

Monday to Friday 8:30am to 4:30pm

604-520-6621

Seniors Navigator: 604-467-6911

If you are an elderly patient or know someone who is isolated, lacking family support, or has trouble accessing food, transportation or other programs, you/they may benefit from the support of the Seniors Navigator.

GP Referral or Self referral - call us!

Dementia Hotline (Alzheimer Society of BC) 1-800-936-6033

# ABORIGINAL HEALTH RESOURCES

#### **Spirit of the Children Society**

An Aboriginal non-profit society serving families in the Burnaby, New Westminster, and Tri-Cities area. Our goal is to empower and strengthen Aboriginal families by providing support and resources. https://www.sotcs.ca/604-524-9113

#### Kwikwetlem First Nation- Health & Wellness:

email: reception@kwikwetlem.com www.kwikwetlem.com/healthandwellness. 604 540-0680

#### **First Nations Health Authority**

For assistance with First Nations Health benefits, patient travel and advocacy contact the Kwikwetlem, Qiqéyt or Coast Salish Nations regional liaison: 1-855-550-5454 In-person Inquiries: 1166 Alberni Street (near Thurlow Street), Room 701, Vancouver BC healthBenefits@fnha.ca www.bcss.org/category/resources/aboriginal

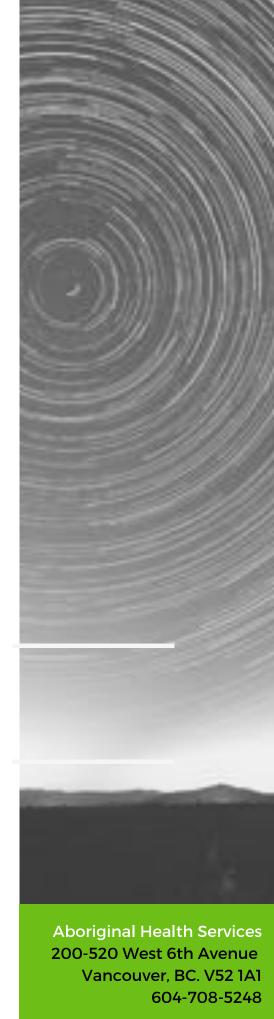
#### Vancouver Coastal Health- Aboriginal Health:

Contact Aboriginal Health
General inquiries
We are open Monday to Friday 9 a.m. to 5 p.m.
288 - 2750 East Hastings Street, Vancouver, BC,
V5K 1Z9
http://www.vch.ca/your-care/aboriginal-health
604 675-2530

#### Vancouver Native Health Society -

To improve and promote the physical, mental, emotional and spiritual health of the aboriginal community.

604-255-9766 www.vnhs.net



# ABORIGINAL MENTAL **HEALTH RESOURCES**

#### **Native Mental Health Association of** Canada

http://www.nmhac.ca/ National not-for-profit association that is governed and managed by Aboriginal leaders to improve the lives of Aboriginal populations by addressing healing, wellness, and other mental health challenges.

#### **Aboriginal Wellness Program**

Delivers culturally safe mental wellness and addiction programs for First Nations and Aboriginal people residing in the Lower Mainland including: Counselling, Therapeutic Groups, Cultural Support & Teachings.

Phone: (604) 675-2551

aboriginalwellnessprogram@vch.ca

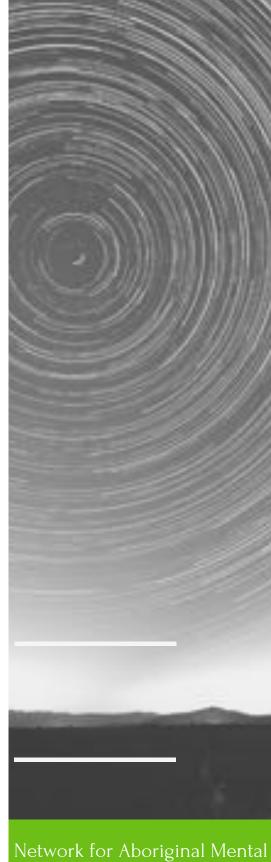
#### **Aboriginal Mental Health Outreach**

Perry Omeasoo - Aboriginal Mental Health Liaison (604) 674-2530 extension 22240 perry.omeasoo@vch.ca

### **British Columbia Schizophrenia Society -Aboriginal Resources**

Resources for First Nations communities and families.

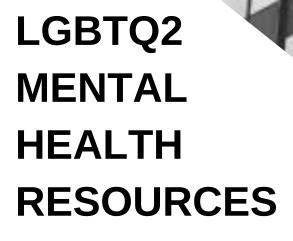
http://www.bcss.org/category/resources/a boriginal/



Health Research

This database describes existing mental health promotion, prevention and intervention programs and models for Aboriginal peoples in Canada.

www.namhr.ca/mental-health-programs



**Qmunity - BC's Queer Resource Centre** 

Non-profit organization based in Vancouver, BC that works to improve queer, trans, and Two-Spirit lives. Our counselling program is a professional, volunteer and practicum students-based service providing free short-term counselling to members of the queer, trans and Two-Spirit communities.

1-800-566-1170 www.qmunity.ca

### **Talkspace - Online Therapy for the LGBT Community**

Talkspace is therapy for how we live today—accessible 24/7, affordable & 100% secure. Our 1000+ licensed counsellors are standing by to help you deal with whatever life throws your way.

https://www.talkspace.com/online-therapy/lgbt/

# REFUGEE HEALTH SERVICES

# Umbrella Multicultural Health Co-op

Community health centre delivering health care to immigrants and newcomers in the Lower Mainland. We offer a full Family Practice, paediatric care, a mobile clinic, and many more services.

Address: 48 Sixth St, New Westminster BC, V3L 2Z2 Email: info@umbrellacoop.ca

Phone: 604-553-0633

# Vancouver Association for the Survivors of Torture (VAST)

Providing trauma-focused psychological counselling for refugees in one-on-one and group settings to prepare our clients for the short-term refugee claim and long-term settlement processes.

Providing referrals to health, housing, and settlement services. We work with our community partners in the health and social services sectors to create a network to support our clients' basic needs.

www.vast-vancouver.ca 604-255-1881

#### **Immigrant Services Society - 604-684-2561**

Services include help with housing, health care, trauma support & treatment, child & youth programming, and more. http://issbc.org



#### FOR MORE INFORMATION ON HEALTH RESOURCES, ASK YOUR DOCTOR FOR THE COMPLETE COMPREHENSIVE ADULT HEALTH SERVICES HANDBOOK

#### More Adult Health Resources Available:

Crisis Support

Adult Mental Health Services

Counselling and Group Programs

Aboriginal Health Services

Substance Use Services

Medical Access Information

Chronic Pain Services & Resources



Adult Resource Guides, Created by the Fraser Northwest Division of Family Practice, in conjunction with:









Fraser Northwest doctors: Chronic Pain Working Group Frazer Northwest Community Partners

