



**FRASER NORTHWEST
DIVISION OF
FAMILY PRACTICE**

ADULT MENTAL HEALTH SUPPORT

CONDENSED MINI GUIDE

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.

<https://headsupguys.org/>



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.ly/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 Chat

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 Westminister

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
Westminster 604-525-6651

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;

Fraser Health Mental Health Centres:

New Westminster:

604-777-6800

Tri-Cities:

604-777-8400

COUNSELLING & SUPPORT

Peer Support

New Westminister 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 Westminister)

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 Westminister

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

Location: 2nd floor, 519 Seventh Street
New Westminister.

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.

BRITISH COLUMBIA PSYCHOLOGICAL ASSOCIATION

This site allows you to search by city, client type, area of practice, therapy method, and language.

<http://bit.ly/PsychologistSearchBCPA>

PSYCHOLOGY TODAY

www.PsychologyToday.com

Through benefits.

A list of counsellors and therapists available in your area based on your postal code with different benefit coverages listed.

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.bcscs.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.

<http://bit.ly/AntidepressantSkills>

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 Westminister seniors (60+) opportunities for friendly social outings and affordable meals out. 750

Carnarvon Street, New Westminister, 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.bcsh.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 Health Services
200-520 West 6th Avenue
Vancouver, BC. V5Z 1A1
604-708-5248

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.bcscs.org/category/resources/aboriginal/>

Network for Aboriginal Mental 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

LGBTQ2 MENTAL HEALTH RESOURCES

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

Fraser Northwest Community Partners

