



FRASER NORTHWEST
DIVISION OF
FAMILY PRACTICE

SUBSTANCE USE SUPPORT SERVICES

CONDENSED MINI GUIDE

A condensed comprehensive guide listing resources for substance users, and families supporting their recovery.

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

FRASER HEALTH

SUBSTANCE USE RESOURCES

Fraser Health Alcohol and Drug Information and Referral Service:

604-660-9382

Toll Free: 1-800-663-1441

For anyone needing help with any kind of substance abuse issues.

24 hrs a day, 7 days a week.

Information line and referral for prevention and treatment services.

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.

New Westminster Mental Health Centre:

604-777-6800

403 Sixth Street, 2nd floor

New Westminster, B.C. V3L 3B1

Tri-Cities Mental Health Centre

604-777-8400

#1 - 2232 Elgin Avenue

Port Coquitlam, B.C. V3C 2B2

Burnaby Mental Health Centre:

604-453-1900

3935 Kincaid Street

Burnaby, B.C. V5G 2X6



**BC Mental Health
and Addictions**
www.bcmhas.ca



Naloxone Training Narcan Kits

The following publicly-listed locations provide no-cost Take Home Naloxone (THN) kits and overdose recognition and response training to community members.

New Westminster Public Health Unit

Individual Training Group training dependent on staffing.
#218, 610 6th St. New Westminister
604-777-6740

Purpose Society

Individual Training drop-in (pend staff available)
Mon-Fri 9:00am-4:00pm
40 Begbie St. New Westminister
604.526.2522

Westminster Medical Clinic

Individual Training
Call for information (drop-in & appointment)
7636 6th St. Burnaby BC
604.777.7095

Tri-Cities - Public Health Unit

Group or Individual Training.
Call to confirm staff availability
Monday-Friday: 8:30am - 4:00pm
#200, 205 Newport Dr.
604.949.7200

Stride with Purpose Mobile Health Van

Group or Individual training
Mobile Unit. Call for access
7 days/week (call to confirm availability)
604.351.1885

Alcohol and Drug Information and Referral Service

Lower Mainland: 604.660.9382
Toll-free line: 1.800.663.1441

For more information on Take Home Naloxone or to watch a training video please visit:

<http://towardtheheart.com/naloxone/>
<http://FraserHealth.ca/Overdose>

To contact Fraser Health Harm Reduction Program please email: overdose@fraserhealth.ca





Recovery Services - O.A.T.

Opioid Agonist Treatment (OAT) Clinic – Port Moody

Free of cost

A new outpatient Opioid Agonist Treatment Clinic has opened in Port Moody. The clinic provides prescribed medications to people who have an opioid use disorder. Clients can also get connected to psychosocial support like counselling. Clinic services are free and available to anyone with an opioid use disorder, regardless of where they live

Clinic Address: 700-220 Brew Street, Port Moody, BC.

Hours of Operation: Monday-Friday, 10am-6pm.

Phone: 604-777-8709

Fax: 604-777-8403

To self-refer: Call the Substance Use Services Access Team at 1-866-624-6478; or Drop-in or call the clinic to book an appointment. You can ask your doctor for a referral if you would prefer.



RECOVERY PROGRAMS

Alcoholics Anonymous (AA)

<http://district42aa.com>

Narcotics Anonymous (NA) Meetings

1.855.444.BCNA (2262)

<http://www.bcrna.ca>

BC Nar-Anon

1-800 477-6291

<http://www.nar-anon.org>

Cocaine Anonymous (CA)

1-866-662-8300

<http://www.ca-bc.org>

BC Life Ring Meetings

1-888-920-2095

<http://www.liferingcanada.org>

Self-Management and Recovery Training

(SMART Recovery) -

1- 866-951-5357

<http://www.smartrecovery.org>

New Westminster Withdrawal Management Services

Western Canada Detox Program

Medically assisted detox & therapy.

Columbia St E 301 207 New Westminister,

BC V3L 3W5

www.westerndetox.com

(604) 553-2262

Toll-Free: 1-855- 561- 4506

Inner Visions Recovery Society

Creates a safe and nurturing community for men and women suffering from addiction in a safe and organized environment. Created and operated by people who have conquered their demons of alcohol and drug addictions.

Call the Inner Visions Recovery Society 24-hour toll free phone line:

o Men: 1-877-939-1420

o Women: 1-866-466-4215

info@westminsterhouse.ca

The Last Door

Adult and Adolescent treatment for alcohol, drugs, gambling, food, video-gaming, internet and nicotine addiction. 15 Fraser Health Beds, 20 private beds and 15 youth beds.

New Westminister

<https://lastdoor.org/>

Recovery Helpline 1-888-525-9771

604 525-9771

Burnaby Centre for Mental Health & Addiction

We provide specialized inpatient treatment services for BC adults (over 19 years) with severe and complex concurrent substance addiction and mental health concerns.

Referral Required

24 hours a day, 7 days a week

3405 Willingdon Avenue, Burnaby BC, V5G 3H4

Phone: 604-675-3950



FAMILY SUPPORT

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

Port Moody Share Family and Community Services' Alcohol and Drug Program

Are you concerned about substance use by yourself or someone you care about? This program is open to the public in a drop-in forum, and covers topics ranging from trauma and substance use, to stress and relapse prevention, and many more.

Where: Share offices (2615 Clarke St., Port Moody)

When: On 13 consecutive Tuesdays from 6:30 to 8 p.m (July- October 2018).

Who: Open to everyone in the community and is free to attend.

Al-Anon

Helping families and addicts cope and hope.

<http://bit.ly/AlAnonMeetings>

1-877-254-3348

Fraser Health Alcohol and Drug Information and Referral Service

Available to anyone needing help with any kind of substance abuse issues, 24 hrs a day, 7 days a week. Provides information & referral to education, prevention and treatment services, & regulatory agencies.

Toll Free 1-800-663-1441

604-660-9382



PSYCHOLOGISTS

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

BRITISH COLUMBIA PSYCHOLOGICAL ASSOCIATION

Looking for a highly trained mental health professional to help address your specific concerns? The BC Psychological Association offers a listing of Registered Psychologists in your area. You can search by location, area of concern, therapy method, and other criteria.

www.psychologists.bc.ca

604-730-0522

PSYCHOLOGY TODAY

www.PsychologyToday.com -

Through benefits

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

COUNSELLING RESOURCES

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

7 Cups

7 Cups is a website providing 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.

Self Referral. Location: 2nd floor, 519 Seventh Street in New Westminster.

Monday to Friday 9:00am-5:00pm

<http://www.fraserside.bc.ca/>

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
Division: 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,



MENTAL HEALTH COMMUNITY DROP IN PROGRAMS

Here To Help

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

Email: bcpartners@heretohelp.bc.ca
www.heretohelp.bc.ca/self-help-resources

Here to Help-Self Management Guide for Managing Substance Use
310-6789 (no area code)
www.heretohelp.bc.ca

Kelty Mental Health Resource Centre

www.keltymentalhealth.ca
Mental Health information and resources for families.

Canadian Mental Health Association (BC): 604-688-3234

www.cmha.bc.org

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

Antidepressant 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. In this self-care guide, we show how to use cognitive and behavioural methods to make important changes in thinking and actions that help one to emerge from depression and make it less likely to recur.

<http://bit.ly/AntidepressantSkills>



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

