

# Mental Health

## Situational Crisis

### Resources

**General:**

- [PathwaysBC](#)
- [North Shore Primary Care Network](#)

Child and Youth	Adult
<ul style="list-style-type: none"> <li>• <a href="#">Mental Health Walk-in Intake Clinics</a> <ul style="list-style-type: none"> <li>○ Tuesday – Wednesday, 0900-1530</li> <li>○ Walk-in at #301-224 West Esplanade, North Vancouver</li> <li>○ Ages 6-18</li> </ul> </li> <li>• <a href="#">North Shore Foundry</a> <ul style="list-style-type: none"> <li>○ Monday – Thursday afternoon (hours may vary for both, so check website)</li> <li>○ Ages 12-24</li> </ul> </li> <li>• <a href="#">Youth Urgent Response Team</a> <ul style="list-style-type: none"> <li>○ Tuesday – Friday, 0900-2200 and Saturday – Monday, 1130-2200</li> <li>○ Phone: (604) 984-5061</li> <li>○ Ages 13-19</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">RACE line</a>: (604) 696-2131                             <ul style="list-style-type: none"> <li>○ Psychiatric, geriatric, perinatal, and eating disorders available</li> <li>○ Monday – Friday, 0800-1700</li> </ul> </li> <li>• Suicide line: 1 (800) 784-2433</li> <li>• Distress line: 1 (866) 661-3311</li> <li>• North Shore Women’s Crisis: (604) 987-3374</li> <li>• Indigenous Hope for Wellness Hotline: 1 (855) 242-3310</li> <li>• <a href="#">HOpe Centre</a> <ul style="list-style-type: none"> <li>○ Referral within three days for adults, but can be a long wait to access treatment</li> <li>○ <a href="#">Adult Community Mental Health and Substance Use Central Intake Referral Form</a></li> <li>○ <a href="#">Carlile Unit</a> – supports ages 17-25 facing urgent mental health or substance use challenges, offering a multidisciplinary treatment team</li> </ul> </li> </ul>

