

Mental Health Resources

Abbotsford Adolescent Day Treatment Program (ADTP)

101 - 32555 Simon Ave, Abbotsford

Provides individualized mental health services and educational programming for youth ages 13 to 18 with acute psychiatric illnesses. Youth attend the outpatient program four days a week for six months.

Abbotsford Hospice Society

32780 Marshall Road Abbotsford, BC V2S 1J7

604-852-2456

Provides palliative support to adults aged 19 and over who are dying, as well as support for people of all ages who are grieving the death of a loved one. Bereavement services include one-to-one companionship, grief support groups, grief support materials, and referrals.

Abbotsford Mental Health Office

11-32700 George Ferguson Way Abbotsford, BC V2T 4V6

604-870-7800

Offers a range of community programs and services for people managing mental health issues. Services include community support and short-term assessment and treatment for adults; residential programs; geriatric psychiatric programs; crisis intervention; day and outpatient programs; concurrent disorders services; group therapy; peer support; and after-hours mental health support.

ASSERTIVE COMMUNITY TREATMENT (ACT) TEAMS

604-851-3750

Teams provide flexible, community-based support for adults with serious and persistent mental illness that makes it difficult to manage their daily living.

Communitas - Residential Programs

103-2776 Bourquin Crescent West Abbotsford, BC V2S 6A4

604-850-6608

Provides residential support for people who have a developmental disability, acquired brain injury, or mental health issues. Focus is on living in the community with housemates, neighbours, friends, and community connections.

Community Residential Emergency Short-Stay Treatment (CRESST)

33720 McDougall Avenue Abbotsford, BC V2S 1W4

604-870-7583

An emergency psychiatric facility that provides support for clients experiencing a mental health crisis. Offers a structured therapeutic environment that focuses on resolving the immediate crisis, achieving stabilization, and readjusting to community living.

Creative Centre Society - Abby House

2676 Gladys Avenue Abbotsford, BC V2S 3X8

604-850-1235

Provides psychosocial rehabilitative services to help consumers of mental health services acquire skills for functioning actively and independently in the community.

Early Psychosis Intervention (EPI) Program - Fraser East

101 - 32555 Simon Ave, Abbotsford

1-866-870-7847

Provides clinical services and education for youth and young adults ages 13 to 30 with symptoms of early psychosis. Focus is on recognizing signs and symptoms early so that effective treatment can be started as soon as possible in order to promote wellness, reduce socially-isolating behaviour, and restore previous levels of functioning.

Foundry

101 - 32555 Simon Ave, Abbotsford

604-746-3392

Foundry Abbotsford is a place where any youth or parent in our community can find easy access to the help they need, when they need it.

Heretohelp.bc.ca

HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. Working to help people live well and better prevent and manage mental health and substance use problems.

Integrated Early Childhood Mental Health Services

102-32885 Ventura Avenue Abbotsford, BC V2S 6A3

604-852-2686

Provides specialized mental health services for Abbotsford infants and children under six who exhibit symptoms of or have been diagnosed with mental health issues such as anxiety, depression, excessive tantrums, and post-traumatic stress. Goal is the early identification of problems and treatment, as well as promoting the healthy emotional development of children.

John Howard Society

1-1653 Salton Road Abbotsford, BC V2S 7P2

604-852-1226

Assists individuals who are impacted by the criminal justice system, have development disabilities, struggle with substance abuse issues, experience persistent mental health conditions, and/or are at risk of becoming homeless.

Kelty Mental Health

1-800-665-1822

The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC.

Ministry of Children and Family Development (MCFD)

1st Floor-2828 Cruickshank Street Abbotsford, BC V2T 5M4

604-870-5880

Provides child protection intake and investigation services, child and family services, child and youth mental health services, adoption and guardianship services, youth justice services, and services for children and youth in care. Also provides services for foster parents, group homes, and contract resources.

Mood Disorder Association of BC

604-854-9404

An MDABC peer-led support group is a safe place to share your story, your struggles and accomplishments, and to listen to others as they share similar concerns. At an MDABC support group you can get a sense of belonging, informal education about your mental health challenges, and the support of others who have 'been there'.

START Team - Fraser East

101 - 32555 Simon Ave, Abbotsford

Provides mental health assessment, short-term crisis intervention, resources and referral coordination, and up to six follow-up sessions for children and youth ages six to 18 who are in acute mental health crisis.

Telecare Crisis and Caring Line

604-852-9099 text: 604-210-2299

Professionally-trained volunteers provide information and referral services, support, and lay counselling for people in distress. 24-hour service, seven days a week. Also offers support through text messaging from 3 pm to 9 pm daily.

Substance Use Resources

Abbotsford Addictions Center

202-31943 South Fraser Way Abbotsford, BC V2T 1V5
604-850-5106

Provides individual, couple, family, and group counselling for alcohol and drug issues for youth, adults, and seniors. Also offers skill-building groups, alcohol/drug recovery groups, and groups for affected friends and family, as well as school presentations, and education and assistance to the community in the development of prevention activities.

Abbotsford Opioid Agonist Therapy (OAT) Clinic

203-31943 South Fraser Way Abbotsford, BC V2T 1V5
604-743-0543 Fax:604-746-5499

Provides opioid agonist therapy treatment for addiction to opioid drugs such as heroin, oxycodone, hydromorphone, fentanyl and Percocet. Treatment is provided in a clinical setting and also offers access to medical and counselling services, housing support and referral to additional treatments.

Abbotsford Peer Support for Seniors

2499 McMillan Road Abbotsford, BC V2S 7R3
604-850-0011

Trained volunteers offer free one-to-one support to seniors who are dealing with loneliness, depression, isolation, or loss, helping them to maintain their independence. The Good Morning Program provides a call every morning to check on clients' physical and mental well-being.

Abbotsford Public Health Unit - Take Home Naloxone

104-34194 Marshall Road Abbotsford BC
604-864-3400

Provides harm reduction supplies, along with harm reduction education and referrals to health services, addictions services, and other social supports. Needle exchange services include distribution of clean needles, sterile water, and alcohol wipes; disposal of used needles; and health information to encourage safer injection practices.

Al-Anon/Alateen

604-688-1716

***no details on porgam just meeting times**

George Schmidt Center

31250 King Road Abbotsford, BC V2T 6C2
604-864-0039

Provides 30 units of supportive housing for men aged 19 and older at risk of homelessness due to mental health and/or addiction issues; helps clients achieve long term stability in the areas of housing, employment and quality of life.

Kelty Mental Health

1-800-665-1822

The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC.

Kinghaven Treatment Centre

31250 King Road Abbotsford, BC V2T 6C2
Intake: 604-864-0039 Local 210

Residential treatment for men ages 19 and over, who are chemically dependent or have concurrent disorders. Structured program includes life skills training, individual treatment planning, and group therapy. Strong emphasis on client involvement in 12-step programs. Program length is 70 days.

Matsqui Abbotsford Impact Society

33228 Walsh Avenue Abbotsford, BC V2S 1Z8
604-853-1766

Works with substance-involved and substance-affected youth ages 12 to 24; youth are served even if they choose to continue to use any or all substances. Services include individual counselling, focusing on anything associated with substance use risk (including difficult feelings, thoughts, experiences, relationships, or other issues).

Mollie's Place

604-856-3966 Local 221

Support recovery stabilization and transitional living program for up to six women age 19 and over who are chemically dependent and may not be quite ready for treatment. Full-time program includes counselling and life-skills development.

Peardonville House

604-856-3966 Local 221

Residential treatment for chemically-dependent women, 19 years of age and over. Employs holistic, biopsychosocial, and 12-step approaches. Services include screening and assessment, counselling (individual, family, and group), parenting and life skills development, and counselling for those affected by another person's addiction.

Positive Living Fraser Valley Society - Harm Reduction Services

108A-32883 South Fraser Way Abbotsford, BC V2S 2A6
604-556-6228

Provides harm reduction supplies, along with harm reduction education and referrals to health services, addictions services, and other social supports. Needle exchange services include distribution of clean needles, sterile water, and alcohol wipes; disposal of used needles; and health information to encourage safer injection practices.

Solace House

604-864-4052

Provides second stage transitional housing women recovering from addictions. Residents must be abstinent from drugs or alcohol for a minimum of 30 days prior to being accepted as a resident. Maximum stay is six months.

Valley House

31250 King Road Abbotsford, BC V2T 6C2
604-864-0039

A supportive recovery stabilization and transitional living program for up to six men age 19 and over who are in need of physical and mental stabilization related to drug and/or alcohol addiction. Program includes life skills education, 12-step facilitation, relapse prevention, and work experience, while helping clients explore options, including treatment.

Warm Zone Program - Harm Reduction Services

33264 Old Yale Road Abbotsford, BC V2S 2J5
604-746-3301

Provides harm reduction supplies, along with harm reduction education and referrals to health services, addictions services, and other social supports for street-engaged women in Abbotsford and Mission. Needle exchange services include distribution of clean needles, sterile water, and alcohol wipes; disposal of used needles; and health information to encourage safer injection practices.