

Mental Health Resources for Youth



BC211 - Call or Text for Information

Heretohelp.ca

Foundrybc.ca

[Mindshift App - Coping with Anxiety](#)

Mindyourmind.ca - Youth Topics

Agedout.com

Keltymentalhealth.ca

Healthy Living Tool Kit

Anxietybc.ca Teenmentalhealth.org

Openmindbc.ca Youthinbc.com

[Optimism App](#)

START-mental health Crisis program	1 844 START11
SPEAC (Suicide Prevention Education)	604 584 5811
MCFD Afterhours	604 660 8180
Distress Line of BC	1 800 784 2433
Fraser Health Crisis Line	604 951 8855
Alcohol & Drug Info/Referrals	604 660 9382

RECREATION PROGRAMS

City of Langley	www.cityoflangley.ca
Township of Langley	www.tol.ca

Boys and Girls Club

604-533-8552 | bgcbc.ca

Youth Unlimited

604-968-1812 | youthunlimited.com

MENTAL HEALTH ORGANIZATIONS & RESOURCES FOR YOUTH

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| <input type="checkbox"/> Visit your Family Doctor or a walk in clinic | Schedule an appointment with your doctor. If you don't have a doctor, go to a walk-in clinic, or call nurse line 811 |
| <input type="checkbox"/> Langley Youth HUB 604 546 1130
Mon-Fri 11am-1pm one to one support, referral and intake T and TH 3-7pm drop in
6275 203 St, Langley langleyyouthhub.com | Programs, services and referrals for youth 12-24 including: substance misuse supports, family, housing, employment and life skills support, medical, anxiety and depression support. Access to basic needs, food laundry, and showers. Friends of Dorothy –LGBTQ2S Support Group |
| <input type="checkbox"/> Family Smart
604 878 3400 familysmart.ca | Youth and parents resources and support, education and training programs, webinars, peer support, Friends for Life program |
| <input type="checkbox"/> Encompass Support Services Society
604 534 2171 encompass-supports.com | Child, Youth and Family Outreach and Support Programs, Youth Homelessness, Sexual Abuse Support, Parenting Programs, Family Place Resources & Outreach Centre, Child and Family Groups, Trauma Therapy |
| <input type="checkbox"/> Friends of Dorothy call 604 546 1130 | LGBT2Q Support Group |
| <input type="checkbox"/> Langley Community Services Society
604 534 7921 lcss.ca | Substance Use Counselling, Family Services, Community Counselling, Parent Education and Outreach, Settlement and Integration Services |
| <input type="checkbox"/> Langley Hospice
604 530 1115 langleyhospice.com | Child and Youth bereavement support - many programs including grief counselling for children and youth and families |
| <input type="checkbox"/> Fraser Valley Aboriginal Child and Family Services 604 532 3684 fvacfss.ca | Culturally Specific Resources including youth and family services, support and wellness groups |
| <input type="checkbox"/> Private Counsellors (\$\$) | www.bcasw.org www.bc-counsellors.org
www.counsellingbc.com/counsellors/location/langley-15 |