Mental Health & Other Services

AAC (Access and Assessment Centre)

Ages 17+ 24 hour access for mental health support/crisis intervention and consultation. 604-675-3700

Aboriginal Wellness Program

The Aboriginal Wellness Program provides services to Aboriginal youth and families. Call for information about referrals. We are open Monday to Friday 9 a.m. to 5 p.m. (closed for lunch 12 p.m. to 1 p.m.). Closed statutory holidays. 288 - 2750 East Hastings Street, Vancouver, BC, V5K 1Z9 Email: aboriginalwellnessprogram@vch.ca 604-675-2551

Child & Adolescent Response Team (CART)
The CART program provides community response (within 72hrs) to mental health related crisis involving children and youth ages 5 - 18 living in Vancouver who are experiencing urgent psychiatric or emotional mental health crisis. Weekdays (9am-7pm) at 604-874-2300 or Weekends (11am – 7pm) at 604-802-2275. Close Statutory Holidays.

Youth Assertive Outreach Team

Provides assertive outreach support to vulnerable, marginalized youth where attempts to engage with mainstream services have been unsuccessful. Support includes groups, trauma informed individual counselling support and psychiatric assessment and follow up. 550 Cambie St 2nd floor, 604-818-0551

Child and Youth Mental Health Teams

Child and Youth Mental Health Teams

Multidisciplinary team provides services to youth 18 and under with mental health concerns. Services include psychiatric assessment and treatment, individual and group therapy, and rehabilitation services. Rehabilitation services includes skill development, coaching, education, and mentoring in areas such as home management, community living, interpersonal relationships, illness and self-management, volunteering, returning to school, work, recreation, and leisure. Services may involve the client’s significant others/family of choice if appropriate.

Child and Youth Mental Health Intake Clinics

CYMH is offering regular intakes on a walk-in basis (no appointment needed) at the following Vancouver locations:

Northeast

355-2750 E. Hastings St. 604-675-3895

Days: Monday and Tuesday Hours: 9:00 am to 4:00 pm (last apt)

Pacific Spirit

2110 W. 43rd Ave, 3rd floor. 604-267-3870

Tuesdays 9am-4pm (last apt) and Wednesdays 9am-7pm (last apt)

Raven Song

2450 Ontario St. 3rd floor. 604-872-4111

Day: Tuesday Hours: 9:00 am to 4:00 pm (last apt)

West End

West End Community Center

870 Denman St. 604-314-6989

Day: Thursday

Hours: 1:00 pm to 4:00 pm (last apt)

Please note: Appointments are not booked - New referrals are made in person on a first come first serve basis

Family and Community Enhancement Services (FACES)
The FACES program can now be reached at Pacific Spirit (604-267-3870) and is no longer a part of the FACES program. Connect Parent Group – Program for parents of children and youth (8-18 years) which focuses on strengthening the parent/child attachment relationship. 604-675-3896

Qmunity

BC’s Queer resource Center. PrideLine, information, referral and peer support. www.qmunity.ca 1170 Bute St 604-604-5307

SAFER (Suicide Attempt Follow-up Education and Recovery)

Providing counselling for people aged 19 and older who are feeling suicidal or have attempted suicide, support and education for those concerned about loved ones at risk for suicide, and counselling for those bereaved by a suicide death.

715 W. 12th Ave 604-875-4794 Open Mon-Fri from 830-430

VCH Early Psychosis Intervention (EPI) Program

The EPI Program is specialized multidisciplinary mental health team that serves individuals age 13-29 inclusive who reside in Vancouver or Richmond and are experiencing a confirmed or suspected first episode of psychosis. Exclusionary criteria include psychosis due to acute intoxication and psychosis secondary to general medical condition. EPI provides individual assessment, treatment and rehabilitation services, and offers a variety of psycho-educational, vocational and recovery based groups. Family participation is greatly encouraged and EPI offers a six-session Family Education Group up to three times per year for friends and family members of EPI clients. Hours: 9:00 am to 5:00 pm; Monday to Friday. Intake is through the Main EPI Office Line: 604-675-3875.

VCH Eating Disorders Program

The program offers a community based outpatient multidisciplinary team who work with children, youth and adults at various stages in their recovery process. 604-675-2531

Resilient Kids

Group counselling available to children who have a parent with a significant mental illness. 604-675-3896

Provincial Youth Concurrent Disorders Program

Provides outpatient psychiatric consultations for BC youth (ages 12–24). Referral from physician required. Located at BC Women’s and Children’s Hospital. 604-875-2010

Services in Richmond

Richmond Addiction Services

Problem Gambling/Gaming Program

Services for those who are problem gambling/gaming or impacted by problem gamblers/gamers. www.richmondaddictions.ca 604-270-9220

Youth and Family Program

Outpatient and outreach counselling, drop-in, assessment and referral services, community and school-based prevention services, alternative therapies www.richmondaddictions.ca 604-270-9220

Richmond Eating Disorders Services

A free, voluntary, community-based program that offers assessment and treatment services for youth and family members with anorexia nervosa, bulimia nervosa or an eating disorder not otherwise specified. General Practitioner referral required. 604-244-5486

Richmond Youth Service Agency (RYSa)

Counselling, career/employment support, after-school and recreation programs, and Aboriginal supports for children, youth and families. www.rysa.bc.ca 604-271-7600

Services in North Vancouver

Foundry

Foundry North Shore is a “one stop shop” where young people can find hope, help and support on Vancouver’s North Shore. 211 West 1st St North Vancouver 604-884-5060 Youth ages 12-24, OPENING HOURS Monday & Thursday, 9:00 am - 6:00 pm Tuesday/Wednesday/Friday, 9:00 am - 5:00 pm DROP IN SUPPORT HOURS Monday & Thursday, 1:00 pm - 5:00 pm Tuesday/ Wednesday, 1:00 pm - 4:00 pm

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The information in this document is intended solely for the person to whom it was given by the health care team. www.vch.ca
Youth clinics offer free confidential drop in services for youth up to and including age 24. Services provided by trained health care providers include:

- Testing for sexually transmitted infections
- Free condoms and water-based lubricant
- Emergency contraception
- Pap tests
- Free or low-cost birth control options
- Pregnancy testing and options counselling
- General counselling

Visit: www.vch.ca/youthclinic for more information and additional youth clinic locations.

**Boulevard Youth Clinic**
2110 West 43rd Ave, Vancouver, BC, V6M 2E1 604-261-6366
Hours: Tues 2:30 – 5:00 pm, Thurs 3:30 – 6:00 pm

**Broadway Youth Resource Centre Youth Clinic**
2455 Fraser Street, Vancouver, BC, V5T 0E6
604-786-2288 Fax:604-435-5694
Hours: Thurs 2:30-5:00pm

**East Van Youth Clinic**
6405 Knight St, Vancouver, BC, V5P 2V9
604-325-0556
Hours: Mon 2:00 – 4:30pm, Thurs 3:30pm – 6:00pm

**Knight Street Youth Clinic**
604-714-3480

**Three Bridges Community Health Centre**
604-660-5216

**Robert & Lily Lee Family CHC**
1669 East Broadway (Commercial and Broadway) 604-675-3990

**Pacific Spirit CHC**
2110 West 43rd Ave (43rd and West Blvd) 604-267-2611

**Raven Song CHC**
2450 Ontario St (2 blocks west of Main on Broadway) 604-872-8441

**Three Bridges CHC**
1292 Hornby St (at Drake St) 604-714-3480

**Youth Assertive Outreach Team**
550 Cambie St 2nd floor 604-688-0551

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**Community Health Centers & Youth/Young Adult Substance Use Counselling**

VCH Community Health Centers (CHC’s) offer a range of services for youth and young adults including:
- Youth, adult, older adult, family and group counselling for issues related to substance use
- Addictions Nurse and Addictions Doctor
- Withdrawal management (19+)
- Needle exchange and methadone maintenance
- Day Treatment programs available (VAMP, Dayton, STAR) at Three Bridges CHC

VCH Youth & Young Adult Concurrent Clinicians
Free, confidential counselling and support for youth/young adults aged 24 and under, and their families, with substance use/ substance affected and related issues. Contact the nearest VCH Community Health Center below to book an appointment.

**Pacific Spirit CHC**
2110 West 43rd Ave (43rd and West Blvd)

**Raven Song CHC**
2450 Ontario St (2 blocks west of Main on Broadway)

**Robert & Lily Lee Family CHC**
1669 East Broadway (Commercial and Broadway)

**Three Bridges CHC**
1292 Hornby St (at Drake St)

**Youth Assertive Outreach Team**
550 Cambie St 2nd floor

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**Youth Substance Use Treatment Services**

**Broadway Youth Resource Center**
Life skills, counselling, health services, employment training, meals, housing supports and referrals. 103-2780 East Broadway 604-709-5720

**Directions Youth Services Center**
Life skills, counselling, health services, employment training, meals, housing supports and referrals www.fsgv.ca 900 Pacific St (Pacific & Hornby) 604-633-1472 or 1-866-249-6884

**NEXUS** (Boys and girls Club of South Coast BC)
Substance abuse counselling and outreach program for youth aged 12-17. 604-685-0018

**Odyssey II** (Boys and girls Club of South Coast BC)
Substance abuse counselling and outreach program for youth aged 12-24 and their families. www.bbgc.ca 875 Saint George St 604-879-8853

**Parents Forever** (Boys and girls Club of South Coast BC)
From Grief to Action
Professionally supported, mutual support/self-help program for parents of adult children (19 and over) www.bbgc.ca 604-524-4230

**Parents Together** (Boys and girls Club of South Coast BC)
Professionally supported, mutual support/self-help program for parents of teens aged 12-18 www.bbgc.ca 604-325-0556

**Praisim**
Prism is Vancouver Coastal Health's clinical, education, information and referral service for the lesbian, gay, bisexual, trans, queer and Two Spirit (LGBT2S) communities. prism@vch.ca

**Urban Native Youth Association (UNYA)**
Facilitating a range of sexual health workshops in high schools

**SACY**
SACY is a multifaceted substance use prevention initiative that engages youth, families, communities and school staff. To learn more about this VSB/VCH initiative and the front-line staff affiliated with each VSB secondary school, please visit www.vsb.bc.ca/sacy

**Watari STAR Program**
StopThinkAssessRespond is a strengths-based health promotion/education curriculum for youth in grades 4-8. For more information, or to book a session, call 604-254-6995 or email star@watari.ca

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**Youth Substance Use Treatment Services**

**Residential Treatment**

**Peak House - Pacific Youth and Family Services Society**
10-week, all genders, live-in alcohol and drug treatment program for youth aged 13–18. www.peakhouse.ca 604-253-6319

**Ashnola – Pacific Community Resource Society**
Supporting youth and young adults (17-24) who are in need of residential programming for substance use concerns. joinwry@cmhrs.bc.ca 604-875-2354

**Urban Native Youth Association (UNYA)**
Culturally-based empowerment programming with a focus on alcohol and drugs for youth aged 13-18. www.unya.bc.ca 604-322-7577

** Supported Recovery Program**

**Pacific Community Resource Society**
Supported recovery houses - can be accessed through our CAIT youth team 604-675-2455.

**Detox Services**

**Family Services of Greater Vancouver**
Community-based detox service for youth aged 16–24. Voluntary admission program with a harm reduction approach as the primary service delivery model.

**Youth D-Talks Intake:** (10:00am – 8:00pm daily) 1-866-658-1221

After hours intake: 1-877-872-6439 (24 hour admissions)

**Prevention Services**

**BLUSH (Bold Learning and Understanding Sexual Health)**
Facilitating a range of sexual health workshops in high schools with a focus on grades 8 through 10. blush@vch.ca

**SACY**
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**Watari STAR Program**
StopThinkAssessRespond is a strengths-based health promotion/education curriculum for youth in grades 4-8. For more information, or to book a session, call 604-254-6995 or email star@watari.ca