Mental Health & Other Services

AAC (Access and Assessment Centre)
Young people and their families can seek help with mental health issues or crisis intervention and assessment. 604-675-3700

Aboriginal Wellness Program
The Aboriginal Wellness Program provides services to Aboriginal youth and families. Call for information about referrals. Hours: Monday to Friday 9:00 am–5:00 pm (closed for lunch 12:00 pm–1:00 pm), 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 72 hours) to mental health related crisis involving children and youth ages 5 to 18 living in Vancouver who are experiencing urgent psychiatric or emotional mental health crisis. Hours: Weekdays 9:00 am–7:00 pm at 604-874-2300 or Weekends 11:00 am–7:00 pm at 604-802-2275. Closed 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. 604-688-0551

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, 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
Hours: Monday and Tuesday 9:00 am–4:00 pm (last appointment)

Pacific Spirit
2110 W. 43rd Ave, 3rd floor. 604-267-3070
Hours: Tuesday 9:00 am–4:00 pm (last appointment) and Wednesday 9:00 am–7:00 pm (last appointment)

Raven Song
2450 Ontario St., 3rd floor. 604-872-8411
Hours: Tuesday 9:00 am–4:00 pm (last appointment)

West End
West End Community Center
870 Denman St. 604-314-6899
Hours: Thursday 1:00 pm–4:00 pm (last appointment)

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 Parent Program can now be reached at Pacific Spirit (604-267-3970) and is no longer a part of the FACES program. Connect Parent Group – Program for parents of children and youth (8 to 18 years) which focuses on strengthening the parent/child attachment relationship. 604-675-3896

Omunity
BC’s Queer Resource Center. Pride line, information, referral and peer support. www.omunity.ca 1170 Bute St. 604-684-5307

SAFER (Suicide Attempt Follow-up Education and Research)
Provides 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
Hours: Monday to Friday 8:30 am–4:30 pm

VCH Early Psychosis Intervention (EPI) Program
The EPI Program is specialized multidisciplinary mental health team that serves individuals age 13 to 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: Monday to Friday from 9:00 am–5:00 pm. 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 to 24). Referral from physician required. Located at BC Women’s and Children’s Hospital. 604-875-2010

Deaf Well Being Program
The program works with clients between 0-99 who are hard of hearing, Deaf, or Deaf-Blind. Kristen Pranzl, Program Coordinator #300–4211 Kingway, Burnaby. Text: 604-306-7633. Email: kristen.wtp@icloud.com, deafwellbeing.vch.ca

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. For Youth ages 12 to 24. 211 West 1st St, North Vancouver 604-984-5060
Hours: Monday and Thursday 9:00 am–6:00pm Tuesday, Wednesday and Friday 9:00 am–5:00 pm Drop in support hours: Monday and Thursday 1:00 pm–5:00 pm Tuesday and Wednesday 1:00 pm–4:00 pm

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Three Bridges Community Health Centre – Youth Services
1292 Hornby St, Vancouver, BC V6Z 1W2  604-736-9844
Hours: Monday to Friday 3:45 pm–8:30 pm, Saturday and Sunday 10:00 am–5:00 pm

Raven Song Community Health Center
2450 Ontario St, Vancouver, BC V5T 4T7  604-709-6400
Hours: Monday to Friday 8:30 am–8:30 pm, Saturday and Sunday 10:00 am–5:00 pm

Community Health Centers & Youth/Young Adult Substance Use Counselling

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 issues.

Three Bridges Youth Clinic
1292 Hornby St, Vancouver, BC V6Z 1W2, 604-736-9844
Hours: Monday to Friday 3:45 pm–7:30 pm, Saturday 10:00 am–4:30 pm

Raven Song Youth Clinic
2450 Ontario St, Vancouver, BC V5T 4T7, 604-872-7904
Hours: Monday to Friday 4:30 pm–8:30 pm, Saturday, Sunday and statutory holiday 10:00 am–6:00 pm

Vancouver Primary Care Clinics
Primary Care Clinics at VCH focus on residents of Vancouver (of any age) living with complex clinical and psycho social needs, who are vulnerable and under served and who require a higher intensity of services to achieve and maintain functional stability.

Outreach, Counselling & Support Services

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

Directions Youth Services Center
Life skills, counselling, health services, employment training, meals, housing supports and referrals. 900 Pacific St (Pacific and 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 to 24. www.bgc.ca. 550 Cambie St 604-669-5216

Odyssey II (Boys and girls Club of South Coast BC)
Substance abuse counselling and outreach program for youth aged 12 to 24 and their families. www.bgc.ca 875 Saint George St 604-679-8853

Parents Forever (Boys and girls Club of South Coast BC and From Grief to Action)
Professionally supported, mutual support/self-help program for parents of adult children (19 and over). www.bgc.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 to 18. www.bgc.ca 604-325-0556

Prism
Prism is Vancouver Coastal Health’s clinical, educational, information and referral service for the lesbian, gay, bisexual, trans, queer and Two Spirit (LGBTQ2S) communities. prism@vch.ca 300-1290 Hornby St 604-668-1214

Urban Native Youth Association (UNYA)
Outreach counselling, drop-in, school support, prevention services and more. www.unya.bc.ca. 604-253-7777

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

BCP Mask photo.jpg

Youth Substance Use Treatment Services

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

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

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

Supported Recovery Program

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

Detox Services

Family Services of Greater Vancouver
Community-based detox service for youth aged 16 to 24. Voluntary admission program with a harm reduction approach as the primary service delivery model. Youth D-Talks Intake: (10:00 am–8:00 pm daily) 1-866-658-1221 After hours intake: 1-877-872-4349 (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
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 and 7. For more information, or to book a session, call 604-254-6995 or email star@watari.ca