

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

Pacific Spirit

2110 W. 43rd Ave, 3rd floor. **604-267-3970**
Hours: Tuesday 9:00 am–4:00 pm (last appointment) and Wednesdays 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

Child & Family Clinics
101-1128 Hornby St. **604- 331-8908**
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 ADHD 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**

Qmunity

BC's Queer resource Center. Prideline, information, referral and peer support. www.qmunity.ca 1170 Bute St **604-684-5307**

SAFER (Suicide Attempt Follow-up Education and Research)

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**
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 Kingsway, Burnaby, Text: **604-306-7633**, Email: kristen.wbp@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

For more copies, go online at <http://vch.eduhealth.ca> or email pthem@vch.ca and quote Catalogue No. **JB.556.Y58**
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www.vch.ca

YOUTH HEALTH & WELLNESS SERVICES

A range of services to support youth, families and communities.

Vancouver Coastal Health
Promoting wellness. Ensuring care.

Vancouver Public Health Youth Clinics

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: Tuesday 2:30 pm–5:00 pm, Thursday 3:30 pm–6:00 pm

Broadway Youth Resource Centre Youth Clinic

2455 Fraser St, Vancouver, BC, V5T 0E6
604-786-2288 Fax: 604-435-5694
Hours: Thursday 2:30 pm–5:00 pm

East Van Youth Clinic

1669 East Broadway (at Commercial Drive),
Vancouver, BC V5N 1V9 **604-675-3986**
Hours: Monday, Tuesday, Wednesday 3:00 pm–6:00 pm,
Friday 2:00 pm–5:00 pm

Knight Street Youth Clinic

6405 Knight St, Vancouver, BC, V5P 2V9 **604-321-6151**
Hours: Monday 2:00 pm–4:30pm, Thursday 3:30 pm–6:00pm

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,
604-872-7984
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.

Three Bridges Community Health Centre – Youth Services

1292 Hornby St, Vancouver, BC V6Z 1W2 **604-736-9844**
Hours: Monday to Friday 3:45 pm–8:00 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–6:00 pm

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, Daytox, 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)
604-267-2611

Raven Song CHC

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

Robert & Lily Lee Family CHC

1669 East Broadway (Commercial and Broadway)
604-675-3990

Three Bridges CHC

1292 Hornby St (at Drake St)
604-714-3480

Youth Assertive Outreach Team

550 Cambie St, 2nd floor
604-688-0551

Outreach, Counselling & Support 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 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.bgbc.ca. 550 Cambie St **604-660-5216**

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.bgbc.ca
875 Saint George St **604-879-8853**

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.bgbc.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.bgbc.ca **604-325-0556**

Prisim

Prisim is Vancouver Coastal Health's clinical, education, information and referral service for the lesbian, gay, bisexual, trans, queer and Two Spirit (LGBTQ2S) communities. prisim@vch.ca
303-1290 Hornby St **604-658-1214**

Urban Native Youth Association (UNYA)

Outreach counselling, drop-in, school support, prevention services and more. www.unya.bc.ca.
1618 East Hastings St **604-254-7732**

REACH

REACH is a community health center located in East Vancouver that provides a variety of low-barrier medical, dental, counseling, and multicultural services for youth. info@reachcenter.bc.ca
1145 Commercial Drive **604-251-3000**

WATARI Counselling & Support Services

Counselling services for children, youth, adults and families.
www.watari.ca 301-877 East Hastings St **604-254-6995**

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 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 CAIT 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