

British Columbia News

Mental-health and substance-use supports

<https://news.gov.bc.ca/16077>

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Victoria - Mental-health and substance-use challenges and disorders can happen to anyone, affecting people of all ages, income levels, professions and social classes.

Many mental-health and substance-use disorders can be treated successfully when people are able to recognize the signs early on and access professional help as soon as possible.

Know that you don't have to cope on your own. There are a variety of services and supports available throughout the province of British Columbia to help children, youth, adults and seniors cope with mental-health and substance-use issues.

Supports for adults include:

- **Here to Help:** A provincial website that provides information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for mental wellness, mood, anxiety and risky drinking. Visit: Heretohelp.bc.ca
- **Substance-use services:** B.C. has a network of direct and contracted services for individuals suffering from substance-use challenges — including counselling, needle exchanges, opioid replacement therapy, and withdrawal management and prevention programs for adults and youth. Call toll-free: 1 866 658-1221
- **The Alcohol and Drug Information and Referral Service:** Provides resources, support and referral information for treatment and counsellors across the province. Call toll-free: 1 800 663-1441 or 604 660-9382 (Greater Vancouver)
- **HealthLink BC:** Provides 24-hour, confidential health information and advice. Call: 811, or visit: www.healthlinkbc.ca
- **Crisis Intervention and Suicide Prevention Centre:** Provides confidential, non-judgmental, free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide. Call: 604 872-3311 (Greater Vancouver), or toll-free 1 800 SUICIDE (784-2433), or visit: <https://crisiscentre.bc.ca/>
- **Bounce Back:** A free, evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back® teaches effective skills to help people improve their mental health. Call toll-free: 1 866 639-0522, or visit: www.cmha.bc.ca/how-we-can-help/adults/bounceback

Supports for children and youth include:

- **Foundry centres:** A provincewide network of integrated health and social service centres for young people, ages 12-24. Foundry centres are judgment- and barrier-free environments that bring primary care, mental-health care, addictions support and social services all under one roof — making it easier for youth to access the supports and services they need. There are locations in Vancouver (North Shore and Granville), Campbell River, Prince George, Penticton and Kelowna. Learn more: <https://foundrybc.ca/>
- **FRIENDS program:** Throughout the year, thousands of B.C. children and youth participate in the FRIENDS program in their classrooms. FRIENDS is a school-based resiliency program that teaches kids how to identify and manage stress and worries, while promoting self-esteem and positive relationships. The program plays an important role in ensuring that B.C. kids have the life skills and resources they need to cope with difficult situations and challenges they may face throughout the year. To find out more about the FRIENDS program in B.C., visit: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child->

[teen-mental-health/friends-program](#)

- **Kids Help Phone:** Immediate and caring support, information and, if necessary, referral to a local community or social service agency. Call toll-free: 1 800 668-6868, or visit: <http://org.kidshelpphone.ca/>
- **Youth in B.C. Distress Line:** 24-hour distress line staffed by counsellors and trained volunteers who are committed to helping youths in crisis. Call: 604 872-3311, or visit: <http://youthinbc.com/>
- **Online services map:** Interactive map listing approximately 350 mental-health and substance-use services for children and youth. View the map at: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/find-services-near-you/youth-mental-health-services>

Online supports include:

- **Mental Health Digital Hub:** A provincial website that provides information, services, education and awareness about mental health and substance use for adults, youth and children. Visit: www.gov.bc.ca/mentalhealth
- **MindHealthBC:** Vancouver Coastal Health Authority, Providence Health Care and community partners have created an online mental health counselling program called MindHealthBC. If you're struggling with depression, anxiety, or other mental-health or substance-use challenges, this is a simple, easy way to get help. For more information, visit: <http://www.mindhealthbc.ca/about-us>
- **Kelty Mental Health Resource Centre:** A provincial resource that provides mental-health and substance-use information, resources, and peer support to children, youth and their families in B.C. They also provide peer support to people of all ages with eating disorders. Their services are free of charge, and you can reach them over the phone, in person, or through email. For more information, visit: <http://keltymentalhealth.ca/about>

Other supports, including those specific to your region:

- **Northern Health:** www.northernhealth.ca/YourHealth/MentalHealthAddictions.aspx
- **Interior Health:** www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Pages/default.aspx
- **Island Health:** www.viha.ca/mhas/
- **Vancouver Coastal Health:** <http://www.vch.ca/your-health/health-topics/mental-health/>
- **Fraser Health:** <http://www.fraserhealth.ca/health-info/mental-health-substance-use/>
- **Ministry of Children and Family Development Local Child and Youth Mental Health Offices:** <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>
- **VictimLink BC:** A toll-free, confidential, multilingual telephone service available throughout B.C. and the Yukon 24 hours a day, seven days a week, at 1 800 563-0808. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence: <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>