

<b>CAR 87 (Vancouver)</b>	604-675-3700 / 911	Police Officer and Nurse
<b>CAR 67 (Surrey)</b>	604-599-0502 / 911	
<b>CRISIS LINE</b>	604-872-3311 Vancouver 604-951-8855 Fraser	

**BC 211 – Dial 211 for resources all over BC**

**Suicide Line – 1-800-784-2433**

**MH Support Line 310-6789 (no area code)**

**Consult with a nurse – 811**

**IF YOU FEEL THAT YOU OR SOMEONE IS IN CRISIS PLEASE CALL 604-872-3311 OR THE BC MENTAL HEALTH SUPPORT LINE AT 310-6789 (DO NOT ADD 604 OR ANY OTHER PREFIX)**

**IF YOU ARE LIVING IN THE FRASER VALLEY, CALL 604-951-8855 – OPEN 24/7..... OFFERING CRISIS COUNSELLING AND INFO FOR LOCAL SERVICES**

**CMHA BRANCHES** **Tel:** **Link**

**VANCOUVER FRASER** 604-872-4902 [vf.cmha.bc.ca](http://vf.cmha.bc.ca)  
Wellness programs, courses, Housing, Child & Youth (UROK), Employment, Chinese MH Promotion, Peer Navigators

**DELTA** 604-943-1878 [vf.cmha.bc.ca](http://vf.cmha.bc.ca)  
MH Resources, Counselling, advocacy

**NEW WESTMINSTER** 604-516-8080 [vf.cmha.bc.ca](http://vf.cmha.bc.ca)  
MH resources, Comm. Living Support, Supported Independent Living, Transitional Housing, Youth Supported Independent Living, Bounce Back Reclaim Your health, Education

**NORTH AND WEST VANCOUVER** 604-980-0336 [northwestvancouver.cmha.bc.ca](http://northwestvancouver.cmha.bc.ca)  
MH Resources, PACT Peer Assisted Care Team, Counselling, Peer Support, Support Groups, Housing, Outreach and Employment

**BC DIVISION** 604-688-3234 [cmha.bc.ca](http://cmha.bc.ca)  
MH resources, Wellness Programs, Education, Employment, Scholarships and Bursaries, Youth

<b>ASSESSMENT</b>			
N West Assessment Centre	604-777-6800	Assessment and Treatment	403 6 <sup>th</sup> Street
Richmond Mental Health	604-244-5488	Central Intake	600-8100 Granville
Surrey Assess & Psych	604-953-6200	Walk-in Psychiatric Services	13750 96 <sup>th</sup> Avenue
Van Access & Assessment Centre	604-675-3700	Walk-in Psychiatric Services	803 W. 12 <sup>th</sup> Avenue

<b>BIPOLAR SUPPORT</b>			
Online Bipolar Support		betterhelp.com	
Online Bipolar Disorder Support		verywellmind.com	
Bipolar Support - Healthline		healthline.com	

<b>CBT/OCD</b>			
Van. CBT Centre	604-738-7337		
Vancouver Coastal	778-928-9069		
Heretohelp	310-6789		

<b>COUNSELLING</b>			
Counselling	604-742-1818	Adler Centre	440 - 2184 West Broadway

Counselling	604-731-4951	Family Services	201-1638 East Broadway
Counselling	604-926-5496	Living Systems	1628 West 1st Avenue
Counselling & Support	604-709-5729	Broadway Youth Resource	2455 Fraser Street
Counselling and referral	1-800-668-6868	Kids Help Line	
Counselling for LGBTQ+	604-684-5307 Ext100	Qmunity	1170 Bute Street
Counselling, support and referrals	604-251-3000	REACH Comm. Health	1145 Commercial
Coast Mental Health	604-872-3502		
Family Services	604-731-4952		
Kettle Friendship Society	604-251-2801		
Heretohelp	604-620-0744		Heretohelp.bc.ca
MH Support Line	310-6789(no code)		
<b>Mood Disorder Clinic</b>	<b>604-873-0103</b>		
MPA Society	604-482-3712		
Open Door	604-876-0773		
Free Resources, counselling etc.	604-620-0744	Heretohelp	811-402 West Pender St 1100-1200 West 73rd Avenue
Schizophrenia support	604-270-7841	BC Schizophrenia Society	

<b>FAMILY AND COMM. SERVICES</b>	604-408-7266	SUCCESS	Various Locations
Free employment assistance	604-877-0033	PACT Employment	295 East 11th Avenue
Free Resources, counselling etc.	604-620-0744	Heretohelp	811-402 West Pender St
Full Circle of Health Care	604-558-1175	Integrated Wellness Centre	4655 Central Blvd

<b>HOUSING</b>	604-665-3318	Carnegie Outreach	392 Powell Street
Housing, MH support	604-482-3712	MPA Society	122 Powell Street
Housing, Support, Employment	604-872-3502	Coast Mental Health	293 E. 11th Avenue
Housing/low income support	604-558-4022	Lookout Emergency Aid	188 East 1st Avenue
BC Housing	604-433-2218		101-4555 Kingsway
Drop-in Housing	604-251-2801	Kettle Friendship Society	5 West 15th Avenue

<b>PEER SUPPORT</b>			
Vancouver Coastal	604-872-3502		
Healthlink BC	604-708-5276		
Chilliwack	604-795-4141		
Fraser Health		fraserhealth.ca	
Communitas - Peer Support	604-850-6608		

**MH TEAMS**

604-453-1990	Burnaby	1221-3935 Kincaid St.
604-675-3990	Grandview Woodlands	1669 E. Broadway
604-736-2881	Kits- Fairview	400-1212 West Broadway
604-675-6678	Raven Song	22450 Ontario St.
604-675-3879	Northeast	2222-2750 E. Hastings
604-266-6124	South	220-1200 West 73rd Avenue
604-253-4401	Strathcona	201-330 Heatley Avenue
604-622-4400	West End	1555 Robson Street

**MH Centres****COASTAL**

604-885-6101	Gibsons, Sechelt, P. Harbour
604-983-6020	North Shore
604-698-5861	Pemberton
604-485-3300	Powell River
604-815-3008	Squamish
604-698-6455	Whistler

**VALLEY**

604-870-7800	Abbotsford
604-793-7161	Agassiz
604-453-1900	Burnaby
604-702-4860	Chilliwack
604-592-3700	Delta North
604-948-7010	Delta South
604-860-7733	Hope
604-514-7940	Langley
604-476-7165	Maple Ridge
604-814-5600	Mission
604-777-6800	New Westminster
604-777-8400	Tri Cities
604-953-4900	Surrey 108th Avenue
604-592-2700	Surrey 137 St.
604-541-6844	White Rock

**RESOURCE CENTRES**

Ladner Resources	604-946-0401	Ladner BC
NW MH Centre	604-777-6800	New Westminster
Newton Resources	604-596-2311	Surrey BC
North Shore	604-983-6020	
Oceanside Resources	250-752-6766	Parksville BC
Peace Arch	604-531-6226	White Rock
Richmond	604-204-1111	Richmond

Pemberton	604-698-5861	
Powell River	604-485-3300	
Prince George	250-561-1194	Prince George
Sunshine Coast	604-885-6101	
Sources Langley	604-532-5290	Food Bank
Sources WR/Surrey	604-531-8168	Food Bank
Squamish	604-815-3008	
Whistler	604-698-6455	

Women's Place	604-536-9611	White Rock
Family Caregivers	844-860-2273	White Rock
Caregiver Support	604-541-6800	White Rock
Food Bank	604-531-8168	White Rock