

Family Services of the North Shore - Family service center in North Vancouver, British Columbia
#203 - 1111 Lonsdale Ave, North Vancouver, BC V7M 2H4 **Phone:** (604) 988-5281

Kelty Dennehy Mental Health Resource Centre (KDMHRC)

<https://northwestvancouver.cmha.bc.ca/programs-services/kdmhrc/>

1337 St. Andrews Avenue, North Vancouver, BC **Phone:** (604) 984-5000 ext. 5190 **Email:** keltyhope@cmha.bc.ca

Located on the ground floor of the HOpe Centre at Lions Gate Hospital, next to the HOpe Café.
Open Monday to Friday from 10:00 AM – 4:00 PM. Closed on weekends and stat holidays.

North and West Vancouver Resources Guide (downloadable / printable PDF)

https://northwestvancouver.cmha.bc.ca/wp-content/uploads/2022/01/NorthShoreResourceGuide_Oct2021-1.pdf

Also available in a printable document in **Farsi**:

https://northwestvancouver.cmha.bc.ca/wp-content/uploads/2022/03/T77759Farsi_NorthShoreResourceGuide_Mar2022_Web-1.pdf

If you are in crisis or an emergency, or feel that you or someone else is at risk of harm, please contact someone immediately:

- **Call or text our Peer Assisted Care Team (PACT)** – Our mobile civilian-led team will respond to crisis calls related to mental health and substance use on the North Shore for residents aged 13 and above from Thursday to Sunday, 6 pm to midnight. Call 1-888-261-7228 or text 778-839-1831.
- **Call 911 for help right away.** Speak to your doctor, or go to your nearest hospital emergency room, Urgent Primary Care Centre (UPCC), walk-in clinic or community health centre.
- **Call 1-800-SUICIDE** (1-800-784-2433). If you are thinking about ending your life or are concerned about someone who may be, you can call for help any time of day or night, from anywhere across BC. It's a free call.

Health Link BC – find resources in your area:

<https://www.healthlinkbc.ca/health-services/search-services-your-area>

BC Mental Health and Substance Use Services – find services and support in your area

<http://www.bcmhsus.ca/our-services>

Canadian Mental Health Association: (clickable links and contact information)

- To access free mental health and addictions programs, services and supports tailored to the needs of your local community, please contact your local CMHA.
- For free resources and 24/7 counselling over the phone, please visit the Government of Canada's [Wellness Together](#) portal.
- If you are thinking about suicide, please call the Canada Suicide Prevention Service toll free at 1-833-456-4566.

North and West Vancouver Branch

1835 Lonsdale Ave Suite 300

North Vancouver, BC V7M 2J8

Phone: 604-987-6959 **Url:** <https://northwestvancouver.cmha.bc.ca/> **Email:** northshore@cmha.bc.ca

British Columbia Division

1130 West Pender Street - Suite 905

Vancouver, BC V6E 4A4

Phone: 604-688-3234 **Url:** <https://cmha.bc.ca/> **Email:** info@cmha.bc.ca

Vancouver-Fraser Branch

110 - 2425 Quebec Street

Vancouver, BC V5T 4L6

Phone: 604-872-4902 **Url:** <https://vancouver-fraser.cmha.bc.ca/> **Email:** info.vf@cmha.bc.ca

Mid-Island Branch

437 Wesley Street

Nanaimo, BC V9R 2T8

Phone: 250-244-4042 **Url:** <https://mid-island.cmha.bc.ca/> **Email:** info.midisland@cmha.bc.ca

Cowichan Valley Branch

#201 - 5878 York Street

Duncan, V2G 3W3

Phone: 250-713-7445 **Url:** <https://www.cmhacowichanvalley.com/> **Email:** cmhacvb@cmha.bc.ca

Local and near-by treatment and family health centers:

<p><u>Bloom Psychology Clinic</u></p> <p>500 - 224 Esplanade W North Vancouver, BC V7M 1A4</p> <p>Phone: (604) 770-2881 Email: info@bloompsychologyclinic.ca</p>	<p>Click for a list of issues they can help with:</p> <p><u>Mental Health Issues</u></p> <p><u>Relationship Issues</u></p> <p><u>Developmental Issues</u></p>	<p>“Bloom Psychology Clinic is a professional psychology practice based in North Vancouver in British Columbia. We are a group of registered psychologists that provide a range of treatment and assessment services across the lifespan, from childhood through adulthood. We are currently accepting new clients. If you would like to learn more about our treatments and the team, visit the website to learn what’s available.”</p> <p>Information page: https://bloompsychologyclinic.ca/resources/</p> <p>FAQ page with more info: https://bloompsychologyclinic.ca/resources/#1593784304455-1230b84d-606d</p>
<p><u>North Shore Stress & Anxiety Clinic</u></p> <p>Suite #330 - 145 Chadwick Court North Vancouver, BC V7M 3K1</p> <p>Phone: (604) 985-3939 Email: nssac.reception@gmail.com</p>	<p>Click for a list of issues they can help with:</p> <p>Services for <u>Adults</u></p> <p>Services for <u>Teens</u></p> <p>Services for <u>Couples</u></p> <p>Services for <u>Children & Families</u></p>	<p>“At the North Shore Stress and Anxiety Clinic, we offer effective help for adults, parents, teens, children, couples, and families. We will help you better understand your problems, develop a treatment plan that meets your needs, and teach you skills to make lasting positive changes. Our diverse team of psychologists and psychiatrists have the compassion, training, and expertise to provide high-quality assessments and therapy that works.”</p> <p>Information page: http://www.nssac.ca/resources_adult.html (adult services)</p> <p>FAQ page with more info: http://www.nssac.ca/faqs.html</p>
<p><u>Here To Help BC</u></p> <p>905-1130 West Pender Street Vancouver, BC V6E 4A4</p> <p>Phone: (no area code) 310-6789 BC Mental Health Support Line</p>	<p>Resources they are partnered with or can help you to access:</p> <p>Alcohol & Other Drugs</p> <p>Mental Health</p> <p>Support for various Audiences</p>	<p>“HeretoHelp is a project of the BC Partners for Mental Health and Substance Use Information. We are a group of seven leading mental health and substance non-profit agencies. Since 2003, we've been working together to help people live well and better prevent and manage mental health and substance use problems.</p> <p>Information page: https://www.heretohelp.bc.ca/about-us</p> <p>Resources: https://www.heretohelp.bc.ca/resource-library</p>

For Youth – **Foundry North Shore** - <https://foundrybc.ca/northshore/>

Foundry North Shore offers young people 12-24 access to mental health and substance use support, primary care, peer support and social services

211 W. 1st Street, North Vancouver, BC V7M 0E3 **Phone:** 604-984-5060 Email: foundrynorthshore@vch.ca

<https://foundrybc.ca/get-support/>

DROP-IN COUNSELLING:

Monday - Thursday: 1 pm - 5 pm

Friday: 1 pm - 4 pm