

<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Anxiety Canada</b>	<b>Phone:</b> 604-620-0744 <b>Website:</b> <a href="http://www.anxietycanada.com">www.anxietycanada.com</a> <b>Email:</b> info@anxietycanada.com	311-409 Granville Street Vancouver, BC V6C 1T2	Provides information and resources for individuals wanting to manage their own anxiety, including free online resources and self-help toolkits for children, youth, adults, and parents	Vancouver, B.C.	Increase awareness of anxiety disorders, including panic disorder, generalized anxiety disorder, social anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder, separation anxiety disorder, and specific phobias.	No	No	Also offers MindShift, a free app designed to help teens and young adults cope with anxiety Includes strategies to deal with everyday anxiety, as well as specific tools to tackle test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict
<b>Aunt Leah's Place</b>	<b>Phone:</b> 604-525-1204 604-525-1295 <b>Website:</b> <a href="http://www.auntleahs.org">www.auntleahs.org</a> <b>Email:</b> auntleahs@auntleahs.org	816 20th Street New Westminster, BC V3M 4W6	Helps kids in foster care and young mothers achieve a better future by providing guidance, supported housing, job training and coaching on essential life skills. Focus on continuity of care for youth whose lives are marked by abuse, neglect, abandonment and multiple foster home placements. Support especially as youth "age out" of care.	Children in the foster system, young mothers (no age restrictions)	Resources for children connected to the foster system: housing, outreach, food security, life skills, education and employment	No	Not required, social workers can refer clients	Office Hours: Monday-Friday 9AM-5PM  LINK Drop-In Wednesdays and Thursdays 11am-4pm Call Link Coordinator at: 604-525-1204 ext. 224.
<b>Autism BC</b>	<b>Phone:</b> 604-434-0880 1-888-437-0880 <b>Website:</b> <a href="http://www.autismbc.ca">www.autismbc.ca</a>	3688 Cessna Drive Richmond, BC, Canada V7B 1C7	Small non-profit encourages the inclusion and acceptance of the entire autism community. They support autistic individuals, parents and communities. Workshops, training and events as well.	Children to Adults, individuals families and communities	Resource and referral, client and carer support, workshops for carers and families, social clubs and events	Depending on the program, a small fee may be required	Not required	
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>

<b>BC Mental Health and Substance Use Services</b>	<b>Phone:</b> 604-829-8657 <b>Fax:</b> 604-829-8656 <b>Website:</b> <a href="http://www.bcmhsus.ca/">www.bcmhsus.ca/</a> <b>Email:</b> feedback@bcmhs.bc.ca	BC Mental Health and Substance Use Services Administration 4949 Heather St. Vancouver, B.C. V5Z 3L7	BC Mental Health and Substance Use Services provides specialized treatment, education, health promotion and more for British Columbians. Serves as a directory and referral agency for specific programs and services.	B.C.	Inpatient and outpatient services for adults, Forensic psychiatric services, Health, mental health and substance use services for people who are incarcerated in provincial correctional facilities	No	Not required	
<b>BC Psychosis Program</b>	<b>Phone:</b> 604-822-7546	UBC Hospital, Detwiller Pavilion 2255 Wesbrook Mall Vancouver, B.C. V6T 2A1	The BC Psychosis Program, located in Vancouver, B.C., provides specialized treatment to adults (18+) across the province with a psychotic illness. People may be referred to this 25-bed program when other treatment approaches have not met their needs.	Adults 18+ B.C.	Psychosis	No	Yes. Referral package can be found on <a href="http://www.bcmhsus.ca">www.bcmhsus.ca</a>	Average stay is 4-6 months Coordinated help from: Psychiatrists, Nurses, OT, Social Work, Peer Support, Recreational Therapy, Psychology, Dietician, General Practitioner, etc.
<b>BC Refugee Hub</b>	<b>Website:</b> <a href="http://www.bcrefugeehub.ca">www.bcrefugeehub.ca</a> <b>Email:</b> refugeehub@issbc.org		The BC Refugee Hub serves as a resource centre, providing access to the latest publications and relevant statistics on all refugee categories throughout the entirety of BC.	Refugees in B.C.	Resources, training, data and supports for refugees across BC	No	Not required	
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>BC Schizophrenia Society</b>	<b>Phone:</b> 604-270-7841 <b>Alt. Phone:</b> 1-888-888-0029 <b>Website:</b> <a href="http://www.bcscs.org">www.bcscs.org</a> <b>Email:</b> info@bcscs.org	Address: Provincial Office 1100-1200 West 73rd Avenue Vancouver, BC V7C 4V4	Provides support and education to families with relatives who have schizophrenia, psychosis, or other serious mental illness. Provides advocacy, public information, service coordination, and support groups for family caregivers.	Vancouver, B.C.  Branches across BC; check website for local service information	Severe and persistent mental illness including schizophrenia.	No	Not required	Hours are 8:30 am to 4:30 pm Monday to Friday. Offers a variety of programs and services

<b>Blue Wave</b>	<b>Phone:</b> 604-688-3234 <b>Website:</b> <a href="http://www.bluewavebc.ca">www.bluewavebc.ca</a> <b>Email:</b> bluewave@cmha.bc.ca	905-1130 West Pender Street, Vancouver, BC V6E 4A4	Provides youth with skills and support to face challenges. Website features wellness checks, personal stories aiming to end the stigma of anxiety, substance use, suicidal thoughts, and depression. Eight-week course for youth 13-18 works to improve mood and well-being, reduce stress and anxiety. Offers tools for building problem solving skills, anger and anxiety management skills, social support, self-esteem, and healthy thinking	Youth Vancouver, B.C.	Stress, anxiety, anger, self-esteem.	No By donation	N/A	Provided by: Canadian Mental Health Association (CMHA) - BC Division  Includes <b>Janice Lee Blue Wave Bursary</b> post-secondary bursary program
<b>Bounce Back</b>	<b>Phone:</b> 1-866-639-0522 <b>Website:</b> <a href="http://www.bouncebackbc.ca">www.bouncebackbc.ca</a> <b>Email:</b> bounceback@cmha.bc.ca	Suite 905 - 1130 West Pender Street Vancouver, BC V6E 4A4	Provides supported self-help for adults and youth ages 15 and up with mild to moderate depression and/or anxiety. Provides an instructional DVD that offers practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living; designed to give you the tools to help yourself at your own pace.	Youth 15+ Vancouver, B.C.	Anxiety and depression	No	Yes. Doctor, psychiatrist, nurse, or school counsellor. Self-referrals accepted if connected to a primary care provider.	Provided by: Canadian Mental Health Association (CMHA)  Offers a guided self-help program that combines a series of customized workbooks with a telephone coaching service. Telephone coaching is offered in English, French, Cantonese, or Punjabi
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Borderline Personality Disorder (BPD) Support Group - Vancouver</b>	<b>Website:</b> <a href="http://www.bpdsupportgroup.wordpress.com">www.bpdsupportgroup.wordpress.com</a> <b>Email:</b> bpdsocietyofbc@gmail.com	Coast Mental Health Office 293 East 11th Avenue Vancouver, BC	Peer support group for individuals with borderline personality disorder (BPD) or BPD traits; family, friends, and partners welcome. Also provides presentations on BPD to increase public awareness and understanding of the disorder.	Vancouver, B.C.	Borderline personality disorder.	No	Not required	Provided by: Borderline Personality Disorder (BPD) Society of British Columbia Meetings are held from 6 pm to 8 pm on Wednesdays; drop-in

<b>Burnaby Centre for Mental Health and Addiction</b>	<b>Phone:</b> 604-675-3950 <b>Fax:</b> 604-675-3955	3405 Willingdon Avenue Burnaby, B.C. V5G 3H4	The Burnaby Centre for Mental Health and Addiction is a 94-bed facility that provides integrated treatment for adults (19+) with the most severe and complex concurrent disorders in British Columbia. It is the only program of its kind in the province.	Adults 19+ Burnaby, B.C.	Psychiatry, Psychology, General health care, Group or individual counselling, Music and art therapy Physical, occupational, and recreational therapy, Detox and stabilization	N/A	Yes, referral form on <a href="http://www.bcmhsus.ca/">http://www.bcmhsus.ca/</a>	Call the Access and Flow Coordinator at 604-675-3950 ext. 69948 to learn more about the referral process.
<b>Child and Youth Mental Health - Vancouver (East Hastings Street)</b>	<b>Phone:</b> 604-675-3896 <b>Fax:</b> 604-675-3909 <b>Website:</b> <a href="http://www.vch.ca">www.vch.ca</a>	2750 East Hastings Street Vancouver, BC V5K 1Z9	Provides community-based mental health services to families with children under 18 experiencing serious mental health difficulties or social, emotional, or behavioural disturbances. <b>Attention Deficit Hyperactivity Disorder Program</b> develops positive parenting practices and behavioural management techniques for parents with children and youth ages 3-15 recently diagnosed with ADHD. Provides group education sessions, family counselling, communication and coping skills, stress and anger management, problem solving, medications info.	Vancouver, B.C.	Services include comprehensive assessment and treatment of severe anxiety, depression, eating disorders, and other psychiatric issues. Provides consultation to referring agencies, liaison with schools and community agencies, and education, training, and support for families of children and youth.	No	Referral required	Provided by: Vancouver Coastal Health (VCH) - Vancouver  Services also offered in Cantonese and Mandarin  Office hours are 8:30 am to 5 pm weekdays, Intake hours are 9 am to 5 pm Mondays and Tuesdays
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Children and Adults with Attention Deficit Disorders</b>	<b>Website:</b> <a href="http://www.vcn.bc.ca/chaddvan">www.vcn.bc.ca/chaddvan</a> <b>Email:</b> chaddvan@gmail.com	Ravensong Community Health Centre 2450 Ontario St, Vancouver, B.C. V5T 4T7 Mailing Address:	Holds monthly information and support group meetings for adults and youth with attention deficit hyperactivity disorder (ADHD), parents of children with the disorder, and other interested parties.	Vancouver, B.C.	Attention Deficit Disorders	Donations requested for non-members.	Not required	Youth and parent meetings are held 6:30 pm to 8:30 pm the third Tuesday of each month (except March and December) in Room B . Adult-only meetings are held from 6:30 pm to 8:30 pm the first Tuesday of each month, year-round, in Room B.

<b>(ADD Support Group)</b>		c/o CHADD Vancouver Chapter PO Box 74670 Vancouver, BC V6K 4P4						
<b>Community Addictions Counselling Team (CACT)</b>	<b>Phone:</b> 604-254-6995 <b>Local 236</b> <b>Fax:</b> 604-254-6985 <b>Website:</b> <a href="http://www.watari.ca">www.watari.ca</a> <b>Email:</b> heather@watari.ca	200-678 East Hastings Street Vancouver, BC V6A 1R1	Provides individual and group addiction counselling to children, youth, adults, and families.	Vancouver, B.C.	Substance misuse counselling	No	Self-referral accepted	Uses a client-centred, harm-reduction approach. Also offers preventive and early intervention programming. Service also offered in Cantonese, Hindi, Punjabi, Spanish, and Vietnamese.
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Crime Victim Assistance Program</b>	<b>Toll-free:</b> 1-866-660-3888 <b>Website :</b> <a href="http://www.gov.bc.ca/cv">Crime Victim Assistance Program - Province of British Columbia (gov.bc.ca)</a> <b>Email:</b> cvap@gov.bc.ca	PO Box 5550 Station Terminal, Vancouver, B.C, V6B 1H1	Provides financial assistance to victims, their families, and witnesses to cope with the effects of a violent crime. Some expenses they cover include prescription drug expenses, physical and dental expenses, expenses for protective measures, childcare and homemaker services, vocational services, transportation expenses, and crime scene cleaning.	Women, men, youth, and children who are a victim, family member, or witness of a violent crime in B.C.	Financial, emotional, and physical health.	No	Not required	There are limitations to financial assistance, for example, when expenses can be covered by a health insurance plan. People under 19 have until they are 20 to apply. If the crime was a sexual offence that occurred after 1972, they can apply at any time. Otherwise, victims, family members, and witnesses must apply within one year.
<b>Crisis Centre of BC</b>	<b>Phone:</b> 604-872-1811 <b>Fax:</b> 604-879-6216 <b>Website:</b> <a href="http://www.crisiscentre.bc.ca/">www.crisiscentre.bc.ca/</a>	763 East Broadway Vancouver, BC V5T 1X8	The Crisis Centre of BC is dedicated to providing help and hope to individuals, organizations, and communities. Spanning the spectrum of crisis support, suicide prevention, and postvention, we engage staff and	B.C.	24/7 phone and chat support, training	No	Not required	Anywhere in BC 1-800-SUICIDE: 1-800-784-2433 Mental Health Support Line: 310-6789 Vancouver Coastal Regional

	<b>Email:</b> info@crisiscentre.bc.ca		volunteers in a variety of services and programs that educate, train, and support the strength and capacity of individuals and communities.					Distress Line: 604-872-3311 Sunshine Coast/Sea to Sky: 1-866-661-3311 Online Chat Service for Youth: YouthInBC.com Adults: CrisisCentreChat.ca (Noon to 1am)
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Eureka Outdoor Camp</b>	<b>Phone:</b> 604-520-1155 <b>Fax:</b> 604-521-4313 <b>Website:</b> <a href="http://www.eurekacamp.ca">www.eurekacamp.ca</a> <b>Email:</b> info@eurekacamp.ca	22151 Wilson Avenue Richmond, BC V6V 2P6	Residential camp for children ages eight to 18 with invisible disabilities and associated neurological disorders such as ADD/ADHD, anxiety, Obsessive-Compulsive Disorder (OCD), learning disabilities, Tourette's syndrome, mild autism, Asperger's syndrome, and epilepsy. Designed to build self-confidence by providing opportunities to develop social and outdoor skills.	Richmond, B.C.  (Vancouver)	ADD/ADHD, anxiety, Obsessive-Compulsive Disorder (OCD), learning disabilities, Tourette's syndrome, mild autism, Asperger's syndrome, and epilepsy	Subsidies may be available for families who face financial barriers to attendance.  Cost associated with camp.	Not required	Office hours are 8:30 am to 4:30 pm Monday to Friday. Nonprofit agency, registered charity.
<b>Elder Care Ambulatory Services</b>	<b>Phone:</b> 604-806-8029 <b>Fax:</b> 604-806-8390 <b>Website:</b> <a href="http://www.providencehealthcare.org/elder-care-ambulatory-clinic">www.providencehealthcare.org/elder-care-ambulatory-clinic</a>	9B-Providence Building 1081 Burrard Street Vancouver, BC V6Z 1Y6	Provides outpatient geriatric psychiatric services to older adults age 65 and over with dementia and psychiatric illness such as anxiety, depressive, delusional, and psychotic disorders. Services include initial assessment, consultation, and acute care.	Vancouver, B.C.	Geriatric and psychiatric care.  Dementia/Alzheimer's.	No	Physician referral required.	N/A
<b>Family Development Program</b>	<b>Phone:</b> 604-894-6101 <b>Alt. Phone:</b> 1-877-894-6106	1357 Aster Street, Pemberton, BC	Assists families with children that are experiencing behavioural and/or emotional issues	Families/Caregivers and children in Birken, D'Arcy, Mount Currie,	Parenting skills, problem-solving skills, conflict resolution, and communication skills.	No	A referral is required from the Ministry of Children and Family	This service is provided by Sea to Sky Community Services (SSCS).

	<b>Fax:</b> 604-894-6333 <b>Website:</b> <a href="http://www.sscs.ca">www.sscs.ca</a> <b>Email:</b> pemberton@sscs.ca			Pemberton, and Whistler			Development (MCFD)	
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Family Services of Greater Vancouver</b>	<b>Phone:</b> 604-731-4951 <b>Website:</b> <a href="http://www.fsgv.ca/">www.fsgv.ca/</a>	201 – 1638 E Broadway Vancouver, BC V5N 1W1	<p>Over fifty programs, services, workshops, and groups help people build resiliency, develop skills and knowledge, and gain the confidence to make positive changes in their lives.</p> <p>From youth experiencing homelessness, to families impacted by trauma, to isolated seniors and newcomers to Canada—support for whatever is needed.</p>	Greater Vancouver, B.C.	Trauma services and counselling, victim services, family supports, parent-teen mediation, employment support, foster family support	No	Not required	Locations and services in Richmond, New Westminister, Vancouver, and more.
<b>Food Skills and Nutrition</b>	<b>Email:</b> foodbank@mywess.org (Register by June 10 each year. Space is very limited)	N/A	Food skills and nutrition teaches people the skills they need to prepare, preserve, purchase, grow, and store food. This allows people to connect with other people and food. Coupons equaling \$21/week will be distributed to each household enrolled in the program to utilize at the Farmer’s Market for healthy ingredients.	People that are participating in WCSS food literacy programs that are lower-income families, pregnant women and seniors (50+).	Food insecurity, nutrition advocacy, social connection	No	Must be participating in WCSS food literacy programs.	This program only runs when the Farmer’s Market does. June to November. Childcare is also provided during the workshops.
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>

<b>Foundry BC: North Shore (North &amp; West Vancouver)</b>	<b>Phone:</b> 604-984-5060 <b>Website:</b> <a href="http://www.foundrybc.ca/northshore">www.foundrybc.ca/northshore</a> <b>Email:</b> foundrynorthshore@vch.ca	211 W. 1st Street, North Vancouver, BC, V7M 0E3	Foundry North Shore offers young people 12-24 access to mental health and substance use support, primary care, peer support and social services	Youth ages 12-24	Drop-in support, Primary care, peer support, parent navigation, psychiatry, hospital liaison, youth urgent response	No	Not required	Drop-in support Monday-Thursday 1pm-5pm (youth or parents)
<b>Foundry BC: Vancouver - Granville</b>	<b>Phone:</b> 604-806-9415 <b>Website:</b> <a href="http://www.foundrybc.ca/vancouver-granville">www.foundrybc.ca/vancouver-granville</a> <b>Email:</b> icymhp@providencehealth.bc.ca	1260 Granville St, Vancouver, BC, V6Z 1M4	Counselors, doctors, occupational therapists, income assistance specialists, and other supports for youth 12-24. Each team member uses their expertise and talents to connect a young person with the care, community resources, and fun activities they need to lead a healthy, fulfilling life.	Youth ages 12-24	Mental health and substance use services, primary care, intensive case management, peer support, income assistance, group support and activities, STADD navigator	No	Not required	Centre hours M-F 9-5 Closed state holidays Mental health services M-F 1-5 Primary Care Services (Call 604-806-9415) M-F 1-5
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Girls Club</b>	<b>Website:</b> <a href="http://www.ingirlsclub.com/">www.ingirlsclub.com/</a> <b>Email:</b> info@ingirlsclub.com	Location Sponsor: Goodlife Fitness Family Autism Hub  3688 Cessna Drive Richmond, BC V7C1C7	GIRLS CLUB is a social club for girls with autism and neuro-developmental differences. We meet, hang out, make friends... GIRLS CLUB has been compared to Brownies or Girl Guides, but we don't collect badges or collect dues. Otherwise, there are similarities; we happily accept the comparison!	Girls of all ages and families welcome! Richmond, B.C.	Events and activities for girls with ASD, neurodevelopment challenges, or any ability.	No	Not required	Meets 2 times per month, the second Thursday of the month and the last Sunday of the month
<b>HeadsUpGuys</b>	<b>Website:</b> <a href="http://www.headsupguys.org">www.headsupguys.org</a> <b>Email:</b> info@headsupguys.org	Vancouver, BC	Website resource supports men in their fight against depression by providing tips, tools, information about professional services, and stories of success. Funded by the University of British Columbia and	Vancouver, B.C. Online	Depression in males	No	Not required	Provided by: University of British Columbia (UBC)



Name	Contact	Address	Description	Community Served	Issues Addressed	Fee	Referral Needed	Additional Information
			the Movember Foundation.					
<b>Heartwood Centre for Women</b>	<b>Phone:</b> 604-875-2424 ext.2032 <b>Toll free (B.C. only):</b> 1-888-300-3088 ext.2032 <b>Email:</b> heartwood@cw.bc.ca	4500 Oak Street BC Women's Hospital + Health Centre Vancouver, B.C. V6H 3N1	The Heartwood Centre for Women, located in Vancouver, is a 30-bed residential facility that provides integrated treatment for women (19+), including trans women, across British Columbia who struggle with severe substance use and mental health challenges.	Women 19+ Vancouver, B.C.	Psychiatry, health care, nursing, social work, art music therapy, indigenous coordinators	No	Yes, referral form: <a href="http://www.bcmhsus.ca">www.bcmhsus.ca</a>	
<b>Here to Help BC</b>	<b>Phone:</b> 310-6789 <b>Fax:</b> 604-688-3236 <b>Website:</b> <a href="http://www.heretohelp.bc.ca/">www.heretohelp.bc.ca/</a> <b>Email:</b> bcpartners@heretohelp.bc.ca	905-1130 West Pender St, Vancouver, BC, V6E 4A4	Source of quality information, learning new skills, and connecting with key resources in BC. Resources and information such as strategies to help mental health and substance use, and learn how you can support a loved one.	B.C.	Mental health and substance use support, information	No	Not required	
Name	Contact	Address	Description	Community Served	Issues Addressed	Fee	Referral Needed	Additional Information
<b>Hope for Wellness Hotline</b>	<b>Toll Free:</b> 1-855-242-3310 <b>Website:</b> <a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a>	N/A	This is a free hotline service that provides all Indigenous people in Canada with immediate mental health counselling and crisis intervention – this can be accessed by phone or by chat on their website.	All Canadian Indigenous people.	General mental health concerns. If you need to talk, are distressed, experiencing extreme emotional reactions, or are triggered by painful memories	No	Not required	Services are offered in both English and French and upon request can be offered in Cree, Ojibway, and Inuktitu

<b>Jessie's Legacy</b>	<b>Phone:</b> 604-988-5281 ext 241 <b>Website:</b> <a href="http://www.jessieslegacy.com">www.jessieslegacy.com</a> <b>Email:</b> jessieslegacy@familyservices.bc.ca	Suite 203 – 1111 Lonsdale Avenue North Vancouver, B.C. V7M 2H4	Jessie's Legacy, a program of Family Services of the North Shore, provides eating disorders prevention education, resources and support for BC youth, families, educators and professionals.	B.C.	Eating Disorder resources and supports, self-assessment tools	No	Not required	
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Lookout Housing and Health Society</b>	<b>Phone:</b> 604-255-0340 <b>Fax:</b> 604-255-0790 <b>Website:</b> <a href="http://www.lookoutsociety.ca">www.lookoutsociety.ca</a> <b>Email:</b> info@lookoutsociety.ca	544 Columbia Street, New Westminster, B.C., V3L 1B1	Lookout operates 32 buildings across the Lower Mainland of British Columbia. Offers a range of programs, housing and health solutions to vulnerable adults living with multiple challenges.	Adults B.C.	outreach teams, community resource centres, medical and dental clinic, food bank, needle distribution and community cleanup, HIV and Hep C supports, peer and employment programs and youth counselling programs.	Not typically, depending on program small fee on sliding scale	Not required	
<b>Ministry of Children and Family Development (MCFD)</b>	<b>Phone:</b> 604-894-2091 <b>Alternate:</b> 1-866-823-5374 <b>Fax:</b> 604-894-5649 <b>Website:</b> <a href="http://www.mcf.gov.bc.ca">www.mcf.gov.bc.ca</a>	205-1366 Aster Street, Pemberton, BC	Uses child protection and mental health services to support the well-being of children, youth, and families. Services include family support services, adoption, services for children and youth with special needs, and youth justice services.	Families, children, and youth in Birken, D'Arcy, Mount Currie, Pemberton, and Whistler	Family services, child/youth mental health, reports of abuse/neglect under 19.	No	Not required	Office hours: 9 am to 12 noon and 1 pm to 4 pm Monday to Friday.
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>

<b>Nexus</b>	<b>Phone:</b> 604-660-5216 <b>Fax:</b> 604-660-1963 <b>Website:</b> <a href="http://www.bgcbc.ca">www.bgcbc.ca</a> <b>Email:</b> sgrant@bgcbc.ca	550 Cambie Street  Vancouver, BC V6B 2N7	Provides services to street-involved youth who are affected by substance abuse, including individual counselling, crisis intervention, referrals, and drug/alcohol information and education. Also offers assessment and referral to detox and residential treatment.	Vancouver, B.C.	Youth and substance abuse.	No	Not required	
<b>Outpatient Psychiatry Service</b>	<b>Phone:</b> 604-806-8004 <b>Website:</b> <a href="http://www.mh.providencehealthcare.org">www.mh.providencehealthcare.org</a>	Address: 2B183-1081 Burrard Street Vancouver, BC V6Z 1Y6	Provides psychiatric assessments, treatment recommendations, and short-term follow-up care in the form of group therapy.	Vancouver, B.C.	Psychiatric assessment.	No	Physician referral required.	Provided by: St Paul's Hospital
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Pacific Post Partum Support Society</b>	<b>Phone:</b> 604-225-7955 <b>Website:</b> <a href="http://www.postpartum.org">www.postpartum.org</a> <b>Email:</b> admin@postpartum.org	200 - 7342 Winston St. Burnaby, BC V5A 2H1	Provides support for women and families experiencing postpartum depression, including childcare, stigma and peer support.	Women and families experiencing PPD Burnaby, B.C.	Community support through telephone, support groups, family support groups and resources	No	Not required	Monday to Friday 10:00–3:00 Lower Mainland 604-255-7999 Toll-Free 855-255-7999 Texting Support 604-255-7999

<b>Parkgate Society Community Services</b>	<b>Phone:</b> 604-983-6350 <b>Fax:</b> 604-983-6357 <b>Website:</b> <a href="http://www.parkgatesociety.ca">www.parkgatesociety.ca</a> <b>Email:</b> info@parkgatesociety.ca	3625 Banff Court, North Vancouver, BC V7H 2Z8	Accessible low-cost and no-cost programs and services, created in direct response to community needs; primarily serving children, youth, families, and seniors. Focus on youth outreach work and support, and dementia support for seniors, families and carers.	North Shore youth, seniors and families B.C.	Youth outreach workers and referrals, dementia support for patients and carers,	Low or no-cost programs	Not required	
<b>Pathways Clubhouse</b>	<b>Phone:</b> 604-276-8834 <b>Website:</b> <a href="http://www.pathwaysclubhouse.com/">www.pathwaysclubhouse.com/</a>	315 - 8111 Granville Avenue, Richmond, BC, V6Y 1P5	Helps members recover from mental illness and rebuild their lives through a supportive environment that focuses on each person's strengths and talents, rather than illness.	Richmond and B.C.	Housing, Employment, Food Services, Education, Wellness, Young Adult, Youth, Social Activities, Chinese Support	Small fee for meals, etc.	Not required	Works as a group to create opportunities for education, employment, housing, family connection, and social support. Also provides mental health public education.
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>

<b>Paul's Club</b>	<b>Phone:</b> 778-558-1894 <b>Website:</b> <a href="http://www.paulsclub.ca">www.paulsclub.ca</a> <b>Email:</b> nita@paulsclub.ca	Hampton Inn Hotel 111 Robson Street Vancouver, B.C.	Social and recreational day program for individuals living with an early onset dementia. Activities include socializing, discussions on current events, fitness and recreational activities, dancing, walks to local destinations, and the sharing of snacks and a lunchtime meal. Aims to help participants maintain social integration, mental stimulation, and physical activity in a physically and emotionally safe environment.	Vancouver, B.C.	Dementia/Alzheimer's	Flexible fee schedule, scaled from \$20 per day according to financial need.	Not required	Can assist in the arrangement of transportation via HandyDART. Program hours are 10 am to 4 pm Tuesday to Thursday; office hours are 9 am to 5 pm Monday to Friday.
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Provincial Attention Deficit Hyperactivity Disorder (ADHD) Outpatient Program</b>	<b>Phone:</b> 604-875-2010 <b>Toll-free:</b> 1-888-300-3088 <b>Fax:</b> 604-875-2099 <b>Website:</b> <a href="http://www.bcchildrens.ca/our-services/mental-health-services/">www.bcchildrens.ca/our-services/mental-health-services/</a>	Mental Health Building 85 4500 Oak Street Vancouver, BC V6H 3N1	Assesses and treats children and youth ages six to 18 with complex symptoms suggestive of attention deficit hyperactivity disorder (ADHD). Serves BC. Open from 8 am to 5 pm Monday to Friday.	Vancouver, B.C.  * Serves B.C. *	ADHD	N/A	Medical referral required.	Provided by: BC Children's Hospital (BCCH)
<b>Rapid Access Addiction Clinic (RAAC) - Vancouver</b>	<b>Phone:</b> 604-806-8867 <b>Fax:</b> 604-297-9678 <b>Website:</b> <a href="http://www.providencehealthcare.org/rapid-access-addiction-clinic-raac">www.providencehealthcare.org/rapid-access-addiction-clinic-raac</a> <b>Email:</b>	Burrard Building, St Paul's Hospital Room 2B184-1081 Burrard Street Vancouver, BC V6Z 1Y6	Short-term outpatient addiction clinic provides addiction treatment by a multidisciplinary team of medical specialists, nurses, and social workers in an outpatient setting for individuals with addiction, mental health, and/or health issues	Vancouver, B.C.	Connects patients seeking treatment for substance use disorders with treatment including methadone or suboxone in order to stabilize the patient in the short-term and subsequently transfer them to a community care provider for ongoing monitoring, support, and rehabilitation.	No	Referral accepted from self or other.	Also assists in linking patients without regular health care providers Hours are 9 am to 4 pm, seven days a week.

	NChow@providencehealth.bc.ca							
Name	Contact	Address	Description	Community Served	Issues Addressed	Fee	Referral Needed	Additional Information
<b>Richmond Cares Richmond Gives</b>	<b>Phone:</b> 604-279-7020 <b>Website:</b> <a href="http://www.rcrg.org">www.rcrg.org</a> <b>Email:</b> info@rcrg.org	#190 - 7000 Minoru Blvd. Richmond, BC V6Y 3Z5	In addition to being a hub for volunteering and giving, we're a direct service provider, operating a Child Care Resource & Referral Centre, the Richmond Christmas Fund, and a wide range of Seniors Community Support Services.	Seniors and carers, families, individuals	Child care resource and referral, senior services (transportation, errands, food security, peer counseling, senior and family care support)	No	Not required	
<b>Richmond Society for Community Living</b>	<b>Phone:</b> 604-279-7040 <b>Fax:</b> 604-279-7048 <b>Website:</b> <a href="http://www.rscl.org">www.rscl.org</a> <b>Email:</b> info@rscl.org	170 - 7000 Minoru Blvd Richmond BC V6Y 3Z5	Offers a continuum of care throughout the lifespan that allows the individuals and their family members—to dream, plan, learn and grow. This includes early intervention for infants at risk; access to supported child care and preschool for children with additional support needs; out of school care and transition planning for teens with disabilities; life-skills training, employment services and residential options for adults with a disability who wish to live outside their family home.	Infants to Adults Richmond, B.C.	Programs for infants, children and adults with developmental disabilities. Care programs, employment support, family resources	No	Parents may self-refer, referral accepted from variety of community professionals	

<b>SAFER (Suicide Attempt Follow-up, Education and Research)</b>	<b>Phone:</b> Intake (Access and Assessment Centre): 604-675-3700 <b>Website:</b> <a href="http://www.vch.ca">www.vch.ca</a>	Vancouver General Hospital Outpatient Psychiatry Team, Ground Floor-715 West 12th Avenue Vancouver, BC V5Z 1M9	Works to reduce suicide risk among those in crisis, to assist family and friends who care about them, and to promote healing among those bereaved by suicide. For Vancouver residents, provides counselling for individuals age 19 and over who have made a suicide attempt, are currently suicidal, or have suicidal ideation.	Adults Vancouver, B.C.	Suicide. prevention, intervention, and postvention.	No	Intake is through the Access and Assessment Centre (AAC) Self-referral accepted	Provided by: Vancouver Coastal Health (VCH) - Vancouver SAFER also offers training, education, and professional consultation in the areas of suicide. prevention, intervention, and postvention.
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>
<b>Self Harm Anonymous Recovery and Education (SHARE Canada)</b>	<b>Website:</b> <a href="http://www.vivreshare.org">www.vivreshare.org</a> <b>Email:</b> <a href="mailto:info@vivreshare.org">info@vivreshare.org</a>	Vancouver, B.C.	Provides drop-in, confidential, low-barrier peer support groups for anyone with a history of self-harm. Groups are recovery-oriented, positive and safe spaces, and peer-to-peer. Facilitators have lived experience with self-harm and are trained in various group facilitation and crisis intervention skills.	Vancouver, B.C.	Self-harm & crisis intervention.	No	Not required	Provided by: Kaleidoscope Mental Health Support Society Website for up-to-date meeting times and location.
<b>Spoons Up</b>	<b>Website:</b> <a href="http://www.spoonsup.ca">www.spoonsup.ca</a>	Aunt Leah's Place 816 20th Street, New Westminster, BC V3M 4W6	Online guide for accessible, free and low-cost food resources in the Lower Mainland designed with youth leaving care in mind. Each location offers quality food and is safe and welcoming for youth.	Youth, adults in the lower mainland, B.C.	Food Security with a youth focus	Small cost for some meals, most are free	Not required	

<b>Vancouver Adult ADD (Attention Deficit Disorder) Support Group</b>	<b>Phone:</b> 604-263-6997 <b>Website:</b> <a href="http://www.addcoach4u.com/adultadd.html">www.addcoach4u.com/adultadd.html</a> <b>Email:</b> pete@addcoach4u.com	<b>Ravensong Community Health Centre</b> 2450 Ontario Street, Vancouver B.C. V5T 4T7	Peer support and educational group for adults with attention deficit hyperactivity disorder (ADHD) or attention deficit disorder (ADD). Provides an opportunity for participants to share strategies on coping with ADHD/ADD patterns and habits.	Vancouver, B.C. Metro Vancouver	ADD & ADHD	No	Not required	Meetings on the 1st Tuesday of the month.
<b>Victim Link</b>	<b>Toll Free Phone:</b> 1-800-563-0808 (or text) <b>Website:</b> <a href="https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc">https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</a> <b>Email:</b> VictimLinkBC@bc211.ca	N/A	24/7 Victim Link is a service that can be used 24/7. You can call, text, or e-mail. They will provide information and referrals to all victims of crime. They also provide immediate crisis support. If you are unsure if you are a victim of what your next steps should be, they will assist you. They can also make referrals to victim services, transition houses, counselling services. They also assist with information on the justice system, and federal and provincial legislation.	Victims of crime and sexual violence in all of B.C and the Yukon	Victims of crime, family and sexual violence, human trafficking for sexual services or labour.	No	Not required	Services are provided in 150 languages. This includes many North American Aboriginal languages. Easy to exit banner on the website.
<b>West Coast Mental Health Network Society (WCMHNS)</b>	<b>Phone:</b> 778-323-0825 <b>Website:</b> <a href="http://www.wcmhns.wixsite.com/home">www.wcmhns.wixsite.com/home</a> <b>Email:</b> wcmhns@gmail.com	N/A Vancouver, BC	Peer-run organization for people who are or have been in the past clients of the mental health and/or psychiatric system and seek help and support in recovery. Nonprofit society.	Vancouver, B.C.	Mental health counselling and support	Reduced and sliding-scale fee registered counselling.	Not required	
<b>Name</b>	<b>Contact</b>	<b>Address</b>	<b>Description</b>	<b>Community Served</b>	<b>Issues Addressed</b>	<b>Fee</b>	<b>Referral Needed</b>	<b>Additional Information</b>



<b>Youth Mindfulness Group</b>	<b>Phone:</b> 604-673-6178 <b>Website:</b> <a href="http://www.gv.ymca.ca/Programs/Health-Fitness/Youth-Mindfulness-Group">www.gv.ymca.ca/Programs/Health-Fitness/Youth-Mindfulness-Group</a> <b>Email:</b> youthmindfulness@gv.ymca.ca	955 Burrard Street Vancouver, BC V6Z 1Y2	A free seven-week support group for young adults ages 18 to 30 who experience anxiety. Participants learn coping skills and connect with other youth in the community, and the program includes mindfulness techniques, educational workshops about anxiety, and other mental health-related topics.	Vancouver, B.C.	Anxiety	No	Not required	Provided by: YMCA of Greater Vancouver Meets one evening a week at Robert Lee YMCA and SFU Surrey Community Engagement Centre (10350 University Drive) Youth get a free YMCA gym membership for the duration of the program to encourage physical activity as a stress management tool.
--------------------------------	--	--	--	-----------------	---------	----	--------------	---