

# Tri-Cities Child & Youth Mental Health Organizations and Resources

## LOCAL RESOURCES

	<b>Foundry BC</b> <a href="http://Foundrybc.ca">Foundrybc.ca</a> Access Virtual Services: Foundry BC App	Foundry offers young people ages 12-24 health & wellness resources, services, and support- online & through integrated service centres in BC.
	<b>Child &amp; Youth Mental Health</b> 300-3003 Saint Johns Street, Port Moody 236-468-2373	<b>Walk-In Mental health Clinic:</b> initial screening by a CYMH Clinician  Tuesdays & Thursdays 9am-3pm
	<b>Tri-Cities Transitions Society</b> 402-2071 Kingsway Ave, Port Coquitlam <a href="mailto:info@tricitytransitions.com">info@tricitytransitions.com</a> 604-941-7111	Provides individual and group counselling for children between the ages of 3 to 18 who have witnessed abuse, emergency shelter, parenting services, victim services, and family court support.
	<b>START: 1-844-782-7811</b> Anyone can book an appointment: youth, families, schools, and medical professionals 9am-9 pm M-F / 12-9 pm Sat, Sun & Holidays	<b>Short Term Assessment Response Treatment</b> For those ages 6-18, experiencing a mental health/substance use crisis and live in the Fraser Health region.
	<b>SHARE</b> Youth Substance Use Services/General Counselling/Child & Family Supports/School-age Therapies/Mental Health Initiatives <a href="http://sharesociety.ca/substance-use-supports">sharesociety.ca/substance-use-supports</a>	SHARE's Youth Substance Use Services provide FREE, confidential counselling for youth ages 12-24 and their families who have concerns about their own or other's substance use. Visit their website for a list of other related services.
	<b>Tri-Cities Youth Clinic</b> Newport Public Health 604-949-7200 Wed: 2:30 PM-6:00 PM / Fri: 2:00 PM -4:00 PM	Provides birth control services, pregnancy testing and counselling, STI/HIV information, and connection to counsellors and youth workers. Please call before you go (hours can vary).
	<b>FamilySmart</b> Society for Kids' Mental Health <a href="http://familysmart.ca">familysmart.ca</a> / 1-855-887-8004	Support and resources to families who have children/youth with mental health challenges.
	<b>Fraser Health Virtual Care Line</b> 1-800-314-0999 7 days a week/10 am-10 pm	Speak with a registered nurse regarding mental health and substance use resources, programs, and support.
	<b>Spirit of the Children</b> <a href="http://www.sotcs.ca">www.sotcs.ca</a>	Indigenous non-profit society that serves all families in the Tri-Cities area. They work to empower and strengthen Indigenous families by providing support and resources.
	<b>PCRS Astra Outreach Counselling</b> <a href="http://www.pcrs.ca/our-services/astra/">www.pcrs.ca/our-services/astra/</a> <b>PCRS IRAYL Outreach Program for Youth</b> <a href="https://pcrs.ca/our-programs/inter-regional-at-risk-youth-link-irayl/">https://pcrs.ca/our-programs/inter-regional-at-risk-youth-link-irayl/</a>	Free support services for substance use. Referral info available on the website. (13 -18 yr)  Support, resources, and help locating missing or hard to find youth up to age 19 in the Lower Mainland.
	<b>PLEA Public Referrals</b> <a href="http://www.plea.ca/make-a-referral/public-referrals/">www.plea.ca/make-a-referral/public-referrals/</a>	Visit the website for information on Kid Start, Onyx, Generation-Out, and Trans Support

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## URGENT SUPPORT HELP LINES

### Kids Help Phone (Youth up to age 20)

- ➔ 310-1234 (British Columbia) 1-800-668-6868 (Canada)
- ➔ Text CONNECT to 686868

### KUU-US Crisis Line (for Indigenous people only)

- ➔ 604-951-8855 or 1-877-820-7444

### The Crisis Centre of BC (24/7) – Call 1-800-SUICIDE: 1-800-784-2433

- ➔ crisiscentrechat.ca (chat service for adults; Noon-1am)
- ➔ youthinbc.com (chat service for youth; Noon-1am)

### 310 Mental Health Support

- ➔ 310-6789

### Victim Link BC (24/7)

- ➔ 1-800-563-0808

## SUPPORT LINES

### Ministry of Child and Family Development (MCFD)

#### Social Service Intake Line/Child Protection

- ➔ 1-800-663-9122

### bc211 – non-profit society connecting people to resources, where and when they need it (including shelter information)

- ➔ call or text 2-1-1 (8:00 am – 11:00 am)

### 811 non-emergency health advice on substance use services

- ➔ call or text 8-1-1

### Youthspace.ca

- ➔ chat service (6pm-midnight) or text 778-783-0177 (6pm-midnight)

### Alcohol and Drug Information & Referral Service

- ➔ 604-660-9382 or 1-800-663-1441

## EARLY CHILDHOOD EDUCATION

### Strong Start

Free play-based early-learning program for parents, grandparents and caregivers of children 0 to 5 years old. No charge and snacks are provided. Please register at <http://www.sd43.bc.ca/Programs/StrongStart> 604-937-6381

Tri-Cities YMCA Childcare Resource & Referral 1130C Austin Avenue, Coquitlam 604-931-3400

## WEBSITES

- [keltymentalhealth.ca](http://keltymentalhealth.ca)
- [anxietycanada.ca](http://anxietycanada.ca)
- [westcoastfamily.org](http://westcoastfamily.org)
- [mindhealthbc.ca](http://mindhealthbc.ca)
- [kidshelpphone.ca](http://kidshelpphone.ca)
- [qmunity.ca](http://qmunity.ca)
- [mentalhealthliteracy.org](http://mentalhealthliteracy.org)
- [mindyourmind.ca](http://mindyourmind.ca)
- [pathwaysbc.ca](http://pathwaysbc.ca)
- [optionsforsexualhealth.org](http://optionsforsexualhealth.org)
- [openmindbc.ca](http://openmindbc.ca)
- [agedout.com](http://agedout.com)
- [bc-counsellors.org](http://bc-counsellors.org)
- [psychologists.bc.ca](http://psychologists.bc.ca)
- [vf.cmha.bc.ca](http://vf.cmha.bc.ca)
- [crisiscentre.bc.ca](http://crisiscentre.bc.ca)
- [bouncebackbc.ca](http://bouncebackbc.ca)
- [towardtheheart.com](http://towardtheheart.com)
- [naloxhome.com](http://naloxhome.com)
- [bethere.org](http://bethere.org)
- [heretohelp.bc.ca](http://heretohelp.bc.ca)
- [stigmafreesociety.com](http://stigmafreesociety.com)

## MENTAL WELLNESS ACTION PLAN

Visit your **family doctor** - this will help identify what is happening and determine support.

Don't have a family doctor?

Check out these options:



Walk-in clinics wait-times / hrs

[Medimap.ca](http://Medimap.ca)

Pathways

[pathwaysmedicalcare.ca](http://pathwaysmedicalcare.ca)

Urgent & Primary Care Clinic -

604-469-3123 (Port Moody)



## APPS

