

Child & Youth Mental Health Resources

Tri-Cities

LOCAL RESOURCES



Police Victim Services

Coquitlam 604-945-1583
Port Moody 604-469-4679
policevictimservices.bc.ca

Emergency

9-1-1
Non-Emergency
Port Moody - 604-461-3456
RCMP - 604-945-1550



Access Youth Outreach Services Youth Engagement/Outreach

604-525-1888
accessyouth.org

Tri-Cities Youth Substance Use Outreach

Youth Engagement/Outreach
604-807-0631



Visit your family doctor

Name _____
Number _____

Don't have a family doctor and live in the Tri-Cities?

Check www.cpsbc.ca for accepting GPs or visit www.medimap.ca for walk-in clinic wait times and hours



MCFD / Child & Youth Mental Health Walk-In Intake

300-3003 Saint Johns Street
Port Moody
604-469-7600

For initial screening by a CYMH Clinician

Tuesdays & Thursdays 9am-3pm



Tri-Cities Transitions Society Counselling & Group Programs

604-941-7111
www.tricitytransitions.com

Provides individual and group counselling for children between the ages of three and 18 who have witnessed abuse.



START Short Term Assessment, Response & Treatment

1-844-782-7811
9am-9pm M-F & 12-9pm Sat, Sun, Hol

Confidential mental health crisis program that can include assessment, safety planning, and treatment



SHARE
Family & Community Services
intake@sharesociety.com
604-937-6969
www.sharesociety.ca

Various counselling programs for youth (ages 5 – 18). The Problem Gambling Program and the Youth Substance Use program provides free counselling for youth



Tri-Cities Youth Clinic Tri-Cities Public Health

604-614-7688
Appt. recommended but drop in accepted:
Wed 2:30pm - 6pm, Friday: 2pm - 4:pm

For youth ages 21 and under. Provides birth control services; pregnancy testing and counselling; STI/HIV information, testing and treatment



FamilySmart (formerly The Force)
Society for Kids' Mental Health
1-855-887-8004
www.familysmart.ca

Support and resources to families who have children / youth with mental health challenges

Child & Youth Mental Health Resources

Tri-Cities

HELP LINES

Alcohol and Drug Information & Referral Service

604-660-9382

Fraser Health Crisis Line (24/7)

604-951-8855

Kids Help Line

310-1234 (British Columbia)

1-800-668-6868 (Canada)

310 Mental Health Support

310-6789

Ministry of Child and Family Development (MCFD) Social Service Intake Line/Child Protection

1-800-663-9122

Suicide Line (for client, family, or friend)

1-800-784-2433

EARLY CHILDHOOD RESOURCES

Mother Goose Series

Free program to help build healthy relationships and develop early learning and language skills

Registration required

groups@westcoastfamily.org bit.do/mothergoose 604-944-2500

StrongStart

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

Pop Up Play

Free drop in program for families and caregivers with children 0 to 6.

supriya.b@sharesociety.ca

Call 604-529-5117 or 604-375-4398

MENTAL WELLNESS ACTION PLAN

WEBSITES

kelymentalhealth.ca

anxietybc.ca

mindcheck.ca

[fraserhealth.ca/
health-info/mhsu](http://fraserhealth.ca/health-info/mhsu)

mindhealthbc.ca

familysmart.ca

kidshelpphone.ca

qmunity.ca

teenmentalhealth.org

mindyourmind.ca

heretohelp.ca

optionsforsexualhealth.org

youthinbc.com

openmindbc.ca

agedout.com

bc-counsellors.org

vf.cmha.bc.ca

ONLINE/TEXT CHAT

crisiscentre.bc.ca

youthinbc.com

Noon-1am

kidshelpphone.ca

Wed-Sunday, 6pm-2am

youthspace.ca

online: 6pm-Midnight

text: 778-783-0177

APPS

MindShift App

Calm App

BoosterBuddy App

Take a Break! App

Optimism App

Worry Watch App

Diary - Mood Tracker App