

BC PROVINCIAL MENTAL HEALTH RESOURCES

BC Map of Child and Youth Mental Health Services

Use the map provided [here](#) to find mental health services and intake clinics for children and youth across BC. Click on the location to see contact information and a description of services offered.

BC Mental Health Information and Crisis Lines

The ***Mental Health Support and Information Line (310-6789, no area code needed)*** is available 24/7 to provide emotional support, crisis intervention, and community resource information to children, youth and families.

Kids Help Phone (Toll-free: 1-800-665-1822) is available 24/7 and provides anonymous, confidential phone and online counseling for people under the age of 20.

For a list of distress phone services available in each health authority, please [click here](#).

BC Child and Youth Mental Health (CYMH) Teams

CYMH provides a range of services including intake, assessment, treatment, case management and consultation. Families can call their local office to find out the best way to access services. Many Child and Youth Offices now offer a drop-in intake clinic (no referral required) during specific days of the week. A list of community offices can be found [here](#).

Educational Resources for Youth and Families

The ***Kelty Mental Health Resource Centre*** is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth, and their families. The resource centre can be contacted over the phone, in person, or through email.

The F.O.R.C.E Society for Kids' Mental Health offers families an opportunity to connect with other families who have personal experience with the mental health system. The FORCE also provides information, tools, and tips on how to support children and youth with mental health challenges.

Mindcheck provides youth in BC with education, self-care tools, website links, and assistance in connecting to local professional resources.

Online Chat for Children and Youth

[YouthInBC](#) provides an online chat service, from noon to 1AM (7 days a week), for youth to talk to trained volunteers. This service is available in BC and the Yukon.

[Youthspace](#) provides online chat for youth from 6PM to Midnight (PST), 7 days a week. Youth can also text chat at 778-783-0177.

Provincial Youth Concurrent Disorders (PYCD) Program

Description: The [Provincial Youth Concurrent Disorders \(PYCD\) Program](#) is an outpatient clinic that serves youth aged 12-24 with both mental health and substance use concerns. Working from a harm reduction approach, the program offers consultation, assessment, and treatment.

Catchment: Provincial

Location: BC Children's Hospital

Ages: 12-24

Eligibility:

- Current mental health concerns
- Substance use in the last 6 months
- Mental health and substance use concerns must have a moderate to severe functional impairment in one or more area: school, housing, self-care, family life, peer relationships, work, legal status.

Contact:

- 604-875-2345 ext. 5332

Referrals:

- Required from a family doctor, other physician, or a nurse practitioner

BC Children's Hospital Youth Health Clinic

Description: The [Youth Health Clinic](#) provides clinical services, health promotion, education, and training to youth with complicated youth health issues focusing on health, well-being, and transitioning to adulthood.

Catchment: Provincial

Ages: 12-18

Eligibility:

- Referral from a physician or primary care nurse practitioner for a complicated youth health issue

Contact:

- 604-875-3472

Referrals:

- Required from physician or primary care nurse practitioner

Youth Wellness Associates

Description: [Youth Wellness Associates](#) is a group of child and adolescent psychiatrists who provide help for common mental health concerns.

Catchment: Provincial – available for consultation throughout BC via Telehealth (Skype)

Locations: Vancouver, North Vancouver, Maple Ridge

Ages: 5-18; 19-24 if attending post-secondary studies full time

Eligibility:

- Mood, anxiety, adjustment, sleep, or attention issues.
- Those with certain mental health concerns, such as psychosis, significant substance abuse, eating disorders, aggressive behaviour, or developmental disabilities are not currently eligible for this service.

Contact:

- 604-563-3093

Referrals:

- Parents/families: referral from a family doctor is required
- Concerned professionals (i.e. teachers, school counsellors, social workers, psychologists) can receive a consultation over the phone with no referral required.