

# 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.

***Helpline for Children (310-1234, no area code needed)*** is available 24/7 for children anywhere in BC to speak to a social worker. This helpline is available for children, parents, and other community members to report abuse.

***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.

***BC Suicide Line (1-800-SUICIDE, 1-800-784-2433)*** is available 24/7 to provide support to individuals having thoughts of suicide or individuals who know someone experiencing these thoughts.

***BC211 Resource Directory (211 or chat.bc211.ca/chat.html)*** is a nonprofit organization that provides free information and referral regarding community, government and social services in BC.

***HealthLink BC Nurse Line (811 or Toll free: 1-866-215-4700)*** is available 24/7 and staffed with Registered Nurses to provide assessment of symptoms, triage and referral to non-emergency programs.

***D-Talks Youth Detox Line (Toll free: 1-866-658-1221)*** is available for youth 12 to 21 requiring detox treatment services. The call line is staffed with social workers from 9am to 9pm seven days a week.

***Sex Sense (1-800-SEX-SENSE, 1-200-739-7367)*** is a free anonymous sexual health resource and referral service available from 9am to 9pm.

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.

*[Family Smart \(Institute of Families for child & youth mental health\)](#)* 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.

*[Open Mind BC](#)* is a resource for physicians, parents, teachers and youth to learn about the support services available for Mental Health in BC and across Canada.

*[Teen Mental Health](#)* is a website which provides youth, families, educators and healthcare providers information, tools and resources regarding mental health which have been curated using the best available evidence.

*[Here to Help](#)* is a collaborative of seven leading mental health and addictions non-profit agencies. This website provides self-help resources, personal stories and links to resources in BC.

*[AnxietyBC](#)* is a partner of Here to Help providing resources to help individuals, professionals and educators access resources and tools regarding anxiety.

## **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.

## **Foundry BC**

**Description:** [Foundry centres](#) provide access to someone to talk to, care providers for any health need, and friendly experts to help navigate health and social services/resources/programs.

**Locations:** Vancouver Granville, Campbell River, Kelowna, North Shore, Prince George

**Ages:** 12-24

**Eligibility:**

- N/A (youth can visit the Foundry Centre in-person)

**Contact:**

- Vancouver Granville (604)-806-9415
- Campbell River (250)-286-0611
- Kelowna (236)-420-2803
- North Shore (604)-984-5060
- Prince George (236)-423-1571

**Referrals:**

- Youth may self-refer; referrals are also accepted from family physicians, health care providers, and other community services