

FHA MENTAL HEALTH RESOURCES

Child and Youth Crisis Response Teams

[Supporting Children and Youth Through Mental Health Crisis \(START\) Team](#)

Description: provides mental health assessment, short-term crisis intervention, resource and referral coordination, and up to six follow-up sessions for children and youth ages 6-18 who are in acute crisis.

Catchment: Fraser Valley, Surrey, White Rock, Delta, Tri-Cities (Coquitlam, Port Coquitlam, Port Moody)

Ages: 6-18

Eligibility:

- Must be a resident of Fraser region.
- Rapid onset (in the past 2-4 weeks) of extreme mental health symptoms resulting in child/youth unable to participate in daily activities or relationships.
- May include: self-harming, suicidal thoughts or attempts, intense anxiety or depression, distorted thinking, or high risk of significantly harming others.

Service hours:

- Monday – Friday: 9:00 a.m. – 9:00 p.m.
- Weekends and Holidays: 12:00 p.m. – 9:00 p.m.

Contact:

- 1-844-782-7811

Referrals:

- Open referral system; referral accepted from self, family, friends, mental health or community agencies, schools, medical professionals, and others.

Community Programs

[Child and Youth Mental Health \(CYMH\) Teams](#)

Description: provide services such as intake, assessment, treatment, case management, and consultation. Many offices now offer a drop-in intake clinic (no referral required) during specific days of the week. **Referrals from health care providers accepted; youth and families can self-refer.**

[Suicide Prevention, Education & Counselling \(SPEAC\)](#)

Description: provides suicide risk assessment, urgent-response, and short-term counseling for all children and youth (ages 18 and under) who are residents of Surrey, White Rock, or Langley.

Catchment: Surrey, White Rock, Langley

Ages: 18 and under

Eligibility:

- Child/youth that has made a suicide attempt or is at risk of doing so.

Service hours:

- Monday – Friday: 8:30 a.m. – 4:30 p.m.

Contact:

- 604-584-5811

Referrals:

- Self-referral, Ministry of Child and Family Development, Community Organizations, School Personnel