

Mental Health Resources

Crisis Lines and Emergencies:

1. Crisis Centre of BC
 - 24/7 from anywhere in BC
 - In Vancouver: 604-872-3311
 - Outside of Vancouver: 1-800-784-2433

2. SAFER (Suicide Attempt Follow up Education Research)
 - Monday-Friday 8:30 AM to 4:30 PM
 - 604-675-3985

3. Vancouver Crisis Line
 - 604-872-3311

4. Chimo Crisis Line
 - Richmond, 8:00 AM to Midnight
 - 604-279-7070

5. Mental Health Emergency Services
 - 24/7
 - 604-874-7307

6. 310 Mental Health Emergency Services
 - 24/7 BC wide resource
 - 310-6789 (no area code)

7. Vancouver Mental Health Crisis Line (Access and Assessment Centre)
 - 604-675-3700

Vancouver Coastal Health Information and Referral Lines:

Vancouver:

- Adult Mental Health: 604-675-3997
- Older Adult Mental Health: 604-709-6785
- Child and Youth Mental Health: 604-675-3895

Richmond:

- Adults Mental Health Services: 604-244-5488
- Older Adult Mental Health Team: 604-675-3975
- Mental Health Emergency Services: 604-244-5562

Richmond:

Inpatient:

- There is an adult psychiatry ward at richmond hospital
- You can also visit the ER and request a referral to a psychiatrist through the “Rapid Access program” which should connect you with one in less than a month.

Outpatient:

1. *Richmond Short Term Assessment and Treatment (RSTAT)*,
 “Therapeutic groups and/or short-term individual support for adults and older adults who have concerns with mood or anxiety and who want to make personal changes in their lives.”
 - Also offers one-off psychiatrist consultations
 - Richmond Hospital
 7000 Westminster Highway
 2nd floor Green Zone
 Richmond, BC
 V6X 1A2
 Phone: (604) 244-5534
 Fax: (604) 244-5564

2. *Community Mental Wellness Association of Canada (Charity)*
 - Mental health education and range of referral services
 - Offers services in English and Mandarin
 - 3105 - 8888 Odin Crescent, Richmond, V6X 3Z8, Canada
 info@cmwac.ca
 Phone: (604)-273-1791
 Fax: (604)-273-1751

3. *Chimo community Services*
 - Counselling for adults and youth free of charge or on a sliding payment scale
 - Transition house for women and their children who are fleeing domestic abuse
 - Crisis line: 604-279-7070
 - Family law services and other Pro Bono legal services
 - 120-7000 Minoru Boulevard, Richmond, BC, Canada, V6Y 3Z5
 Phone: 604-279-7077
 Nova House Crisis Line (transition house): 604-270-4911
 Fax: 604-279-7075
 chimo@chimoservices.com

Surrey:

Inpatient: Surrey Memorial and Peace Arch Hospital

Outpatient:

1. *SFU Surrey Counselling Centre*
 - Counselling psychology students provide individual no cost counselling Tuesdays and Wednesday evening

- Phone: 604-587-7320
- 9848 122 Street, Surrey

Burnaby:

Inpatient: Burnaby Mountain Hospital

Output:

1. *SFU Clinical Psychology Centre (Burnaby Campus)*
 - Assessment and psychologist treatment for individuals, adults, adolescents, children, couples and families
 - Also offers group therapy
 - Services provided by master's or doctorate level graduate students in clinical psychology program

Vancouver:

Outpatient:

- Go to Vancouver general hospital or Saint Paul's hospital ER to enter the "Rapid Access Program" to see a psychiatrist in less than a month, used in emergencies

1. *Access and Assessment Centre*

- Does all urgent and nonurgent mental health concerns to try and keep people out of ER
- Says go to the ER if you're actively suicidal
- Offers walk ins and referrals to psychiatry
- 803 W 12th Ave, Vancouver BC
- Phone: 604-675-3700

2. *Adler Centre Counselling Clinic*

- Works on a sliding scale payment system based on your income
- Services provided by psychology graduate with the supervision a clinician

3. *Archdiocese of Vancouver*

- Sliding scale counselling by a registered counsellor who is Catholic or a practicing Christian
- Works through lower mainland

4. *Cognitive Behavioural Therapy (CBT) Centre of BC*

- CBT for depression and anxiety, but the fee is \$200 per hour for psychologist or \$100 for a practicum student
- Mindfulness program is a 8 week course, offered x3 times a year at \$600
- #302 1765 West 8th Avenue, Vancouver
- Phone: 604-738-7337
- www.vancouvercibt.ca

5. *Family Services of Greater Vancouver*

- Sliding scale for individuals, couples, and family counselling

- Prices ranges from \$15/hour to \$125/hour but full fee clients are seen faster
 - Intake worker can refer to other counselling services or groups
 - Vancouver; 1638 East Broadway (at Commercial Drive)
 - Burnaby/New Westminster; 321 Sixth Street
 - Surrey; 15355 102 Avenue
 - Phone: 604-874-2938
 - <https://fsgv.ca/counselling/>
6. *Health Initiative for Men*
- Low cost, short term, individual counselling for gay/bisexual men
 - Phone: 604-488-1001
 - <https://checkhimout.ca/mind/him-programs/#counselling>
7. *Jewish Family Services*
- Sliding scale and short term (15 sessions max)
 - Phone: 604-637-3309
 - <https://www.jfsvancouver.ca/services/counselling/>
8. *Foundry BC*
- Free and low cost counselling, offers walk in with counsellors and psychiatrists for ages 12-24
9. *Kelty Mental Health Resource Centre*
- Organized my BC Children's hospital and links online resources to parents and patients
 - <https://keltymentalhealth.ca/youth-young-adults>
10. *Oak Counselling Services Society*
- Sliding scale but long waitlist
 - 949 West 49th Avenue, Vancouver
 - Phone: 604-266-5611
 - <http://oakcounselling.org/>
11. *QMUNITY*
- Short term (12 session maximum) individual counselling for LGBTQ community by a master's level practicum student
 - 1170 Bute Street, Vancouver
 - Phone: 604-684-5307 EXT. 100
 - <https://qmunity.ca/getsupport/counselling/>
12. *S.U.C.C.E.S.S.*
- Sliding scale counselling offered in Mandarin, Cantonese, Korean and English with a focus on helping new immigrants
 - 28 West Pender Street, Vancouver
 - Phone: 604-408-7266 or 604-684-1628

- <https://www.successbc.ca/eng/>

13. *UBC Psychology Clinic (Douglas T. Kenny Building on UBC Campus)*

- Counselling by a master's level practicum student and supervised by a registered psychologist
- Phone: 604-822-3005
- <https://clinic.psych.ubc.ca/services/>

14. *UBC Counselling Psychology (Scarfe Counselling)*

- Free counselling provided by a master's level practicum student in counselling psychology and supervised by a registered psychologist
- Clinics run from her September to April
- Vancouver, UBC Campus: 604-822-4639
- Vancouver, UBC Life and Career Centre: 604-822-8585 800 Robson Street
- New Westminister: 604-525-6651 821 8th street
- <http://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/>

15. *Vancouver Psychology Centre*

- Individual, youth, and family counselling
- Fee is \$160 for registered clinical counsellor and \$200-225 for registered psychologist
- Phone: 604-733-7709
- 202 1529 West 6th Avenue, Vancouver
- www.vancouverpsychologycentre.ca

16. *Vancouver Psychotherapy Centre*

- Private pay counselling but needs a physician's referral
- Phone: 604-871-4177
- 400 601 West Broadway, Vancouver
- www.vancpsych.com

17. *Aboriginal Wellness Program*

- Individual counselling for Indigenous persons only
- Call for self-referral for this free service
- Phone: 604-675-2551
- 288 2750 East Hasting Street, Vancouver

Specialized:

PTSD

1. *Operational Stress Injury Clinic (BC OSI Clinic)*

- Services for BC residents who are veterans, member of the Canadian forces (regular and reserve) and members of the RCMP who have an operational stress injury (OSI) and their families

- www.bcosi.ca (educational)
- 2. *US Department of Veterans Affairs: National Centre for PTSD*
 - Educational materials for patients, families, and clinicians from a leading research and education centre of excellence on PTSD and traumatic stress.

Trauma

1. *Vancouver Association for Survivors of Torture*
 - VAST assists those who have refugee status only in Canada. Trauma-focused counselling in individual or group settings.
 - Offers services in over a dozen languages
 - Information and advocacy
2. *Turning Point Therapy*
 - Low cost trauma counselling with an intern
 - Book online
 - <http://trauma-vancouver.com/>
 - Phone: 604-638-7221

Victims of Crimes

1. *Crime Victim Assistance Program*
 - Provides counselling for victims of sexual abuse (no time limit) or physical abuse (within one year the crime occurred)
 - Assistance also provided for immediate family and witnesses, do not have to wait for charges to be laid or convictions
 - You need to find your own counsellor
 - Phone: 604-660-3888
 - Victim Link BC (24/7): 1-800-5630808
 - <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits>
2. *Victim Link BC*
 - Toll free multilingual telephone services across BC and the Yukon 24/7
 - Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking
 - <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>
3. *Living Through Loss Counselling Society*
 - Suite # 201 1847 West Broadway Vancouver
 - Phone: 604-873-5013

Victims of Sexual Abuse

1. *Atira's Women's Resources Society*
 - Free counselling for women residing in the downtown eastside
 - Phone: 604-331-14074
 - <http://atira.bc.ca/>

2. *Battered Women's Support Services (BWSS)*
 - Free counselling and healing spaces for women who experienced abuse in intimate relationships. There is an interview and the waitlist is 6-12 months

3. *BC Society for Male Survivors of Sexual Abuse*
 - Provides private pay and sliding scale for individual and group counselling, but is free for victim services applicants
 - Phone: 604-682-6482
 - <https://bc-malesurvivors.com/>

4. *Vancouver Incest and Sexual Abuse Center (VISAC)*
 - Provides free counselling to those who are survivors of incest or sexual abuse
 - Address #202 1193 Kingsway, Vancouver
 - Phone: 604-874-2938

5. *Vancouver Coastal Health - Residential Historical Abuse Program (RHAP)*
 - Free counselling to those who were sexually abused as a child while under the care of the province (foster care, residential facility etc)
 - Phone: 604-875-4255
 - <https://vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf>

6. *WAVAW Rape Crisis Centre*
 - Offers trauma informed feminist support to survivors of sexualized violence and BC largest rape crisis centre
 - <https://www.wavaw.ca/>

I highlighted my personal recommendations from when people I know have used those services

First Edit: May 2nd 2021

Most Recent Edit May 2nd 2021

Compiled by Paula Straubinger