

<u>Service:</u>	<u>Brief description of service:</u>	<u>Contact information:</u>
Emergency Services:	In an emergency.	Call 911 .
Vancouver Police Department:	Non-emergency line.	Call 604-717-3321 .
Crisis Intervention & Suicide Prevention Centre:	<p>Visit their website for a list of several free helpline numbers that are available to take your call 24/7.</p> <p>-They have an online chat service if you would prefer to communicate that way.</p>	<p>https://crisiscentre.bc.ca/ Call 604-872-3311. Deaf or hearing impaired: 1-866-872-0113.</p> <p>www.crisiscentreachat.ca (Available from noon to 1am daily).</p>
1-800-SUICIDE Helpline:	Free support line available 24/7 if you or someone you know is having thoughts of suicide.	Call 1-800-784-2433 .
Mental Health Support Line:	Free support line available 24/7 for individuals who would like emotional support, information and resources specific to mental health in B.C.	Call 310-6789 . (No need to dial an area code).
The Access and Assessment Centre (AAC):	The centre is located at Vancouver General Hospital and is open daily from 07:30am-11pm to help you, your family member or your friend during a non-life threatening mental health and/or substance use issue. No referral is needed to attend here.	<p>http://www.vch.ca/locations-services/result?res_id=1186 Call 604-675-3700.</p>
Foundry BC:	The Foundry have different centres across B.C. All young people aged 12-24 years old with a Valid MSP card can access Foundry services. They have a range of services to help individuals with their mental health or substance use. These links have more information on the different types of support available in your area.	<p>https://foundrybc.ca/get-support/ https://foundrybc.ca/foundry-pathfinder/</p>
Nurses Helpline:	Registered nurses at HealthLink BC can help you with non-emergency health concerns; to discuss symptoms, procedures and to recommend whether you should see a health care provider in person.	<p>Call 811. Deaf or hearing impaired: 711.</p>

Medimap:	<p>There are loads of walk in clinics in BC that you can access. Go to this webpage and enter your postcode. It will show you all the walk-in clinics in your area, their opening hours and average wait times that day. At the clinic they will ask if you have MSP coverage and for your public health number. If you do not have one yet, some clinics will offer you an appointment for a set fee.</p> <p>-If you would prefer virtual care you can request an appointment here:</p>	<p>https://medimap.ca/WalkIn</p> <p>https://medimap.ca/VirtualCare</p>
Medical Services Plan (MSP):	<p>In B.C. public health insurance is called the Medical Services Plan (MSP). It covers the cost of medically necessary insured doctor services. If you are new to B.C. they encourage you to apply for MSP as soon as you arrive. Your coverage may start three months after your arrival date.</p>	<p>https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol</p>
Shelter Line BC:	<p>If you are experiencing homelessness call 211 for information on shelters across B.C. You can visit this link to see the different types of shelters and the intake times. This link is updated regularly.</p>	<p>Call 211.</p> <p>https://shelters.bc211.ca/bc211shelters</p>
The BC Bereavement Helpline:	<p>They are a non-profit, free and confidential service that connects the public to grief support services within the province of BC.</p> <p>-They also facilitate a Suicide Grief Support group, here is the link for more information on this:</p>	<p>Call 604-738-9950 Toll Free: 1(877) 779-2223. (They operate Monday-Friday 9am-5pm).</p> <p>https://www.bcbh.ca/pages.php?plD=13</p>
VictimLinkBC:	<p>VictimLinkBC is a toll-free, confidential, multilingual telephone service available to take calls 24/7 across B.C. and the Yukon. They provide 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 exploited for labour or sexual services.</p>	<p>Call 1-800-563-0808 or send an email to VictimLinkBC@bc211.ca.</p> <p>https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</p>
Alcohol & Drug Information and Referral Service:	<p>This service is available to people across B.C. needing help with any kind of substance abuse issues 24 hours a day. It provides information and referral to</p>	<p>Call 1 800 663-1441 Lower Mainland: 604 660-9382</p>

	education, prevention and treatment services and regulatory agencies.	
Problem Gambling Help Line:	<p>A 24-hour information and referral service for anyone who is adversely affected by their own, or another’s gambling habit.</p> <p>For some more information and helpful resources please visit this link:</p>	<p>Call 1 888 795-6111 Deaf or hearing-impaired (collect calls accepted): 604 875-0885.</p> <p>https://www.bcreponsiblegambling.ca/</p>
Here to help BC:	This is an excellent resource to help you find quality information, learn new skills, and connect with key resources in BC.	https://www.heretohelp.bc.ca/
Low cost Counselling Services Vancouver:	<p>Some counselling services will offer low cost counselling services. You can find many different counselling services in your area by doing a search. When you contact them ask them about their low cost options and if they offer sliding scale fees. (The sliding scale fee would be based on your current monthly income before taxes. This helps to ensure that your fee is proportionate to your income and that you can get the help you need at an affordable rate).</p> <p>Some examples of counselling services in Vancouver that offer low cost/sliding scale fees are listed here:</p>	<p>-> Stewart and Associates 227 – 1118 Homer Street, Vancouver. Call 604-687-7171 https://counsellingservicevancouver.com/low-cost-counselling-and-free-counselling/</p> <p>-> Living Systems Counselling – Vancouver -Downtown Office: Suite 915 – 1125 Howe Street, Vancouver. -East Vancouver Office: 2703 Commercial Drive, Vancouver. -South Vancouver Office: Oakridge Plaza, 357-5740 Cambie Street. -West Side Office: Suite 212 – 1628 W. 1st Avenue, Vancouver. Call 604-926-5496 https://livingsystems.ca/counselling/services-and-fees/</p> <p>-> Turning Point Therapy Suite 608 – 402 W. Pender Street, Vancouver. Call 604-329-6006. https://counselling-vancouver.com/bookings/</p>

Please reach out to the Vancouver Social Care Advisor Gillian Goulding if you would like more information on any of the above services or if you need some support/guidance finding a support service that is not listed above.

Call/Text: 778-689-9590

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