



VANCOUVER MENTAL HEALTH  
RESOURCES

<u>Service:</u>	<u>Brief description of service:</u>	<u>Contact information:</u>
<b>Emergency Services:</b>	In an emergency.	Call <b>911</b> .
<b>Vancouver Police Department:</b>	Non-emergency line.	Call <b>604-717-3321</b> .
<b>Crisis Intervention &amp; Suicide Prevention Centre:</b>	Visit their website for a list of free helpline numbers that are available to take your call 24/7.  They have an online chat service if you would prefer to communicate that way.	<a href="https://crisiscentre.bc.ca/">https://crisiscentre.bc.ca/</a> Call : <b>604-872-3311</b> . Toll Free: <b>1-866-661-3311</b>  Chat: <a href="http://www.crisiscentreachat.ca">www.crisiscentreachat.ca</a> (Available from noon to 1am daily).
<b>1-800-SUICIDE Helpline:</b>	Free support line available 24/7 if you or someone you know is having thoughts of suicide.	Call <b>1-800-784-2433</b> .
<b>Mental Health Support Line:</b>	Free support line available 24/7 for individuals who would like emotional support, information and resources specific to mental health in BC.	Call <b>310-6789</b> .
<b>The Access and Assessment Centre (AAC):</b>	The AAC is there to help you, your family member or your friend during a non-life threatening mental health and/or substance use issue. The centre is located at Vancouver General Hospital. No referral is needed to attend and walk-in is available daily from 7:30am – 9:30pm.	<a href="http://www.vch.ca/locations-services/result?res_id=1186">http://www.vch.ca/locations-services/result?res_id=1186</a>  Call: <b>604-675-3700</b> . (Between 7:30am – 10pm).
<b>Foundry BC:</b>	The Foundry has different centres across BC, available to all young people aged 12-24 years old with a valid MSP card. They have a range of services to help individuals with their mental health or substance use.  Click on the links to see more information on the different types of support available in your area.	<a href="https://foundrybc.ca/get-support/">https://foundrybc.ca/get-support/</a>  <a href="https://foundrybc.ca/foundry-pathfinder/">https://foundrybc.ca/foundry-pathfinder/</a>
<b>HealthLinkBC:</b>	<b>8-1-1</b> is a free-of-charge provincial health information and advice phone line available in BC. By calling <b>8-1-1</b> , you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.	<a href="https://www.healthlinkbc.ca/more/contact-us/8-1-1">https://www.healthlinkbc.ca/more/contact-us/8-1-1</a>  Call: <b>811</b> .

<b>Medical Services Plan (MSP):</b>	<p>British Columbia's Medical Services Plan (MSP) is a health insurance plan that pays for medically required services of physicians, surgeons and for dental or oral surgery when medically required to be performed in a hospital. All BC residents must enrol for this.</p> <p>If <b>you are new to BC</b> they encourage you to apply for MSP as soon as you arrive, and your coverage may start three months after your arrival date.</p> <p><b>You should have private health insurance while you wait for your MSP to start.</b></p>	<p><a href="https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol">https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol</a></p> <p>Call: <b>604-683-7151</b></p>
<b>Medimap:</b>	<p>There are loads of walk-in clinics in BC that you can access. Go to this webpage, enter your postcode and 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 MSP coverage yet, some clinics will offer you an appointment for a set fee – you should call ahead to ask about this/find out the cost.</p> <p>If you would prefer a virtual care appointment search for this option on the website.</p>	<p><a href="https://medimap.ca/WalkIn">https://medimap.ca/WalkIn</a></p>
<b>Shelter Line BC:</b>	<p>If you are experiencing homelessness call 211 for information on shelters across BC. You can visit this link to see the different types of shelters and the intake times. This link is updated regularly.</p>	<p><a href="http://bc211shelters">bc211shelters</a></p> <p>Call <b>211</b>.</p>
<b>The BC Bereavement Helpline:</b>	<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>Call: <b>604-738-9950</b> (Monday-Friday from 9am-5pm).</p>
<b>VictimLinkBC:</b>	<p>VictimLinkBC is a toll-free, confidential, multilingual telephone service available to take calls 24/7 across BC 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 or text: <b>1-800-563-0808</b> or send an email to <a href="mailto:VictimLinkBC@bc211.ca">VictimLinkBC@bc211.ca</a>.</p> <p><a href="https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc">https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</a></p>
<b>Alcohol &amp; Drug Information and Referral Service (ADIRS):</b>	<p>This 24/7 free and confidential service is available to anyone in BC needing help with any kind of substance abuse issues. It provides information and referrals to community substance use treatment services available for all ages.</p>	<p>Call <b>1 800 663-1441</b></p> <p><a href="https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service">https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service</a></p>

<b>Problem Gambling Help Line:</b>	Available 24/7 and provides free information and referral service for anyone who is adversely affected by their own, or another's gambling habit. For more information, self assessment checks and helpful resources visit this link:	Call: <b>1 888 795-6111</b>  <a href="https://www.bcreponsiblegambling.ca/">https://www.bcreponsiblegambling.ca/</a>
<b>Here to help BC:</b>	Heretohelp helps you explore strategies to take care of your mental health, use substances in healthier ways, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one. This is an excellent resource to help you find quality information, learn new skills, and connect with key resources in BC.	<a href="https://www.heretohelp.bc.ca/">https://www.heretohelp.bc.ca/</a>
<b>Low cost Counselling Services Vancouver:</b>	Willow Tree Counselling publishes a resource list of low-cost, sliding-scale and free counselling services available in Vancouver. The list is updated quarterly. Wait times vary and some waiting lists may be closed. Always contact the clinics to inquire about availability.  There may be other counselling services available that are not on this list however, also offer low cost counselling services. You can find many different counselling services in your area by doing a search and when you contact them ask them about their low cost options or if they offer sliding scale fees. <i>(Sliding scale fees are 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).</i>	<a href="https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf">https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf</a>

***Please reach out to Gillian Goulding - the Social Care Advisor based in Vancouver 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**

**Email: [g.goulding@irishcdn.org](mailto:g.goulding@irishcdn.org)**