

## COMMUNITY RESOURCES FOR CHILD AND YOUTH MENTAL HEALTH

### Clinical Services

AGENCY	SERVICES	CONTACT INFO
<b>MCFD - (Ministry for Children and Family Development)</b> <b>Child and Youth Mental Health</b> <b>(Government services)</b>	Multi-disciplinary team consisting of child and youth clinicians and a psychiatrist. Referring problems include anxiety, depression, behavioral issues, ADHD and other mental health issues. Centralized intake process for infants, children and youth 0-18. See box below for detailed intake times. Free.	301-224 West Esplanade North Vancouver 604-904- <del>4300</del> <b>4300</b>
<b>Vancouver Coastal Health</b> <b>15<sup>th</sup> Street Youth Services/Child &amp; Adolescent Program</b> <b>Child and Youth Mental Health and Addictions</b> <b>(Government Services)</b>	Multi-disciplinary team consisting of child and youth clinicians, psychiatrists, behavior support workers, a social worker and prevention educators. Referring problems include anxiety, depression, behavioral issues, ADHD and other mental health and addiction issues. Access services through MCFD centralized intake. (See box below) Free.	152 E. 15th St, North Vancouver 604-984 3795 and 132 W. Esplanade, 5 <sup>th</sup> Floor 604 983-6719
<b>Family Services of the North Shore</b> <b>(Government, EAP, &amp; sliding scale)</b>	Family Services of the North Shore is an accredited, not-for-profit, community-based organization. Provide education, support, and counselling youth and families.	Suite 203 - 1111 Lonsdale Avenue North Vancouver, BC V7M 2H4 604-988-5281 <a href="http://www.familyservices.bc.ca">www.familyservices.bc.ca</a>
<b>Hollyburn Family Services</b> <b>(Government, fee for service)</b>	Hollyburn offers a variety of services linked to mental health support to families and youth. Please visit the website for more detailed information.	#104-267 W. Esplanade, North Vancouver, BC Phone: 604-987-8211 Fax: 604-987-8122 <i>www</i> <a href="mailto:info@hollyburn.ca">info@hollyburn.ca</a>
<b>North Shore ADHD &amp; Addiction Clinic</b> <b>(Private)</b>	Private services for children, youth and families with ADHD and addiction issues. Access to clinical counselling, group and individual therapy. Fee for service	# 220 - 145 Chadwick Crt. North Vancouver, BC <a href="http://www.northshoreadhd.com">www.northshoreadhd.com</a>
<b>North Shore Stress &amp; Anxiety Clinic</b> <b>(Private)</b>	Offering effective help for adults, parents, teens, children, couples, and families. Fee for Service.	<a href="http://www.nssac.ca">www.nssac.ca</a> tel:604 985 3939
<b>Canadian Mental Health Association</b> <b>North and West Vancouver Branch</b> <b>(Non-Profit)</b>	CMHA provides clinically directed mental health services to youth and their families through telephone coaching, individual counselling and support, recreation- based youth programming, education workshops and employment services.	#300- 1835 Lonsdale Ave. North Vancouver, B.C. V7M 2J8 604-987-6959 <a href="http://www.northwestvancouver.cmha.bc.ca">www.northwestvancouver.cmha.bc.ca</a>

### MCFD/VCH

#### Child and Youth Mental Health and Addictions INTAKE

Tuesdays and Wednesdays

9am – noon & 1 – 3:30pm

#301-224 W Esplanade Drive, North Vancouver

## Supplementary Support Services

AGENCY	SERVICES	CONTACT INFO
<b>Capilano Community Youth Services (Non-Profit)</b>	Capilano Youth Services provides services to youth age 10 to 24. Youth Outreach Workers meet with youth in schools and community to provide mental health and drug and alcohol prevention awareness, advocacy, support and to facilitate referrals to other agencies and access to services. Self-referral.	604-988-7115 www.capservices.ca
<b>North Shore Neighborhood House Youth Services (Non-Profit)</b>	Provides youth outreach services to youth living in the City of North Vancouver through various neighborhood locations and through partnership with other community service providers. Self-referral.	604-987-8138 (ext 204) www.nsnh.bc.ca
<b>North Shore Schizophrenia Society (Non-Profit)</b>	The Centre provides personal support and information on major mental illnesses - also provides a wide range of programs, including a Family Education series, plus education and information for schools and the general public.	604-926-0856 http://www.northshoreschizophrenia.org/
<b>Pacific Bipolar Foundation (Non-Profit)</b>	A source for information, support and advocacy around those with diagnosed Bipolar disorder. Provides support group services for adults and youth with bipolar disorder.	604-987-6959 (Ext. 226) www.pacificbipolarfoundation.com
<b>Parkgate Youth Services (Non-Profit)</b>	Youth workers can provide one to one support, education, advocacy and opportunities for mental health & drug and alcohol education, screening, and assessment and referral.	604-983-6350 (ext 379) www.myparkgate.com
<b>West Vancouver Youth Services (Municipal service)</b>	Outreach, referrals, one-to-one support, bi-monthly group for youth who identify as LGBTQ*2IS, youth centers.	604-925-3467 www.westvancouver.ca
<b>North Shore Youth Safe House (Non-Profit)</b>	A safe place to stay for youth 14-18 years, referrals, support to parents and caregivers.	1-877-78YOUTH (1-877-789-6884) www.hollyburn.ca
<b>North Shore Restorative Justice (Non-Profit)</b>	A peaceful approach to crime and conflict that seeks to address the needs of victims, offenders and communities by offering processes that encourage dialogue, reparation and healing.	604-969-7462 www.nsrj.ca
<b>Vancouver Coastal Health Youth Clinics (Government Service)</b>	Medical clinic primarily for adolescent and young adult sexual health screening and treatment. Mental health and addictions screening <u>limited</u> to referrals to other community services or central intake.	604-983-6700
<b>North Shore Multicultural Society (NSMS)</b>	N.S.M.S is a not-for-profit agency providing a full range of individual and group services including: settlement information and orientation, English language, employment and diversity services.	207 – 123 East 15th Street North Vancouver, B.C. Tel: 604 988 2931 Email: office@nsms.ca

### Information Resources

#### **Anxiety BC**

604-525-7566  
www.anxietybc.com

#### **BC Mental Health & Substance Use Services**

4500 Oak St., Vancouver  
604-875-2345 or  
1-888-300-3088  
www.bcsmhsus.ca

#### **BC Mental Health & Addictions Research Institute**

604-875-3599  
info@bcmhari.ca  
Patient Engagement Project:  
ccalderwood@forensic.bc.ca

#### **Crisis Centre**

310-6789  
www.crisiscentre.bc.ca

#### **Dealing with Depression**

www.mcf.gov.bc.ca/

#### **The F.O.R.C.E. Society for Kids' Mental Health**

604-878-3400 or  
1-855-887-8004  
www.forcesociety.com

#### **Kelty Mental Health Resource Centre**

604-875-2084 or  
1-800-665-1822  
www.keltymentalhealth.ca

#### **Mood Disorders Association of BC**

1450-605 Robson St., Vancouver  
604-873-0103

#### Other Resources

1-800-SUICIDE (1-800-784-2433)  
www.aacap.org  
www.headspace.org.au  
www.depressionhurts.ca  
www.heretohelp.bc.ca  
www.mindcheck.ca  
www.mindyourmind.ca  
www.mymentalhealth.ca  
www.teenmentalhealth.org  
www.youthinbc.com  
www.earlypsychosis.ca