



Canadian Mental
Health Association
North and West Vancouver
Mental health for all

Are you or your loved one in distress?
We can come support you.

Connect with PACT – Peer Assisted Care Team

PACT is a mobile, community-led team that responds to crisis calls related to mental health or substance use. We provide culturally sensitive, trauma-informed support for North Shore residents ages 13+.

- Thoughts of hurting yourself or suicide
- Families experiencing challenges
- Drugs or alcohol use
- Loss of reality
- Feelings of hopelessness or despair
- Social isolation and loneliness
- Fear and anxiety



Learn more at www.northshorepact.com

CALL: 1-888-261-7228

EMAIL: pact@cmhanorthshore.ca

TEXT: 778-839-1831

Expanded operating hours: Thurs–Mon (4 pm–12 am)

IF SOMEONE IS IN IMMEDIATE DANGER, PLEASE CALL 9-1-1

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