



# NORTH SHORE RESOURCE GUIDE

CONNECTING YOU TO SUPPORT SYSTEMS



[NORTHWESTVANCOUVER.CMHA.BC.CA](http://NORTHWESTVANCOUVER.CMHA.BC.CA)

<b>Stepping Stones Concurrent Disorders Service, VCH</b>	604-982-5616 <i>Substance use and mental health support</i>
<b>Turning Point Recovery Society</b>	604-971-0111 (For women) 604-988-4317 (For men) <i>Bed-based and outreach addiction recovery programs</i>

## Sexual Violence Support

<b>Victim Support, Hollyburn Society</b>	778-855-4566
<b>Sexual Assault Response Phone Line, Family Services North Shore</b>	604-924-7676 (24 hour line)
<b>Salal Sexual Violence Support Centre</b>	1-877-392-7583 (24 hour line)

## Disability Support

<b>Community Living Society</b>	604-523-0303
<b>Community Living BC</b>	604-981-0321
<b>North Shore Disability Resource Centre</b>	604-985-5371

## Legal Assistance

<b>Legal Aid BC</b>	604-408-2172 or 1-866-577-2525 <i>Family, criminal, and immigration law guidance for no cost with priority given to low-income households</i>
<b>Access Pro Bono</b>	604-687-3221 or 1-800-663-1919 <i>Provides free legal advice to eligible individuals</i>
<b>Community Legal Assistance Society (CLAS)</b>	604-685-3425 or 1-888-685-6222 <i>Provides legal advice related to human rights, housing, income security and mental health rights</i>
<b>MOSAIC</b>	604-254-9629 <i>Provides support for low income migrants such as legal advice, health, and employment guidance</i>

<b>Native Court Worker and Counselling Association of B.C.</b>	1-877-811-1190 <i>Provides legal and court services to Indigenous people</i>
<b>IMPACT North Shore</b>	604-988-2931 <i>Offers immigrant settlement services</i>
<b>Capilano Community Service Society</b>	604-988-7115 (ext. 2002) <i>Offers social programs for youth &amp; seniors at low to no cost</i>
<b>Community Legal Services Program, North Shore Community Resources</b>	604-982-3314 <i>Provides free legal info, advice, and advocacy services to those facing disputes or legal issues</i>

## Call for Distress

<b>Community response</b>	
<b>Peer Assisted Care Team (PACT), CMHA North &amp; West Vancouver</b>	1-888-261-7228 (call), or 778-839-1831 (text) Thursday-Monday: 4pm-12am PST <i>Mental health and substance use crisis care</i>

## Municipality support

<b>Police / Fire / Ambulance</b>	911
<b>Non-emergency RCMP</b>	604-985-1311
<b>Non-emergency West Vancouver Police</b>	604-925-7300
<b>Victim Services</b>	604-969-7540
<b>District of North Vancouver (DNV) Fire and Rescue</b>	604-980-7575
<b>District of North Vancouver (DNV) Bylaw Enforcement</b>	604-990-2400
<b>City of North Vancouver Fire Department</b>	604-980-5021

## Provincial or National

<b>BC 211</b>	211 (24-hour line) <i>Free, confidential support and referral to local services</i>
<b>310 Mental Health Support</b>	310-6789 (no area code) <i>Connects to a BC crisis line, without a wait or busy signal</i>

<b>The National Indian Residential School Crisis Line</b>	1-866-925-4419 (24-hour line) <i>Emotional/crisis support for Residential School survivors</i>
<b>Indian Residential Schools Survivor Society (IRSSS)</b>	1-800-721-0066 (24-hour line)
<b>KUU-US Crisis Line Society Support for Indigenous Adults and Youth</b>	250-723-4050 (adults) 250-723-2040 (youth)
<b>VictimLinkBC</b>	1-800-563-0808 (24-hour line) <i>Support for victims of crime in 100+ languages</i>
<b>Talk Suicide Canada</b>	1-800-784-2433 (call, 24-hour line) or 45645 (text, 4pm-12am EST) <i>Free, confidential support for those with suicidal thoughts/worried for others who might be</i>
<b>Battered Women's Support Services</b>	1-877-392-7583 Monday-Friday: 10am-5pm Wednesdays: 10am-8pm
<b>Youth Against Violence Line</b>	1-800-680-4264 (24-hour line)
<b>Kids Help Phone</b>	1-800-668-6868 (call, 24-hour line) or 686868 (text)
<b>Prideline</b>	1-800-566-1170 (adults) 1-855-956-1777 (youth) <i>Support for 2SLGBTQI+ individuals</i>
<b>Pflag Canada</b>	1-888-530-6777 <i>Peer support for issues related to gender identity/expression and sexual orientation</i>
<b>BC Hate Crimes</b>	1-855-462-5733 <i>Call to report hate crimes</i>
<b>Crime Stoppers</b>	1-800-222-8477 <i>Call to provide anonymous crime tips</i>
<b>Health Link BC</b>	811 (24-hour line) <i>For free, non-emergency confidential info and advice</i>


## CONTACT US

CMHA North & West Vancouver  
Suite 300 - 1835 Lonsdale Ave.  
North Vancouver, B.C.  
V7M 2J8, Canada


Phone: 604-987-6959  
Fax: 604-980-0336





 <b>Financial Assistance</b>	
<b>Income Assistance, Person with multiple barriers and other supplements</b>	1-866-866-0800
<b>Financial Assistance and Access Services, North Vancouver Recreation and Culture</b>	604-987-7529

 <b>Supports for Seniors</b>	
<b>Canada Pension Plan (CPP)</b>	1-800-277-9914
<b>Quebec Pension Plan (QPP)</b>	1-800-463-5185
<b>Old Age Security (OAS) &amp; Guaranteed Income Supplement (GIS)</b>	1-800-277-9914
<b>Tax Clinic, North Shore Community Resources</b>	604-985-7138
<b>Seniors One Stop Program, North Shore Community Resources</b>	604-982-3312
<b>Shelter Aid for Elderly Renters (SAFER), BC Housing</b>	1-800-257-7756
<b>Seniors Safe House &amp; Outreach, Hollyburn Society</b>	604-968-3721
<b>West Van Seniors' Activity Centre</b>	604-925-7280 695 21st Street, West Van Daily: 10am-2pm <i>Free or \$6 meals for seniors</i>

 <b>Supports for Youth</b>	
<b>PROUD2BE and Counselling programs, Family Services North Shore</b>	604-987-0366 <i>Individual counselling and drop-in support groups for LGBTQ2+ identifying youth ages 16-24</i>
<b>Whatever 2SLGBTQIA+ Program, West Vancouver Recreation</b>	604-925-7233 Youth Hub, Park Royal South 706 Main St, West Vancouver Thursdays: 6-8pm <i>Drop-in program for 2SLGBTQIA+ identifying youth grades 8-12</i>

<b>PEACE Program, North Shore Crisis Services Society</b>	604-987-0366 <i>Provides assessments, referrals and support groups for children and adolescents (ages 3-18), individual counselling for children &amp; adolescents</i>
<b>Youth Safe House, Hollyburn Society</b>	1-877-789-6884 (24 hour line)  Confidential location 24-hour intake, 7 days a week


 <b>Housing Support &amp; Shelter</b>	
<b>Outreach Services</b>	
<b>Homelessness Outreach, CMHA North &amp; West Vancouver</b>	778-828-6014
<b>Adult Homelessness Outreach, Lookout Society</b>	604-982-9126 (ext. 0)
<b>North Shore Crisis Services Society</b>	604-987-3374 (24 hour Women's Support line) 604-987-0366 (Multicultural Outreach & Homelessness Prevention support)


<b>Shelters on the North Shore</b>	
<b>North Shore Housing Centre, Lookout Society</b>	604-982-9126 (ext. 0) 705 West 2nd St, North Vancouver 24-hour intake, 7 days a week
<b>Sage Transition House, North Shore Crisis Services Society</b>	604-987-3374 (24 hour Women's Support line) Confidential location 24-hour intake, 7 days a week

<b>Rental Assistance</b>	
<b>Rental Assistance program, BC Housing</b>	1-800-257-7756
<b>Vancouver Rent Bank, Network of Inner City Community Services Society</b>	604-566-9685
<b>Rent Bank, Harvest Project</b>	604-983-9488

<b>Housing Rights &amp; Advocacy</b>	
<b>Residential Tenancy Branch, British Columbia Human Rights Tribunal</b>	1-800-665-8779
<b>Tenant Resource &amp; Advisory Centre</b>	1-800-665-1185
<b>Community Legal Services, North Shore Community Resources</b>	604-985-7138

 <b>Food Banks &amp; Grocery</b>	
<b>Quest Food Exchange</b>	604-985-7138 167 1st St East, North Vancouver Monday-Friday: 9am-5:45pm Saturday: 9am-3:45pm
<b>North Shore Food Bank, North Shore Neighbourhood House</b>	604-987-8138 (ext. 200) 225 East 2nd St, North Vancouver Wednesdays: 9am-6pm
<b>St. Andrew's United Church, in partnership with Harvest Project</b>	604-983-9488 1044 St Georges Ave, North Vancouver Tuesdays: 11am-1pm
<b>North Vancouver Community Food Bank, Salvation Army</b>	604-988-7225 105 West 12th St, North Vancouver Monday-Friday: 10am-4pm
<b>Emergency Food and Toiletries, North Shore Women's Centre</b>	604-984-6009 131 2nd St E, North Vancouver Monday-Thursday: 10am-3pm
<b>Outreach Food Program, CMHA North &amp; West Vancouver</b>	778-828-6014 #300 - 1835 Lonsdale Ave, North Vancouver Thursdays: 9:30am-3:30pm

 <b>Clothing &amp; Household Items</b>	
<b>Shelter to Home</b>	778-331-8465
<b>Good Stuff Connection Clothing Program, North Shore Crisis Services Society</b>	604-987-1773

<b>Helping Families in Need Society</b>	604-294-3087
<b>BC Technology for Learning Society</b>	604-294-6886
<b>Salvation Army</b>	604-988-7225
 <b>Health &amp; Mental Health</b>	
<b>Primary Care Clinic, Health Connection Clinic</b>	604-984-3777 148 East 15th St, North Vancouver <i>For those with no regular Family Doctor and face complex medical, mental health and addictions, and/or socio-economic needs</i>
<b>Urgent and Primary Care Centre (UPCC)</b>	604-973-1600 (ext. 3) Suite 200, 2nd Floor, 221 West Esplanade North Vancouver <i>Same-day care for non-life threatening health concerns within 12-24 hrs</i>
<b>Pathways</b>	604-926-0856 <i>For families of loved ones living with a serious mental illness</i>
<b>Al-Anon Family Group</b>	1-888-425-266 <i>For families/friends of alcoholics</i>
<b>Westcoast Family Centre</b>	604-985-2202 <i>For parents and families with children ages 0-19</i>
<b>Counselling Programs, CMHA North &amp; West Vancouver</b>	604-987-6959 <i>Short-term subsidized counselling</i>
<b>North Shore Nar-Anon Family Support Group</b>	778-882-4235 <i>For adults affected by someone else's addiction</i>
<b>North Shore Adult Community Psychiatric Services, Vancouver Coastal Health</b>	604-984-5000 <i>Provides rehabilitation services, education, and outreach for people who have a developing or persistent mental illness</i>
<b>Family Services North Shore</b>	604-988-5281 <i>Free/sliding scale counselling</i>