
 **Sexual Violence Support**

Victim Support, Hollyburn Society	778-855-4566
Sexual Assault Response Phone Line, Family Services North Shore	604-924-7676 (24 hour line)
Salal Sexual Violence Support Centre	1-877-392-7583 (24 hour line)
Options for Sexual Health, North Vancouver Clinic	604-833-8797 Parkgate Health Centre 2nd Floor, 3625 Banff Court, North Vancouver


 **Disability Support**

Community Living Society	604-523-0303
Community Living BC	604-981-0321
North Shore Disability Resource Centre	604-985-5371
Intellectual Disabilities Society, North & West Vancouver	604-984-9321

 **Legal Assistance**

Legal Aid BC	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>
Access Pro Bono	604-687-3221 or 1-800-663-1919 <i>Provides free legal advice to eligible individuals</i>
Community Legal Assistance Society (CLAS)	604-685-3425 or 1-888-685-6222 <i>Provides legal advice related to human rights, housing, income security and mental health rights</i>
MOSAIC	604-254-9629 <i>Provides support for low income migrants such as legal advice, health, and employment guidance</i>
Native Court Worker and Counselling Association of B.C.	1-877-811-1190 <i>Provides legal and court services to Indigenous people</i>

IMPACT North Shore	604-988-2931 <i>Basic info on legal system, rights and responsibilities for new immigrants</i>
Community Legal Services Program, North Shore Community Resources	604-982-3314 <i>Provides free legal info, advice, and advocacy services to those facing disputes or legal issues</i>
Residential Tenancy Branch, British Columbia Human Rights Tribunal	1-800-665-8779

 **Call for Distress**

Community response

Peer Assisted Care Team (PACT), CMHA North & West Vancouver	1-888-261-7228 (call), or 778-839-1831 (text) 7 days a week, 8am-12:30am <i>Mental health emergency support in-person or by phone</i>
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Municipality support

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

Provincial or National


BC 211	211 (24-hour line) <i>Free, confidential support and referral to local services</i>
310 Mental Health Support	310-6789 (no area code) <i>Connects to a BC crisis line, without a wait or busy signal</i>
Health Link BC	811 (24-hour line) <i>For free, non-emergency confidential info and advice</i>

Indian Residential Schools Survivor Society (IRSSS) Lamathut Crisis Line	1-800-721-0066 (24-hour line)
KUU-US Crisis Line Society Support for Indigenous Adults and Youth	250-723-4050 (adults) 250-723-2040 (youth)
The National Indian Residential School Crisis Line	1-866-925-4419 (24-hour line) <i>Emotional/crisis support for residential school survivors</i>
Battered Women's Support Services	1-877-392-7583 Monday-Friday: 10am-5pm Wednesdays: 10am-8pm
Youth Against Violence Line	1-800-680-4264 (24-hour line)
Kids Help Phone	1-800-668-6868 (call, 24-hour line) or 686868 (text)
Prideline	1-800-566-1170 (adults) 1-855-956-1777 (youth) <i>Support for 2SLGBTQI+ individuals</i>
Pflag Canada	1-888-530-6777 <i>Peer support for issues related to gender identity/expression and sexual orientation</i>
BC Hate Crimes	1-855-462-5733 <i>Call to report hate crimes</i>
Crime Stoppers	1-800-222-8477 <i>Call to provide anonymous crime tips</i>
VictimLinkBC	1-800-563-0808 (24-hour line) <i>Support for victims of crime in 100+ languages</i>
Canadian Human Trafficking Hotline	1-833-900-1010 <i>24/7 confidential and multilingual support for victims/survivors or human trafficking</i>
Canadian Anti-Fraud Centre	1-888-495-8501 <i>For victims of a scam, fraud or cybercrime</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



**NORTH SHORE
RESOURCE GUIDE**

CONNECTING YOU TO
SUPPORT SYSTEMS



NORTHWESTVANCOUVER.CMHA.BC.CA

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



 Supports for Seniors		Youth Safe House, Hollyburn Society	1-877-789-6884 (24 hour line)	 Food Banks & Grocery		 Health & Mental Health	
Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS)	1-800-277-9914	 Farsi-specific supports		Quest Food Exchange	604-566-0110	Primary Care Clinic, Health Connections Clinic	604-984-3777
	<i>Retirement pension, monthly financial supplements for those 65+ years old</i>				167 1st St East, North Vancouver		148 East 15th St, North Vancouver
	Seniors One Stop program & Better at Home program, North Shore Community Resources	604-982-3312 (Seniors One Stop) for resource navigation	IMPACT North Shore	<i>Newcomer support for housing, employment, mental health education, parenting</i>	Monday-Friday: 9am-5:45pm Saturday: 9am-3:45pm	604-987-8138 (ext. 200)	<i>For those with no regular Family Doctor and face complex medical, mental health and addictions, and/or socio-economic needs</i>
	604-982-3321 (Better at Home) for low cost in-home care	BC International Seniors Society (BCISS)	<i>Support and activities for Farsi-speaking seniors</i>	225 East 2nd St, North Vancouver			
Seniors Outreach & Safehouse, Hollyburn Society	604-968-3721	Parenting Support Group for Mothers, North Shore Women’s Centre	604-984-6009	St. Andrew's United Church, in partnership with Harvest Project	604-983-9488	Urgent and Primary Care Centre (UPCC)	604-973-1600 (ext. 3)
Parkgate Society	604-983-6359	Support Group for caregivers of people living with dementia, Alzheimer Society BC	604-449-5002		1044 St Georges Ave, North Vancouver		Suite 200, 2nd Floor, 221 West Esplanade North Vancouver
	<i>Recreation programs, dementia services, resource navigation support</i>	 Housing Support & Shelter	Outreach Services	Tuesdays: 11am-1pm	<i>Same-day care for non-life threatening health concerns within 12-24 hrs</i>		
North Shore Neighbourhood House	604-983-6359			North Vancouver Community Food Bank, Salvation Army		604-988-7225	Pathways
	<i>Peer support, fitness/recreational classes for all ability levels</i>	Homelessness Outreach, CMHA North & West Vancouver	778-828-6014	105 West 12th St, North Vancouver	North Shore Alcoholics Anonymous	604-434-3933	
Capilano Community Services	604-988-7115	Adult Homelessness Outreach, Lookout Society	604-982-9126 (ext. 0)	Monday-Friday: 10am-4pm			Al-Anon Family Group
	Silver Harbour	604-980-2474	North Shore Solutions Navigator Program	604-220-8431 or 604-230-2454	Tuesdays: 12pm-2pm	North Shore Nar-Anon Family Support Group	
<i>Recreational programs, legal services, meal program</i>		Outreach Services, North Shore Crisis Services Society	(604) 987-0366	Outreach Food Program, CMHA North & West Vancouver	#300 - 1835 Lonsdale Ave, North Vancouver		<i>For adults affected by someone else's addiction</i>
 Supports for Youth		Shelters on the North Shore		 Clothing & Household		Westcoast Family Centre	604-985-2202
							<i>For parents and families with children ages 0-19</i>
Foundry North Shore	604-984-5060	North Shore Housing Centre, Lookout Society	604-982-9126 (ext. 0)	Shelter to Home	778-331-8465	Counselling Programs, CMHA North & West Vancouver	604-987-6959
	<i>Mental health/substance use support, primary care, peer support, social services for youth ages 12-24</i>		705 West 2nd St, North Vancouver		Good Stuff Connection Clothing Program, North Shore Crisis Services Society		604-987-1773
Counselling program & PROUD2BE, Family Services North Shore	604-987-0366	Sage Transition House, North Shore Crisis Services Society	604-987-3374 (24 hour Women’s Support line)	Salvation Army		604-988-7225	Family Services North Shore
	<i>Individual counselling and drop-in support groups for youth ages 16-24, LGBTQ2S+ friendly</i>	Rental Assistance	24/7, 7 days a week		BC Technology for Learning Society	604-294-6886	
Y Minds	604-939-9622	Rental Assistance program, BC Housing	1-800-257-7756	Internet for Good program, Telus		1-888-221-1687 internetforgood@telus.com	Turning Point Recovery Society
	<i>Free group programs for youth ages 13-18 and 18-30 experiencing stress, worry, and mild-to-moderate anxiety</i>	BC Rent Bank	604-877-8453		<i>Low-cost computers for low-income individuals</i>	<i>Low-cost internet for low-income families</i>	
		Rent Bank, Harvest Project	604-983-9488				