



Junction North Shore	<u>604-256-8979</u> 1645 Lonsdale Ave <i>Recovery Wellness Community Centre with support groups, recreational activities, and drop-in support service connection</i>
Primary Care Clinic, Health Connections Clinic	<u>604-984-3777</u> 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>
Urgent and Primary Care Centre (UPCC)	<u>604-973-1600</u> (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>

 Sexual Violence Support	
Victim Support, Hollyburn Society	<u>778-855-4566</u>
Sexual Assault Response Phone Line, Family Services North Shore	<u>604-924-7676</u> <i>(24 hour line)</i>
Salal Sexual Violence Support Centre	<u>1-877-392-7583</u> <i>(24 hour line)</i>
Options for Sexual Health, North Vancouver Clinic	<u>604-731-4252</u> <i>Parkgate Health Centre 2nd Floor, 3625 Banff Court, North Vancouver</i>


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

 2SLGBTQ2+ Support	
PROUD2BE, Family Services	<u>604-828-8177</u> <i>Free weekly youth groups, virtual parent drop-ins, and community events to support 2SLGBTQIA+ youth, families, and allies through connection, counselling, and education.</i>
Whatever Youth Hub	<u>604-329-1497</u> 706 Main St, West Vancouver Thursdays: 6-8pm <i>Drop-in space to hang out, play games, connect with other youth and allies</i>

 Indigenous Support	
Yuustway Health and Wellness, Squamish Nation	<u>604-985-4111</u>
Ayas Menmen (Child & Family Services), Squamish Nation	<u>604-982-3314</u>
Mental Wellness Team, Tsleil-Waututh Nation	<u>604-354-0264</u>
Indian Residential School Survivors Society	<u>694-985-0023</u> 402 - 100 Park Royal South, West Vancouver
Two-Spirit Sweat Lodge	<u>604-700-6751</u> Sweat lodge held on Squamish Nation territory (North Vancouver) for Two-Spirit folks and allies
Kal’numet Medical Clinic	<u>604-985-2052</u> Unit 9A, 380 Welch St, West Vancouver

 Legal Assistance	
Access Pro Bono	<u>604-687-3221</u> or <u>1-800-663-1919</u> <i>Provides free legal advice to eligible individuals</i>

Community Legal Assistance Society (CLAS)	<u>604-685-3425</u> or <u>1-888-685-6222</u> <i>Provides legal advice related to human rights, housing, income security and mental health rights</i>
Community Legal Services Program, North Shore Community Resources	<u>604-982-3314</u> <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	<u>1-800-665-8779</u>

 Call for Distress	
--	--

Regional Health Response	
Youth Emergency Response Team (YURT)	<u>604-230-0389</u> Monday-Thursday: 9:30am - 7:30 pm Fridays: 9:00am - 5:00pm
Car 22	<u>604-985-1311</u> 7 days a week, 12:00pm - 8:00pm <i>Emergency mental health crisis response team with an RCMP officer and mental health nurse providing intervention, de-escalation, and service connection</i>

Community Response	
CRCL (Crisis Response, Community Led) CMHA North & West Vancouver	<u>1-888-261-7228</u> (call), or <u>778-839-1831</u> (text) 7 days a week, 8am-12:30am <i>Emergency mental health crisis response with peer-informed support, offering de-escalation, safety planning, resource navigation, and follow-up — in person, on your terms, in English and Farsi</i>

CONTACT US	
CMHA North & West Vancouver Branch Unit 312 - 2030 Marine Drive North Vancouver, B.C. V7P 1V7, Canada	
Phone: <u>604-987-6959</u> Fax: 604-980-0336	








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

NORTH SHORE RESOURCE GUIDE

CONNECTING YOU TO SUPPORT SYSTEMS



NORTHWESTVANCOUVER.CMHA.BC.CA

 Supports for Seniors		Youth Outreach, West Vancouver		 Shelters on the North Shore		Quest Food Exchange		604-566-0110 167 1st St East, North Vancouver Monday-Friday: 9am - 5:45pm Saturday: 9am - 3:45pm	
Seniors One Stop program & Better at Home program, North Shore Community Resources	604-982-3312 (Seniors One Stop) for resource navigation 604-982-3321 (Better at Home) for low cost in-home care	Youth Safe House, Hollyburn Society	604-925-7024 Recreational activities to support youth mental health and wellbeing 1-877-789-6884 (24 hour line) 24/7, 7 days a week For youth 13-18 years old	North Shore Housing Centre, Lookout Society	604-982-9126 (ext. 0) 705 West 2nd St, North Vancouver 24/7, 7 days a week	 Health & Well-being			
Seniors Outreach & Safehouse, Hollyburn Society	604-968-3721 Housing outreach and short-term transitional housing	North Shore Youth Clinic (drop-in), Parkgate Community Centre	(604) 904-6450 3625 Banff Court, 2nd Floor, North Vancouver Thursdays: 2:30-4:30pm	 Farsi-specific Supports			Counselling Programs, CMHA North & West Vancouver	604-987-6959 Short-term subsidized counselling in English & Farsi	
Parkgate Society	604-983-6359 Recreation programs, dementia services, resource navigation support	Sexual Health Clinic (drop-in), West Vancouver Health Centre	236-984-4652 2121 Marine Drive, West Vancouver (Garden Room) Tuesdays: 2:30 - 4:30pm	Farsi Post-Crisis Growth support group, CMHA NWV	604-988-2931 Resilient strategies for personal & professional growth	Family Services North Shore	604-988-5281 Free/sliding scale counselling		
North Shore Neighbourhood House	604-987-8138 Peer support, fitness/recreational classes for all ability levels	 Housing Support & Shelter		IMPACT North Shore	604-988-2931 Newcomer support for housing, employment, parenting, legal assistance	Pathways Serious Mental Illness (Pathways SMIS)	604-926-0856 For families of loved ones living with a serious mental illness		
Capilano Community Services	604-988-7115 (ext. 2009 or ext. 1002 for loan program) Seniors' hub, volunteer medical driver, short-term health equipment loan program	Outreach & Rental Support		Parenting Circle for Mothers, North Shore Women's Centre	604-984-6009	North Shore Alcoholics Anonymous, North Shore Alano Club	604-987-4141 Support for those struggling with alcohol addiction		
Silver Harbour	604-980-2474 Recreational programs, legal services, meal program	Homelessness Outreach, CMHA North & West Vancouver	778-828-6014 Support with housing, income support for housing, income or disability aid, clothing, and basic household needs.	 Food Banks & Grocery			AI-Anon Family Group	1-888-425-2666 For families/friends of alcoholics	
 Supports for Youth		Adult Homelessness Outreach, Lookout Society	604-982-9126 (ext. 0)	North Shore Food Bank, North Shore Neighbourhood House	604-876-3601 225 East 2nd St, North Vancouver Wednesdays: 9am-6pm	North Shore Nar-Anon Family Support Group	778-882-4235 For adults affected by someone else's addiction		
Foundry North Shore	604-984-5060 Mental health/substance use support, primary care, peer support for youth ages 12-24	North Shore Solutions Navigator Program	604-220-8431 or 604-230-2454	Emergency Food Program, Harvest Project in partnership with St. Catherine's Church and The Way Church	604-983-9488 1058 Ridgewood Drive, North Vancouver (every 2 nd and 4 th Wednesday from 2-3pm) 630 East 19th Street, North Vancouver (every Tuesday from 12:30-1:30pm)	Westcoast Family Centre	604-985-2202 For parents and families with children ages 0-19		
Counselling program & PROUD2BE, Family Services North Shore	604-988-5281 Individual counselling and drop-in support groups for youth ages 16-24, LGBTQ2S+ friendly	Outreach Services, North Shore Crisis Services Society	604-987-0366	North Vancouver Community Food Bank, Salvation Army	604-988-7225 105 West 12th St, North Vancouver Monday-Friday: 9am-4pm	Stepping Stones Concurrent Disorders Service, VCH	604-982-5616 Substance use and mental health support		
		BC Rent Bank	604-877-8453	Emergency Food and Toiletries, North Shore Women's Centre	604-984-6009 131 2nd St E, North Vancouver Tuesdays: 12pm-2pm	Turning Point Recovery Society	604-971-0111 (For women) 604-988-4317 (For men) Bed-based and outreach addiction recovery programs		
		Rent Bank, Harvest Project	604-983-9488						