

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	
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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)	<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>
CMHA North & West Vancouver	

CONTACT US CMHA North & West Vancouver Unit 312 - 2030 Marine Drive North Vancouver, B.C., V7P 1V7 Phone: <u>604-987-6959</u> Fax: 604-980-0336	More Resources  Scan Me
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Canadian Mental Health Association
North and West Vancouver
Mental health for all

NORTH SHORE RESOURCE GUIDE

CONNECTING YOU TO
SUPPORT SYSTEMS



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Last updated July 2025

 Supports for Seniors		Youth Outreach, West Vancouver	<u>604-925-7024</u> <i>Recreational activities to support youth mental health and wellbeing</i>	Shelters on the North Shore		Quest Food Exchange	<u>604-566-0110</u> 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	<u>604-982-3312</u> (Seniors One Stop) <i>for resource navigation</i> <u>604-982-3321</u> (Better at Home) <i>for low cost in-home care</i>	Youth Safe House, Hollyburn Society	<u>1-877-789-6884</u> (24 hour line) 24/7, 7 days a week <i>For youth 13-18 years old</i>	North Shore Housing Centre, Lookout Society	<u>604-982-9126 (ext. 0)</u> 705 West 2nd St, North Vancouver 24/7, 7 days a week	 Health & Well-being			
Seniors Outreach & Safehouse, Hollyburn Society	<u>604-968-3721</u> <i>Housing outreach and short-term transitional housing</i>	North Shore Youth Clinic (drop-in), Parkgate Community Centre	<u>(604) 904-6450</u> 3625 Banff Court, 2nd Floor, North Vancouver Thursdays: 2:30-4:30pm	Sage Transition House, North Shore Crisis Services Society	(24 hour Women's Support line) 24/7, 7 days a week		Counselling Programs, CMHA North & West Vancouver	<u>604-987-6959</u> <i>Short-term subsidized counselling in English & Farsi</i>	
Parkgate Society	<u>604-983-6359</u> <i>Recreation programs, dementia services, resource navigation support</i>	Sexual Health Clinic (drop-in), West Vancouver Health Centre	<u>236-984-4652</u> 2121 Marine Drive, West Vancouver (Garden Room) Tuesdays: 2:30 - 4:30pm	 Farsi-specific Supports					
	North Shore Neighbourhood House		<u>604-987-8138</u> <i>Peer support, fitness/recreational classes for all ability levels</i>	 Housing Support & Shelter		Farsi Post-Crisis Growth support group, CMHA NWV	<u>604-988-2931</u> <i>Resilient strategies for personal & professional growth</i>	Family Services North Shore	<u>604-988-5281</u> <i>Free/sliding scale counselling</i>
				Outreach & Rental Support		IMPACT North Shore	<u>604-988-2931</u> <i>Newcomer support for housing, employment, parenting, legal assistance</i>	Pathways Serious Mental Illness (Pathways SMIS)	<u>604-926-0856</u> <i>For families of loved ones living with a serious mental illness</i>
Capilano Community Services	<u>604-988-7115 (ext. 2009 or ext. 1002 for loan program)</u> <i>Seniors' hub, volunteer medical driver, short-term health equipment loan program</i>	Homelessness Outreach, CMHA North & West Vancouver	<u>778-828-6014</u> <i>Support with housing, income support for housing, income or disability aid, clothing, and basic household needs.</i>	Parenting Circle for Mothers, North Shore Women's Centre	<u>604-984-6009</u>	North Shore Alcoholics Anonymous, North Shore Alano Club	<u>604-987-4141</u> <i>Support for those struggling with alcohol addiction</i>		
Silver Harbour	<u>604-980-2474</u> Recreational programs, legal services, meal program	Adult Homelessness Outreach, Lookout Society	<u>604-982-9126</u> (ext. 0)	 Food Banks & Grocery		Al-Anon Family Group	<u>1-888-425-2666</u> <i>For families/friends of alcoholics</i>		
		North Shore Solutions Navigator Program		<u>604-220-8431</u> or <u>604-230-2454</u>	North Shore Food Bank, North Shore Neighbourhood House	<u>604-876-3601</u> 225 East 2nd St, North Vancouver Wednesdays: 9am-6pm	North Shore Nar-Anon Family Support Group	<u>778-882-4235</u> <i>For adults affected by someone else's addiction</i>	
		 Supports for Youth	<u>604-984-5060</u> <i>Mental health/substance use support, primary care, peer support for youth ages 12-24</i>	Outreach Services, North Shore Crisis Services Society	<u>604-987-0366</u>	Emergency Food Program, Harvest Project in partnership with St. Catherine's Church and The Way Church	<u>604-983-9488</u> 1058 Ridgewood Drive, North Vancouver (every 2nd and 4th Wednesday from 2-3pm) 630 East 19th Street, North Vancouver (every Tuesday from 12:30-1:30pm)	Westcoast Family Centre	<u>604-985-2202</u> For parents and families with children ages 0-19
Rental Assistance program, BC Housing	<u>1-800-257-7756</u>			North Vancouver Community Food Bank, Salvation Army	<u>604-988-7225</u> 105 West 12th St, North Vancouver Monday-Friday: 9am-4pm	Stepping Stones Concurrent Disorders Service, VCH	<u>604-982-5616</u> <i>Substance use and mental health support</i>		
BC Rent Bank	<u>604-877-8453</u>			Emergency Food and Toiletries, North Shore Women's Centre	<u>604-984-6009</u> 131 2nd St E, North Vancouver Tuesdays: 12pm-2pm	Turning Point Recovery Society	<u>604-971-0111</u> (For women) <u>604-988-4317</u> (For men) <i>Bed-based and outreach addiction recovery programs</i>		
Counselling program & PROUD2BE, Family Services North Shore	<u>604-988-5281</u> <i>Individual counselling and drop-in support groups for youth ages 16-24, LGBTQ2S+ friendly</i>	Rent Bank, Harvest Project	<u>604-983-9488</u>						