

FHA MENTAL HEALTH RESOURCES

Child and Youth Crisis Response Teams

[Short Term Assessment Response Treatment Supporting Children and Youth Through Mental Health Crisis \(START\) Team](#)

Description: provides mental health assessment, short-term crisis intervention, resource and referral coordination, and up to six follow-up sessions for children and youth ages 6-18 who are in acute crisis.

Catchment: Abbotsford, Burnaby, New Westminster, Surrey, Maple Ridge, Tri-Cities (Port Moody, Port Coquitlam, Coquitlam), Pitt Meadows, Anmore, Belcarra Fraser Valley, Surrey, White Rock, Delta, Tri-Cities (Coquitlam, Port Coquitlam, Port Moody)

Ages: 6-18

Eligibility:

- Must be a resident of Fraser region.
- Rapid onset (in the past 2-4 weeks) of extreme mental health symptoms resulting in child/youth unable to participate in daily activities or relationships.
- May include: self-harming, suicidal thoughts or attempts, intense anxiety or depression, distorted thinking, or high risk of significantly harming others.

Service hours:

- Monday – Friday: 9:00 a.m. – 9:00 p.m.
- Weekends and Holidays: 12:00 p.m. – 9:00 p.m.

Contact:

- 1-844-782-7811

Referrals:

- Open referral system; referral accepted from self, family, friends, mental health or community agencies, schools, medical professionals, and others.

Community Programs

[Child and Youth Mental Health \(CYMH\) Teams](#)

Description: provide services such as intake, assessment, treatment, case management, and consultation. Many offices now offer a drop-in intake clinic (no referral required) during specific days of the week. **Referrals from health care providers accepted; youth and families can self-refer.**

[Child and Youth Psychiatry General Teaching Clinic](#)

Description: provides mental health assessments and treatment for children and

youth experiencing mental health concerns.

Catchment: Surrey

Ages: 6-18

Service hours:

- Monday – Friday: 8:30 a.m. – 4:00 p.m.

Contact:

- 604-587-3814

Referrals:

- Referral required from general practitioner, pediatrician or other specialists.

Community Youth Substance Use Services

Description: provide recovery programs for youth experiencing drug and alcohol addictions. Services include assessments, counselling, information and resources as well as referrals.

Catchment: Delta, Langley, Surrey, Pitt Meadows

Ages: 12-24

Service hours:

- Monday – Friday: 8:30 a.m. – 4:30 p.m.

Contact:

- 604-951-4821

Referrals:

- Self-referrals accepted.

Concurrent Disorders Program for Youth

Description: provide assessments, case planning, counselling, referrals and information/resources to youth experiencing substance use and mental health issues.

Catchment: Fraser North, Fraser South, Fraser East

Ages: 18 and under

Eligibility:

- Youth experiencing emotional and/or psychiatric problems in addition to substance use.

Service hours:

- Monday – Friday: 7:30 a.m. – 4:30 p.m.

Contact:

- Fraser North (Burnaby, New Westminster, Tri-Cities, Maple Ridge): 604-614-8735
- Fraser South (Delta, Langley, Surrey): 604-614-1734
- Fraser East (Abbotsford, Boston Bar, Chilliwack, Hope, Mission): 604-897-3571

Referrals:

- Referral not required.

[Suicide Prevention, Education & Counselling \(SPEAC\)](#)

Description: provides suicide risk assessment, urgent-response, and short-term counseling for all children and youth (ages 18 and under) who are residents of Surrey, White Rock, or Langley.

Catchment: Surrey, White Rock, Langley

Ages: 18 and under

Eligibility:

- Child/youth that has made a suicide attempt or is at risk of doing so.

Service hours:

- Monday – Friday: 8:30 a.m. – 4:30 p.m.

Contact:

- 604-584-5811

Referrals:

- Self-referral, Ministry of Child and Family Development, Community Organizations, School Personnel

[Substance Use Services Access Team \(SUSAT\)](#)

Description: provides counselling, group therapy, opioid agonist treatment, residential treatment, detox and other specialized services.

Catchment: Fraser Health Region

Ages: Teen referrals accepted.

Contact:

- Toll-free: 1-866-624-6378

Referrals:

- Referrals accepted from self and general practitioner/primary care clinic.
- To access form, [click here](#).

[Youth Supported Independent Living Program](#)

Description: provides housing and mental support for youth diagnosed with a mental illness who are unable to live at home.

Location: New Westminster

Catchment: Anmore, Belcarra, New Westminster, Tri-Cities (Coquitlam, Port Coquitlam, Port Moody), Maple Ridge, Pitt Meadows

Ages: 16-21

Service Hours:

- Monday – Friday: 9:00 a.m. – 3:30 p.m.

Contact:

- 604-516-8080

Referrals:

- Referral from mental health clinician required.