

BC PROVINCIAL MENTAL HEALTH RESOURCES

BC Map of Child and Youth Mental Health Services

Use the map provided [here](#) to find mental health services and intake clinics for children and youth across BC. Click on the location to see contact information and a description of services offered.

BC Mental Health Information and Crisis Lines

The [***Mental Health Support and Information Line \(310-6789, no area code needed\)***](#) is available 24/7 to provide emotional support, crisis intervention, and community resource information to children, youth and families.

[***Helpline for Children \(310-1234, no area code needed\)***](#) is available 24/7 for children anywhere in BC to speak to a social worker. This helpline is available for children, parents, and other community members to report abuse.

[***Kids Help Phone \(Toll-free: 1-800-668-6868\)***](#) is available 24/7 and provides anonymous, confidential phone and online counseling for people under the age of 20.

[***BC Suicide Line \(1-800-SUICIDE, 1-800-784-2433\)***](#) is available 24/7 to provide support to individuals having thoughts of suicide or individuals who know someone experiencing these thoughts.

[***BC211 Resource Directory \(211 or chat.bc211.ca/chat.html\)***](#) is a nonprofit organization that provides free information and referral regarding community, government and social services in BC.

[***HealthLink BC Nurse Line \(811 or Toll-free: 1-866-215-4700\)***](#) is available 24/7 and staffed with Registered Nurses to provide assessment of symptoms, triage and referral to non-emergency programs.

[***KUU-US Crisis Line \(Toll-free: 1-800-588-8717 or Direct youth line: 250-723-2040\)***](#) is available 24/7 to provide Indigenous children and youth with emotional support, crisis interventions and community resource information.

[***D-Talks Youth Detox Line \(Toll-free: 1-866-658-1221\)***](#) is available for youth 12 to 21 requiring detox treatment services. The call line is staffed with social workers from 9am to 9pm seven days a week.

[***Sex Sense \(1-800-SEX-SENSE, 1-800-739-7367\)***](#) is a free anonymous sexual health resource and referral service available from 9am to 9pm.

For a list of distress phone services in each health authority, please [click here](#).

BC Child and Youth Mental Health (CYMH) Teams

CYMH provides a range of services including intake, assessment, treatment, case management and consultation. Families can call their local office to find out the best way to access services. Many Child and Youth Offices now offer a drop-in intake clinic (no referral required) during specific days of the week. A list of community offices can be found [here](#).

Educational Resources for Youth and Families

The [Kelty Mental Health Resource Centre](#) is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth, and their families. The resource centre can be contacted over the phone, in person, or through email.

The [F.O.R.C.E Society for Kids' Mental Health](#) offers families an opportunity to connect with other families who have personal experience with the mental health system. The FORCE also provides information, tools, and tips on how to support children and youth with mental health challenges.

[FamilySmart](#) is a collaboration between two non-profit agencies that provide mental health and substance use resources, education, mentoring and support for children, youth and their families living in BC.

[Open Mind BC](#) is a resource for physicians, parents, teachers and youth to learn about the support services available for Mental Health in BC and across Canada.

[Teen Mental Health](#) is a website which provides youth, families, educators and healthcare providers information, tools and resources regarding mental health which have been curated using the best available evidence.

[Here to Help](#) is a collaborative of seven leading mental health and addictions non-profit agencies. This website provides self-help resources, personal stories and links to resources in BC.

[AnxietyBC](#) is a partner of Here to Help providing resources to help individuals, professionals and educators access resources and tools regarding anxiety.

Online Chat for Children and Youth

[Kids Help Phone](#) is available 24/7 and provides an online chat service for children and youth to connect with a trained counsellor. Youth may also text chat at 1-800-668-6868.

[YouthInBC](#) provides an online chat service, from noon to 1AM (7 days a week), for youth to talk to trained volunteers. This service is available in BC and the Yukon.

[Youthspace](#) provides online chat for youth from 6PM to Midnight (PST), 7 days a week. Youth can also text chat at 778-783-0177.

BC Children's Hospital Adolescent Health Clinic

Description: The [Adolescent Health Clinic](#) provides clinical services, health promotion, education, and training to youth with complicated youth health issues focusing on health, well-being, and transitioning to adulthood.

Catchment: Provincial

Ages: 12-18

Eligibility:

- Adolescents with complex health conditions (e.g. complex comorbid chronic illness and mental health symptoms; concerns around coping, mental health, treatment adherence, adolescent risk behaviors, substance use, family conflicts, identity and/or school functioning, in the context of a chronic health condition).

Contact:

- 604-875-3472

Referrals:

- Required from general pediatricians, pediatric subspecialists, and psychiatrists.

Maples Adolescent Treatment Centre

Description: The [Maples Adolescent Treatment Centre](#) provides four specialized assessment and treatment programs for youth with mental health, emotional and behavioral concerns. The center additionally offers support, services and group sessions for youth and their families.

Catchment: Provincial

Ages: 12-17

Eligibility:

- Referral from a local [Child and Youth Mental Health office](#)

Contact:

- 1-800-663-7867
- Lower Mainland (604) 660-5800

Referrals:

- Required from a local [Child and Youth Mental Health office](#)

Foundry BC

Description: [Foundry centres](#) provide access to someone to talk to, care providers for any health need, and friendly experts to help navigate health and social services/resources/programs.

Locations: Vancouver Granville, Campbell River, Abbotsford, Kelowna, North Shore, Prince George

Ages: 12-24

Eligibility:

- N/A (youth can visit the Foundry Centre in-person)

Contact:

- Vancouver Granville (604)-806-9415
- Campbell River (250)-286-0611
- Abbotsford (604) 746-3392
- Kelowna (236)-420-2803
- North Shore (604)-984-5060
- Prince George (236)-423-1571

Referrals:

- Youth may self-refer; referrals are also accepted from family physicians, health care providers, and other community services

Trans Care BC

Description: [Trans Care BC](#) provides gender-affirming health services, resources and peer and community support for youth identifying as trans, gender diverse, and two-spirited.

Catchment: Provincial

Ages: 12-26

Eligibility:

- N/A (Youth can contact Trans Care BC and support groups directly)

Contact:

- Toll-free: 1-866-999-1514
- 604-675-3647
- Drop-in groups: [Service Directory](#)

Referrals:

- Referrals are not required to participate in services or peer groups.

Multi-lingual Orientation Services Association for Immigrant Communities (MOSAIC)

Description: The [Multi-lingual Orientation Services Association for Immigrant Communities \(MOSAIC\)](#) provides confidential support, and outreach counselling services and resources for immigrant and refugee families, children and youth.

Locations: Vancouver, Surrey, Burnaby

Ages: 13-24

Eligibility:

- N/A

Contact:

- Vancouver (604) 254-9626
- Surrey (778) 591-9334
- Burnaby (604) 438 -8214
- MOSAIC Youth Centre (604) 324-7979

Referrals: Referrals are not required to participate in services and programs.