

VCH/PHC MENTAL HEALTH RESOURCES

Child and Youth Crisis Response Teams

[Intensive Youth Outreach Service \(iYOS\)](#)

Description: a service designed to provide youth (ages 13-19) and families on the North Shore with access to clinical services such as: assessment and crisis intervention, care planning and referral coordination, and intensive case management.

Catchment: North Shore

Ages: 13-19

Eligibility:

- Acute disturbance in mood, thinking or behaviour which might manifest with suicidal ideation, mood problems or psychotic symptoms
- Experiencing moderate to severe primary substance use with or without mental illness
- Functional challenges associated with housing, income and health
- Experiencing difficulties accessing health and social services

Service hours:

- Tuesday – Friday: 9:00 a.m. – 10:00 p.m.
- Saturday – Monday: 11:30 a.m. – 10:00 p.m.

Contact:

- 604-984-3884 (intake line)

Referrals:

- Contact intake line.

[Child and Adolescent Response Team \(CART\)](#)

Description: provides urgent response (within 72 hours), short-term mental health service to children and youth (ages 5-18) in Vancouver experiencing acute psychiatric or emotional crises.

Catchment: Vancouver

Ages: 5-18

Eligibility:

- Residents of Vancouver
- Clients with a private psychiatrist or who are working with a VCH Child and Youth Mental Health Team are not eligible for short term treatment

Service hours:

- Monday – Thursday: 9:00 a.m. – 7:30 p.m.
- Friday: 9:00 a.m. – 5:00 p.m.

Contact:

- 604-874-2300

Referrals:

- Required from health care provider.

[Team Response to Adolescents and Children in Crisis \(TRACC\)](#)

Description: an urgent team-response mental health crisis intervention service for Richmond adolescents and children who are at moderate to high risk of suicide.

Catchment: Richmond

Ages: 6-18

Eligibility:

- Residents of Richmond
- Children/youth who pose a threat of harm to themselves or others
- Emotional or psychosocial crisis

Service hours:

- Monday – Wednesday, Friday: 9:30 a.m. – 5:00 p.m.
- Thursday: 11:00 a.m. – 7:00 p.m.

Contact:

- 604-207-2511

Referrals:

- Required from health care provider.

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.**

[Directions Youth Services](#)

Description: provides a drop-in service centre for street involved youth aged 13-24 in Vancouver. Services include a hot meal program, primary health care services, drug and alcohol detox, income assistance, and connection to the Ministry of Child & Family Development.

Catchment: N/A (available to street youth)

Ages: 13-24

Eligibility:

- N/A

Service hours:

- 24/7

Contact:

- 604-633-1472
- 1-866-249-6884 (toll-free)

Referrals:

- None required.

[Broadway Youth Resource Centre](#)

Description: provides Vancouver youth (ages 12-24) with a daily drop in space to connect directly with a support worker, connect with services, and meet other youth in a safe environment.

Catchment: N/A

Ages: 13-24

Eligibility:

- N/A

Service hours:

- Monday – Friday: 2:00 p.m – 7:00 p.m

Contact:

- 604-709-5720
- byrd@pcrs.ca

Referrals:

- Youth may self-refer; upon registration youth receive and orientation to the centre and program.

[Foundry Vancouver Granville](#)

Description: provides Vancouver youth (ages 12-24) with easy access to primary care, mental health and substance use services, social services and youth and family peer supports.

Catchment: Vancouver

Ages: 12-24

Eligibility:

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

Service hours:

- Monday – Friday: 9:00 a.m. – 6:00 p.m.

Contact:

- 604-806-9415
- icymhp@providencehealth.bc.ca

Referrals:

- Youth may self-refer; [referrals](#) are also accepted from family physicians, health care providers, and other community services. Referral by MD/NP required for share care/psychiatric consult.

[Foundry North Shore](#)

Description: Foundry North Shore provides youth access to someone to talk to, care providers for any health need, and friendly experts to help navigate health and social services/resources/programs.

Catchment: North & West Vancouver

Ages: 12-24

Eligibility:

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

Service Hours:

- Monday & Thursday: 9:00 a.m. – 6:00 p.m.
- Tuesday/Wednesday/Friday: 9:00 a.m. – 5:00 p.m.
- Drop in Counseling: Monday & Thursday: 1:00pm-6:00pm, Tuesday & Wednesday 1:00 p.m. – 5:00 p.m.
- Medical Services Drop In: Monday – Thursday 2:30 p.m. – 5:00 p.m.

Contact:

- (604)-984-5060
- foundrynorthshore@vch.ca

Referrals:

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

[Richmond Addiction Services Society \(RASS\)](#)

Description: provides support to people and families struggling with substance use or misuse or having difficulty with gambling or other addictive behavior. Services include individual and family counseling, education seminars, a recovery day program for youth recovering from substance misuse, and a psycho-educational program for Richmond School District students who have violated the district's drug and alcohol policy or need specific education regarding drug/alcohol issues.

Catchment: Richmond

Ages: up to 24

Eligibility:

- For Constructive Alternative to Teen Suspension (CATS) Program: students enrolled in the Richmond School District

Service hours:

- Monday, Tuesday, Thursday, Friday: 8:30 a.m. – 4:30 p.m.
- Wednesday: 8:30 a.m. – 8:00 p.m.

Contact:

- 604-270-9220

Referrals:

- Referral forms can be found on their [website](#).

Centralized Addiction Intake Team (CAIT)

Contact 604-675-2455 ext 22502 or cait.youth@vch.ca

[SACY \(VSB/VCH Substance Use Prevention\)](#)

Description: a promotion initiative with the Vancouver School Board (VSB) to engage parents, teachers, students and the community to strengthen school-based alcohol and drug prevention and identify early intervention programs.

Catchment: VSB districts

Ages: All school aged children and youth

Eligibility: N/A

Service hours: N/A

Contact:

- 604-806-9415

Referrals: N/A

[Vancouver Coastal Health Overdose Outreach Team](#)

Description: a team of outreach and social workers and peer support specialists who provide primary care, detox, treatment, and overdose prevention education for people who have recently experienced or are at high risk for opioid overdose.

Catchment: Powell River, Whistler, Pemberton, Squamish, Vancouver, and the North Shore.

Ages: not specified

Eligibility:

- People who are at high risk of overdose/recently overdosed and are not connected to care
- People who are disconnected from care or not in regular contact with care and has overdosed recently

Service hours:

- Monday – Friday: 8:00 a.m. – 6:00 p.m., available over the phone from 6:00 p.m. – 8:00 p.m.
- Weekends and stat holidays: available by phone from 8:00 a.m. – 8:00 p.m.

Contact:

- 604-360-2874

Referrals:

- Self-referral or referral from health care providers.