

# Download the Foundry BC app

Foundry Virtual BC offers free counselling & peer support, substance use services, groups, primary care and employment services to young people ages 12-24 and their caregivers across British Columbia.

Don't have a local Foundry centre in your community? Foundry Virtual BC services do not require a referral, and are **free, safe, and confidential**.

To learn more, please call **1-833-308-6379**, email [online@foundrybc.ca](mailto:online@foundrybc.ca) or visit [www.foundrybc.ca/virtual](http://www.foundrybc.ca/virtual)



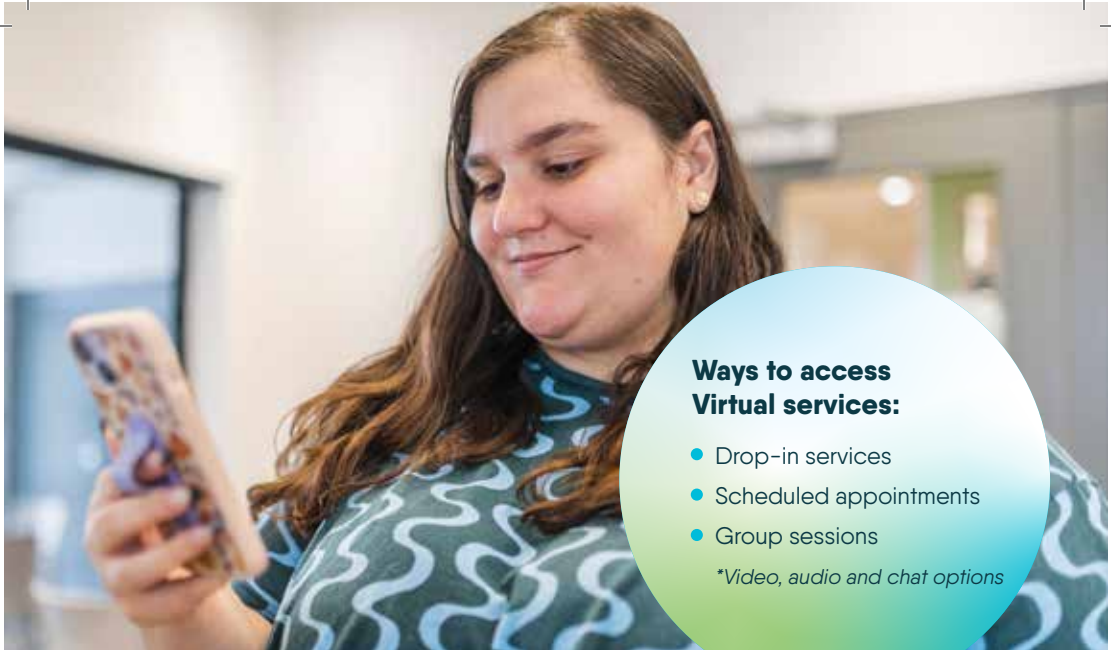
**Hours:** 7 days/week 1:00pm-9:00pm

**Drop-in services:** Tuesday-Thursday 2:00pm-6:00pm

**Download the app**

**In a browser**





**Ways to access  
Virtual services:**

- Drop-in services
- Scheduled appointments
- Group sessions

*\*Video, audio and chat options*

**“Having support from someone who understood me and how hard it was to manage my mental health was so helpful. I went from feeling alone and hiding to coming out and feeling connected. I am so grateful!”**

-Youth Client

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