

Whatever you're
going through,
we're here for you.



"I never realized how easy it was to access support through an app on my phone. I accessed Foundry's app from the comfort of my bedroom and spoke with a counsellor the same day. I left my session with resources and a follow-up appointment with a primary care provider. For the first time in a long time, I feel hopeful."

- Youth accessing Foundry Virtual BC services.

Foundry Virtual BC

We offer free drop-in and scheduled counselling & peer support, substance use services, groups, primary care and employment services for young people ages 12-24 across British Columbia.

All services are free and confidential, no referrals are needed. We offer video, audio and chat options.

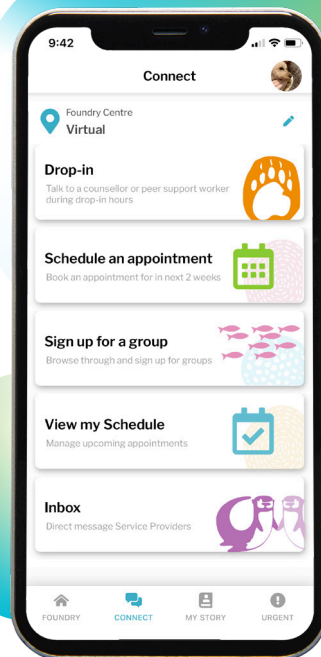
Drop-in services: Access same-day counselling and peer support.

Scheduled appointments: Book counselling, peer support and other virtual services in advance.

Group sessions: Connect with peers, learn coping strategies and life skills.

Primary Care: Speak with a nurse practitioner about substance use concerns, sexual health, medication, gender affirming care or other medical/health-related concerns.

Employment services: Explore employment opportunities, educational/certification programs or discuss other job or school-related options.



Download the app or
use in a browser

Hours:

Mon-Fri, 10am-9pm
Sat/Sun 10am-6pm

To learn more, please call 1-833-308-6379,
email online@foundrybc.ca or visit www.foundrybc.ca/virtual

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