

# 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.

Foundry Virtual BC services are available to all youth across BC. **Services are free, safe, and confidential, and do not require a referral.**

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)



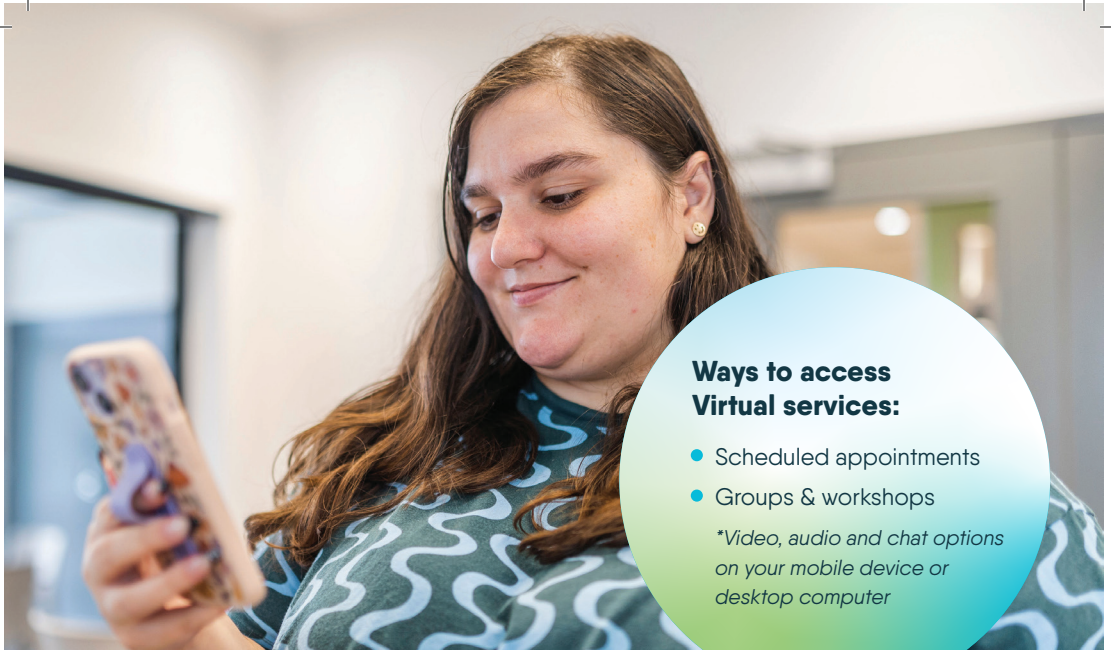
**Hours:** Mon-Fri 10am-9pm | Sat/Sun 10am-6pm

**Download the app**



**In a browser**





**Ways to access  
Virtual services:**

- Scheduled appointments
- Groups & workshops

*\*Video, audio and chat options  
on your mobile device or  
desktop computer*

**“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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