

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 same day 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.

**Scheduled appointments:** Book counselling, peer support and other virtual services for the same day or ahead of time.

**Groups & workshops:** 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](mailto:online@foundrybc.ca) or visit [www.foundrybc.ca/virtual](http://www.foundrybc.ca/virtual)

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