

Ways to access virtual services:

- Scheduled appointments
- Group sessions & workshops

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

“Having support from someone who understood me and how hard it can be 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

· F O U N D R Y ·



**Download the
Foundry BC app**



Download the Foundry BC app

Hours:

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

Download the app



In a browser



Virtual services for youth ages 12-24 include:

- Counselling & peer support
- Substance use services
- Groups & workshops
- Primary care
- Employment services



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

To learn more:

call **1-833-308-6379**, email **online@foundrybc.ca**
or visit **www.foundrybc.ca/virtual**