

Foundry's Virtual Services

Foundry's virtual services include drop-in counselling, peer support and drop in groups. Services are available to all BC's young people ages 12-24 and their caregivers. No previous access to Foundry's services required.

**No referral or assessment required.
Services are free and confidential.**

Sessions available through chat, voice-only calls or video calls. Internet access is not required to receive Foundry's virtual services.

Visit foundrybc.ca/virtual for detailed information.

Services available include:

- [Drop-in counselling for young people and their caregivers](#) — single session drop-in counselling with a Foundry clinician
- [Peer support for young people and their caregivers](#) — connect one-to-one with a trained Peer Support Worker. Peer Support Workers are young people and caregivers who identify as having lived/living experience of mental health and/or substance use challenges.
- Groups and workshops [for young people](#) and [for caregivers](#)
- Primary Care services coming in Fall 2020.

To book an appointment:

- Call [1-833-F0UNDRY](tel:1-833-F0UNDRY) (that's F0UNDRY with a zero or 1-833-308-6379) between 1:15-7:15PM Monday-Friday.
- Email online@foundrybc.ca or [register online to book an appointment](#) anytime.

Foundry offers young people ages 12-24 health and wellness resources, services and supports — online and through a network of integrated service centres in communities across BC. Visit foundrybc.ca to [find a Foundry centre in your community](#).

For Foundry's COVID-19 resources visit: foundrybc.ca/covid19



Click here for a downloadable image with information on Foundry's virtual services. Feel free to promote on social channels!