

**We're here for you,
wherever you're at.**

Foundry Virtual BC

**Free mental health &
wellness services for young
people ages 12-24 and their
caregivers living in BC.**

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

Counselling

Groups & Workshops

Peer Support

Physical & Sexual Health Care

Employment & Education Services

Indigenous Wellness Services

Substance Use Services



Download the app



Access 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 foundrybc.ca/foundry-virtual-bc

• FOUNDRY •