

ABBOTSFORD YOUTH RESOURCES

MENTAL HEALTH

Abbotsford Foundry: 604-746-3392

Early Psychosis Intervention: 1-866-870-7847

Child & Youth Mental Health: 604-870-5880

START: 1-844-782-7811 (Mental Health Crisis)

Suicide Crisis Lines: 988

SUBSTANCE USE

Archway Community Services:
Prevention & Health Promotion: 778-552-1401

Abbotsford Addictions Centre:
604-850-5106

Matsqui-Abbotsford Impact Society:
604-853-1766

PHYSICAL HEALTH

Abbotsford Community Hub Centre:
604-854-1101

Abbotsford Foundry: 604-746-3392

Langley Youth Clinic (Aldergrove clients):
604-539-2900

FAMILY SUPPORT

Archway Community Services: 604-859-7681

MCFD (reporting abuse): 1-800-663-9122

Abbotsford Hospice Society: 604-852-2456

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Archway Community Services: 604-859-7681

Fraser Valley Youth Society: 604-200-3203

Friends of Dorothy: 604-866-8938

YOUTH CENTERS

Abbotsford Cyrus Centre: 604-859-5773

Abbotsford Foundry: 604-746-3392

Abbotsford Youth Commission: 604-854-8785



ALDERGROVE YOUTH RESOURCES

MENTAL HEALTH

Langley Foundry: 604-546-2700

Early Psychosis Intervention: 604-538-4278

Child & Youth Mental Health: 604-514-2711

START: 1-844-782-7811 (Mental Health Crisis)
SPEAC: 604-584-5811 ext 11366
(Suicide Prevention)

Suicide Crisis Lines: 988

SUBSTANCE USE

Pacific Community Resource Society (PCRS):
ASTRA Substance Use Counseling:
604-312-5866
Prevention & Health Promotion:
236-889-4581
Instagram:

Langley Community Services Society:
604-534-7921

PHYSICAL HEALTH

Langley Youth Clinic: 604-539-2900

Langley Foundry: 604-546-2700

Langley Youth Hub: 604-546-1130

FAMILY SUPPORT

Ishtar Society: 604-534-1011

MCFD (reporting abuse): 1-800-663-9122

Langley Hospice Society: 604-530-1115

Encompass SASS (Sexual Abuse Support
Services): 604-534-2171 extension: 116

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Friends of Dorothy (Langley Youth Hub):
604-866-8938

Archway Community Services: 604-859-7681

Fraser Valley Youth Society: 604-200-3203

YOUTH CENTERS

Abbotsford Cyrus Centre: 604-859-5773

Abbotsford Foundry: 604-746-3392

Langley Youth Hub: 604-546-1130

Langley Foundry: 604-546-2700

BURNABY YOUTH RESOURCES

MENTAL HEALTH

Child and Youth Mental Health: 604-660-9544

Cameray Child and Family Services:
604-436-9449

Burnaby Family Life: 604-659-2200

START: 1-844-782-7811 (Mental Health Crisis)

Suicide Crisis Lines: 988 <https://youthinbc.com/>

SUBSTANCE USE

Odyssey: Substance Abuse Services for Youth
and Families: 604-299-6377

Burnaby Schools
Prevention & Health Promotion: 778-875-6526

PHYSICAL HEALTH

The Burnaby Youth Hub and Clinic:
604-293-1764

FAMILY SUPPORT

MCFD (reporting abuse): 1-800-663-9122

Cameray Child & Family Services: 604-436-9449

Burnaby Family Life: 604-659-2200

Burnaby Child & Youth Mental Health:
604-660-9544

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Burnaby Youth Hub: 604-569-0951

Alphabet Soup Youth Drop in:
Instagram: : [alphabet_soup_bby](#)
Email: Soup.burnaby@gmail.com

YOUTH CENTERS

Creekside Youth Centre: 604-415-7607
Instagram: [@creeksideyouthcentre](#)

South Central Youth Centre: 604-297-4497/
604-612-3293 Instagram: [@southcentral_yc](#)

Edmonds Community Centre:
604-297-4838/ 604-833-1823

Summit Youth Centre: 604-268-1369/
604-612-3293 Instagram: [@summit_youth_centre](#)



CHILLIWACK YOUTH RESOURCES

MENTAL HEALTH

Chilliwack Youth Health Centre: Stolo, NLC & Tzeachten:
604-819-4603/ chilliwackyhc@gmail.com

Child & Youth Mental Health: 604-702-2311

Early Psychosis Intervention: 1-866-870-7847

START: 1-844-782-7811 (Mental Health Crisis)

Suicide Crisis Lines: 889

SUBSTANCE USE

Pacific Community Resource Society (PCRS):
ASTRA Substance Use Counseling: 604-798-1418

C.A.P.S.: 604-795-5994 /
604-798-0704/ 604-316-1856

Prevention & Health Promotion:
604-798-1702

Instagram: [@kristypcrs](https://www.instagram.com/kristypcrs)

PHYSICAL HEALTH

Chilliwack Youth Health Center: Stolo, NLC & Tzeachten: 604-819-4603
chilliwackyhc@gmail.com

FAMILY SUPPORT

Ann Davis Society: 604-792-2760
Wilmas Transition Society: 604-824-0939
Sardis Doorway: 604-819-6556
Big Brothers & Big Sisters: 604-858-0828
Chilliwack Community Services: 604-792-4267
FamilySmart: 604-878-3400 or 1-855-887-8004
Chilliwack Hospice Society: 604-795-4660

MCFD (reporting abuse): 604-702-2311
Fraser Valley Aboriginal Children Family Services
Society: 604-858-0113

LGBTQ2S+

Chilliwack Gender Support Network:
604-795-0034 chilliwackgsn@gmail.com

Chilliwack Pride Society
<https://chilliwackpride.com/>

Fraser Valley Youth Society: 604-200-3203

Hummingbird Community Outreach Society
778-933-2767 info@hummingbirdoutreach.com
Instagram: [hummingbirdcommunitychwkw](https://www.instagram.com/hummingbirdcommunitychwkw)

YOUTH CENTERS

Chilliwack Cyrus Centre: 604-795-5773

Chilliwack Community Services:
604-792-4267

Chilliwack Society for Community Living:
604-792-7726

Chilliwack YMCA: 604-792-3371
Landing: 604-793-794 / Cheam: 604-824-0231



DELTA YOUTH RESOURCES

MENTAL HEALTH

Early Psychosis Intervention: 604-538-4278

Child & Youth Mental Health:
North: 604-501-3237 / South: 604-940-7900

START: 1-844-782-7811 (Mental Health Crisis)

Deltassist Youth Suicide Prevention Program:
604-594-3455

Suicide Crisis Lines: 988

SUBSTANCE USE

Pacific Community Resource Society (PCRS)
ASTRA Substance Use Counseling: 604-836-6273

Prevention & Health Promotion:
604-837-8252

Instagram: [@cambellpcrs](https://www.instagram.com/cambellpcrs)

Deltassist: 604-594-3455 (ext# 108)

PHYSICAL HEALTH

OPTIONS for Sexual Health: 604-731-4252

Richmond Foundry: 604-674-0550

FAMILY SUPPORT

Delta Victim Services: 604-940-5019

MCFD (reporting abuse): 1-800-663-9122

Delta Police Non-Emergency: 604-946-4411

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

FOLKS (LGBTQS & Allies Group)
Delta Boys & Girls Club: 604-315-2205
wrobblee@bgcbc.ca

YOUTH CENTERS

Boys & Girls Club
North: 604-596-9595
Tsawwassen: 604-943-9873
Ladner: 604-946-2027



PREVENTION + INTERVENTION SOCIETY

HOPE YOUTH RESOURCES

MENTAL HEALTH

Child & Youth Mental Health: 604-869-4900

Aboriginal Outreach: 604-206-7185

Early Psychosis Intervention: 1-866-870-7847

Kids in Control (CYMH): 778-903-2752

START: 1-844-782-7811 (Mental Health Crisis)

Suicide Crisis Lines: 988

SUBSTANCE USE

Cedar Strong Prevention and Intervention
Society:
604-869-5111

Public Health Unit (Harm Reduction):
604-860-7630

PHYSICAL HEALTH

Hope Medical Clinic: 604-869-5648

Youth Clinic: 604-860-7630

Care Transit: 604-869-3396

FAMILY SUPPORT

Cedar Strong Prevention and Intervention
Society: 604-869-5111

MCFD (reporting abuse): 1-800-663-9122

Fraser Canyon Hospice Society: 604-860-7715

Ann Davis Society: 604-869-3201
Hope Community Services: 604-869-2466

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Cedar Strong Prevention and Intervention
Society:
604-869-5111

Hope Medical Clinic Nurse Practitioner:
604-869-5648

Public Health Unit: 604-860-7630

YOUTH CENTERS

Hope Recreation Center: 604-869-2304

Cedar Strong Prevention and Intervention
Society:
604-869-5111

Additional resources on page 14



Langley Community
Services Society

LANGLEY YOUTH RESOURCES

MENTAL HEALTH

Early Psychosis Intervention: 604-538-4278

Child & Youth Mental Health: 604-514-2711

START: 1-844-782-7811 (Mental Health Crisis)

SPEAC: 604-584-5811 (Suicide Prevention)

Suicide Crisis Lines: 988

SUBSTANCE USE

Langley Community Services Society:
604-534-7921

Pacific Community Resource Society (PCRS):
ASTRA Substance Use Counseling:
604-312-5866

Prevention & Health Promotion:
604-837-8195

Instagram: [@rushilpcrs](https://www.instagram.com/rushilpcrs)

PHYSICAL HEALTH

Langley Youth Clinic: 604-539-2900

Langley Foundry: 604-546-2700

Langley Youth Hub: 604-546-1130

FAMILY SUPPORT

Ishtar Society: 604-534-1011

MCFD (reporting abuse): 1-800-663-9122

Langley Hospice Society: 604-530-1115

SASS (Sexual Abuse Support Services):
604-534-2171 extension: 115

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Friends of Dorthy: 604-546-1130

Fraser Valley Youth Society: 604-200-3203

YOUTH CENTERS

Langley Youth Hub: 604-546-1130

Langley Foundry: 604-546-2700

Encompass Support Services: 604-534-2171

Additional resources on page 14

MAPLE RIDGE/ PITT MEADOWS YOUTH RESOURCES

MENTAL HEALTH

Child & Youth Mental Health: 604-466-7300

Ridge Meadows Foundry: 604-380-3133

START: 604-949-7765 (Mental Health Crisis)

Early Psychosis Intervention 604-777-8386

Suicide Crisis Lines: 988

SUBSTANCE USE

Alouette Addictions Youth Prevention Team:
604-467-5179 (ext# 101)

Pacific Community Resource Society (PCRS):
ASTRA Substance Use Counselling:
604-836-6580

Ridge Meadows Foundry: 604-380-3133

(C.R.E.S.T) Creekside Detox for youth:
604-587-3755

PHYSICAL HEALTH

Youth Clinic & OPTIONS for Sexual Health

Ridge Meadows Foundry: 604-380-3133

Maple Ridge Urgent care: 604-476-4650

FAMILY SUPPORT

Maple Ridge Community Services: 604-467-6911

Ridge Meadows Hospice Society: 604-463-7722

Alisha's Wish Youth Advocacy: 1-800-663-9122

MCFD (reporting abuse): 604-476-2800
PLEA Community Services: 604-871-0450

Family Education & Support Centre: 604-467-6055
FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Gen-Out Group: 604-708-2648

Community: 604-684-5307

Gender Dysphoria support Maple Ridge foundry:
604-380-3133

YOUTH CENTERS

Greg Moore Youth Centre: 604-467-7354

YES Shelter: 236-992-8313

MISSION YOUTH RESOURCES

MENTAL HEALTH

Child & Youth Mental Health: 604-820-4300

Early Psychosis Intervention: 1-866-870-7847

START: 1-844-782-7811 (Mental Health Crisis)

Suicide Crisis Lines: 988

SUBSTANCE USE

Fraser House: 604-826-6810

- Prevention Services

- Substance Use Counselling

- Rural Connections

Integrated Child & Youth Teams

For concerns around Mental Health and/or
Substance Use.

Please contact your school to access their
services.

PHYSICAL HEALTH

Mission Primary Care Clinic: 604-820-1021

Mission Youth Clinic: Book through Facebook
<https://www.facebook.com/MissionYouthClinic>

FAMILY SUPPORT

Parent Support Services Society of B.C.:

604-669-1616

SARA for Women: 604-820-8455

Hospice Society: 604-826-2235

MCFD (reporting abuse): 604-287-72005

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Fraser Valley Youth Society: 604-200-3203

YOUTH CENTERS

MY House (Mission Community Services):

Check instagram for mobile unit schedule

[@missionyouthhouse_myhouseee](https://www.instagram.com/missionyouthhouse_myhouseee)

604-287-7200

Mission Youth Centre: 604-814-1254

Address: 33100 10th ave

Mission Hospice Society :604-826-2235

<http://www.missionhospice.bc.ca>



NEW WESTMINSTER YOUTH RESOURCES

MENTAL HEALTH

Child & Youth Mental Health: 604-660-9495

Early Psychosis Intervention: 604-777-8386

Dan's Legacy: 604-329-9186

START: 1-844-782-7811 (Mental Health Crisis)

Suicide Crisis Lines: 988
Fraser Health Crisis Line: 604-951-8855

SUBSTANCE USE

FraserSide Perspectives Substance Use
Counselling For Youth & Families:
604-522-3722

Odyssey I (Youth Substance Use Services):
604-299-6377

New Westminster Schools
Prevention & Health Promotion: 778-789-0445

Purpose Society: 604-526-2522

PHYSICAL HEALTH

New West Youth Clinic: 604-329-1875

FAMILY SUPPORT

MCFD (reporting abuse): 1-800-663-9122

Family Services of Greater Vancouver:
604-525-9144

FamilySmart: 604-878-3400 or 1-855-887-8004

New West Family Place 604-520-3666

Welcome Centre 604-517-6266

LGBTQ2S+

Trans Support Group 604-996-8169

YOUTH CENTERS

New West Youth Centre: 604-515-3801

Queensborough Community Centre:
604-525-7388

Youth Hub 604-551-4999



FAMILY & COMMUNITY SERVICES

TRI CITIES YOUTH RESOURCES

MENTAL HEALTH

Child & Youth Mental Health: 236-468-2373

Indigenous Child & Youth Mental Health:

Port Coquitlam: 604-816-5580

Port Moody/ Coquitlam: 604-562-7193

Early Psychosis Intervention: 604-777-8386

START: 604-949-7765 (Mental Health Crisis)

Suicide Crisis Lines: 988

<https://youthinbc.com/>

SUBSTANCE USE

SHARE Family and Community Services

Substance Use Support: 604-540-9161

Pacific Community Resource Society (PCRS):

ASTRA Substance Use Counselling:

604-314-2038

<https://pcrs.ca/our-programs/astra/>

PCN Counselling

(referred by General Practitioner)

PHYSICAL HEALTH

Tri-Cities Youth Clinic: 604-614-7688

Open Wednesday & Friday afternoons

FAMILY SUPPORT

Tri-Cities Transitions: 604-941-7111

Talking Helps Counselling Support:

604-936-3900

MCFD (reporting abuse): 1-800-663-9122

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Gen-Out Group: 604-708-2632

TransSupport: transsupport@plea.bc.ca

YOUTH CENTERS

Access Youth Services: 604-525-1888

<https://accessyouth.org/the-bus/>

City of Coquitlam:

604-927-6027 / 604-927-6924

City of Port Coquitlam:

604-927-7962 / 604-927-7938

City of Port Moody:

604-469-4556

Additional resources on page 14



SURREY YOUTH RESOURCES

MENTAL HEALTH

Early Psychosis Intervention: 604-538-4278

Child & Youth Mental Health:
North Surrey 604-951-5960/ Newton 604-501-3122
Cloverdale 604-951-5701/ Guildford 604-586-2685

START: 1-844-782-7811 (Mental Health Crisis)
SPEAC: 604-584-5811 (Suicide Prevention)

Suicide Crisis Lines: 988

SUBSTANCE USE

Pacific Community Resource Society (PCRS):
ASTRA Substance Use Counseling: 604-836-6241

Prevention & Health Promotion:
604-970-9358

Instagram: [@rajanpcrs](https://www.instagram.com/rajanpcrs)

Creekside: 604-587-3755

Detox: 604-587-3755
Daytox: 778-317-4673

PHYSICAL HEALTH

Surrey Youth Clinic: 604-585-5999

OPTIONS for Sexual Health: 604-731-4252

Sexual Abuse Counselling Centre:
(age 3 - 18) - 604-584-5811 EXT. 11301

Surrey Women's Centre: 604-589-1868

FAMILY SUPPORT

Options Family Counselling: 604-660-4927

MCFD (reporting abuse): 1-800-663-9122

Options PEACE for Children & Youth
Experiencing Violence: 604-584-5811

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

Surrey Pride Society: 236-838-8803

Free2BU: 604-587-8100

YOUTH CENTERS

City Centre Youth Hub (CCYH): 604-587-8100
Newton Youth Hub (NYH): 604-592-6200

Shelters:
Cloverdale Shelter: 604-574-4341
Gateway Shelter: 604-589-7777
Hyland House Shelter: 604-599-8900



WHITE ROCK/ SOUTH SURREY YOUTH RESOURCES

MENTAL HEALTH

Sources' Counselling Services - [604-538-2522](tel:604-538-2522)
Email: counsellingservices@sourcesbc.ca
DiscoverY Program - free counselling for youth
13-25. <https://www.sourcesbc.ca/our-services/discovery/>

Early Psychosis Intervention: 604-538-4278
Child & Youth Mental Health:
White Rock/ South Surrey 604-542-3900
START: 1-844-782-7811 (Mental Health Crisis)
Suicide Crisis Lines: 988

SUBSTANCE USE

Sources' Substance Use Counselling Services -
Tel: [\(604\) 538-2522](tel:604-538-2522) Email:
suservices@sourcesbc.ca
<https://www.sourcesbc.ca/our-services/substance-use-services/>

Pacific Community Resource Society (PCRS):
ASTRA Substance Use Counseling: 604-836-6241
Prevention & Health Promotion:
604-604-970-9358 Instagram: @gurleen_pcrs

PHYSICAL HEALTH

Vine Youth Clinic: 604-542-3926
Surrey Youth Clinic: 604-585-5999

OPTIONS for Sexual Health: 604-731-4252

Sexual Abuse Counselling Centre:
(age 3 - 18) - 604-584-5811 EXT. 11301

Surrey Women's Centre: 604-589-1868

FAMILY SUPPORT

Alex House: 604-535-0015

Options Family Counselling: 604-660-4927

MCFD (reporting abuse): 1-800-663-9122

Options PEACE for Children & Youth
Experiencing Violence: 604-584-5811

FamilySmart: 604-878-3400 or 1-855-887-8004

LGBTQ2S+

White Rock Pride:
<https://whiterockpride.com/>

Surrey Pride Society: 236-838-8803

The Hub Rainbow Community Center:
<https://www.rainbowcommunityhub.ca/>

YOUTH CENTERS

The Youth Space:
778-545-9188

Shelters:
Cloverdale Shelter: 604-574-4341
Gateway Shelter: 604-589-7777
Hyland House Shelter: 604-599-8900

PROVINCIAL & MUNICIPAL RESOURCES

PHONELINES

Kids help phone: 1 800-668-6868
(text CONNECT to 686868)

Crisis Center: 1-800-784-2433
BC211 - CALL 211

Health Link - CALL 811

Fraser Health Crisis Line: 1-877-820-7444

The National Eating Disorder Information Line:
1-866-633-4220

FamilySmart: 604-878-3400 or Toll-Free:
1-855-887-8004

WEBSITES

<https://www.heretohelp.bc.ca/>

<https://www.youthinbc.com/>

<https://mindyourmind.ca/>

<https://keltymentalhealth.ca/>

<https://foundrybc.ca/foundry-pathfinder/>

<http://childandyouth.com/>

<https://jack.org/Home>

<https://familysmart.ca/>

<https://www.anxietycanada.com/>

PHONELINES

VictimLinkBC 1-800-563-0808

Legal Aid 1-866-577-2525

Representative for Children & Youth
1-800-476-3933

WEBSITES

<https://bouncebackbc.ca/>

<https://www.stopoverdose.gov.bc.ca/>

<https://towardtheheart.com/>

(eating disorders)

<https://www.lookingglassbc.com/>

[https://www.qchat.ca/lower-mainland-
lgbtq2s-resources](https://www.qchat.ca/lower-mainland-lgbtq2s-resources)

<https://www2.gov.bc.ca/gov/content/erase>

APPS

<https://www.headspace.com/>

<https://www.calm.com/>

[https://www.anxietycanada.com/resources/mi
ndshift-cbt/](https://www.anxietycanada.com/resources/mindshift-cbt/)

<https://lifeguarddh.com/>

<https://iamsobber.com/>

COVID 19 RESOURCES

[https://www.healthlinkbc.ca/useful-resources-
covid-19](https://www.healthlinkbc.ca/useful-resources-covid-19)

Phone: 1-888-COVID19