


AGENCY	DETAILS
Advice for GP	<p>Rapid Access to Consultative Expertise (R.A.C.E.) Telephone advise line for GP's for specialty services including eating disorders, substance use, and mental health. ☎ 1-877-696-2131</p>
Child and Youth Mental Health	<p>MCFD: Child and Youth Mental Health Individual and group therapy with mental health challenges such as depression, anxiety, trauma, and or psychosis. ☎ 250-741-5701</p>
	<p>Central Island Child and Adolescent Psychiatry Program (CICAP) Youth with complex challenges such a bipolar, depression, generalized anxiety, OCD, panic, PTSD, psychosis, or schizophrenia with or without ADHD, ASD, or disabilities. ☎ 250-519-6720 <i>Physician referral required</i></p>
	<p>BC Children's Hospital OCD Clinic Provincial specialized consultation for children and youth with complex obsessive compulsive disorder (OCD) and related disorders who have not responded to community treatment resources. Ages 6-18. ☎ 604-875-2010 Fax 604-875-2099 <i>Physician referral required. Form link.</i></p>
	<p>BC Children's Hospital Mood and Anxiety Clinic Mood and Anxiety Disorders Clinic. Moderate to severe symptoms; require consultation but limited local resources. Patients who are not responding to initial medication and psychotherapeutic interventions. Ages 6-18. ☎ 604-875-2010 Fax 604-875-2099 <i>Physician referral required. Form link.</i></p>
	<p>Maples Offers specialized programs and services to address the needs of young people who have complex mental health concerns or troubling behaviour. ☎ 1-800-663-7867 <i>MCFD/CYMH referral required</i></p>
Substance Use	<p>Discovery Youth and Family Services Ages 3-18 and family. ☎ 250-739-5790</p>
	<p>Transitions Program: NARSF (Nanaimo and Area Resource Services for Families) (Nanaimo and Area Resource Services for Families) Withdrawal and stabilization program. Ages 12-19. ☎ 250-754-2773 Ext. 218 → www.narsf.org <i>Referral through Discovery or with referral forms (available online)</i></p>
	<p>Youth Empowerment Society Youth Withdrawal Management. Ages 13-18. ☎ 250-383-3514 Victoria, BC</p>
	<p>180° Program, John Howards Society Youth withdrawal management. Ages 12-19. ☎ 250-286-0611 Campbell River and Comox</p>
	<p>Peak House Youth residential treatment. Ages 13-18. ☎ 604-253-6319 Vancouver, BC</p>
	<p>Ashnola at the Crossing Residential substance use treatment. Ages 17-24. ☎ 604-875-2354 → www.bcmhsus.ca Keremeos, BC <i>Referral forms required (available online)</i></p>
	<p>Young Bears Lodge Aboriginal youth treatment. ☎ 604-254-322-7577 → www.unya.bc.ca Vancouver, BC <i>Referral forms required (available online)</i></p>
	<p>Beacon of Hope Male youth residential treatment. Ages 13-18. ☎ 250-381-9474 → victoriahopehouse.ca Victoria, BC <i>Referral forms required (available online)</i></p>
Bereavment Support	<p>Nanaimo Community Hospice Children, youth and family counselling for bereavement/terminal illness. ☎ 250-591-8811 1080 St. George Street, Nanaimo, BC</p>
Children who Witness Violence	<p>Haven Society ☎ 250-756-2452</p>

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Urgent Response To Suicidal Ideation	Crisis Response Team (CRT) ☎ 1-888-494-3888
	Ledger House Urgent and planned admissions for Florid psychosis. Active Mania, Suicidal with previous, serious suicide attempts. Requirement of 24 hour monitoring. Ages 6-16. ☎ 250-519-6720 <i>Physician/MH clinician referral required</i>
Eating Disorders	Eating Disorders Program: NARSF (Nanaimo and Area Resource Services for Families) Open referral. ☎ 250-754-2773 Ext. 213
	BC Children's – Looking Glass Residence Youth with eating disorders in a home-like, therapeutic environment. Ages 17-24. ☎ 604-829-2585 <i>Physician or eating disorder clinician referral. ↗ Form link.</i>
	Nanaimo Haven Society Counselling for children and youth who witness violence. ☎ 250-756-2452
Behavioral Issues and Child Development	Child Development Centre Provides assessment, groups, and therapies for a variety of developmental needs. ☎ 250-753-0251 <i>For complex development needs such as Autism spectrum or FASD. Physician referral required</i>
Sexual Abuse	VISCAN: Island Health ☎ 250-755-7945
	Sexual Abuse Intervention Program (SAIP) NARSF (Nanaimo and Area Resource Services for Families) Sexual Abuse Intervention counseling. Ages under 19. ☎ 250-754-2773 Ext. 216
	Aboriginal SAIP: Tillicum Lelum Sexual Abuse Intervention counseling: Aboriginal children ages 3-19. ☎ 250-753-6578
Gender Identity	LGBTQ2 group: Boys and Girls Club ☎ 250-754-3215 Ext. 1
	Generation Q Youth support group. ☎ 250-713-5787
	BC Children's' Hospital Gender Clinic Provides treatment with puberty blockers and/or gender-arming hormones for transgender and gender-questioning. Ages under 19. ☎ 1-888-300-3088 Ext. 2117 <i>Physician referral required</i>
Parent Teen Conflict	LIFT Program NARSF (Nanaimo and Area Resource Services for Families) Ages 12-16 open referral. Ages 17-18 MCFD referral. ☎ 250-754-9285 Ext. 101
	Nanaimo Boys and Girls Club Parenting Program A group for parents experiencing difficulty with teens: weekly. ☎ 250-754-9661

 Additional Online Resources	Anxiety BC → anxietybc.com	FamilySmart → familysmart.ca
	Mindcheck → mindcheck.ca	Kelty Mental Health → keltymentalhealth.ca
	Here To Help → heretohelp.bc.ca	Canadian Mental Health Association → cmha.bc.ca
	Dealing With Depression → dwdonline.ca	BC Children's Hospital, Referral Forms → bcchildrens.ca



Nanaimo Pediatricians		Nanaimo Psychiatrists
Wilma Arruda	Francine Ling	Rex Bowering
Betty Bartleman	Peter MacDougall	Fawad Elahi
Kelly Cox	Keith Menard	
Michelle Francis	Sara-Jane Pegg	
Jennifer Kouwenberg		