

Child and Youth Mental Health & Substance Use Resources for Surrey–North Delta



doctors
of bc

- | | |
|---|--|
| <input type="checkbox"/> Boys and Girls Club/Hillside Club
North Delta: 604 591 9262 | Family and youth counselling, family therapy, crime prevention and sexual abuse counselling. Ages 13-19 |
| <input type="checkbox"/> Deltassist
North Delta: 604 594 3455 | Family counselling. Ages 0-12 Suicide prevention program. Age up to 18
Substance use program. All ages Alternative to violence program. Female youth age 18+ |
| <input type="checkbox"/> DIVERSEcity
604 547 1202 dcrs.ca/services/family-services/child-youth-mental-health/counsellingservices@dcrs.ca | Child and youth mental health counselling. Ages 4-18
Substance use and family counselling. All ages
Services in many different languages. |
| <input type="checkbox"/> Early Psychosis Intervention
Surrey and Delta: 604 538 4278 earlypsychosis.ca | First step for possible signs of psychosis.
Ages 13-30 |
| <input type="checkbox"/> MCFD Child & Youth Mental Health Intake Clinic
Cloverdale/Fleetwood: 604 951 5701
Guildford: 604 586 2685 Newton: 604 501 3122
Surrey North: 604 951 5960 Delta: 604 501 3237 | Assessment, therapy, parenting programs for a wide range of mental health problems. Walk in, no appointment necessary on Tues (Delta) and Wed (Surrey) <i>*May refer to aboriginal services and developmental disability services*</i> . Ages 6-18 |
| <input type="checkbox"/> Moving Forward Family Services
778 321 3054 or
counsellor@movingforwardfamilyservices.com | Counselling services for any presenting issue in English, Punjabi, Hindi, Korean, Cantonese, Mandarin, Arabic, Khmer, Spanish and Farsi. Services may be free; costs are determined on a sliding scale. All Ages |
| <input type="checkbox"/> Options Community Services
Surrey Main Office: 604 584 5811 | Suicide Prevention, Education & Counselling (SPEAC Program). Suicide assessment, urgent response & short term counselling. Housing, counselling & young family support. Ages 0- 18 |
| <input type="checkbox"/> Pacific Community Resources Society
Surrey Youth Resource Centre.
North: 604 587 8100 South: 604 592 6200 | Youth and family counselling, addictions, housing support. Ages 13-19 |
| <input type="checkbox"/> START Program (Short Term, Assessment, Response, Treatment)
Surrey and Delta: 1 844 START11 | Assessment and intervention programs for children and youth experiencing a mental health crisis. Ages 6-18 |

All services listed above accept self-referral. Page 1/2

Child and Youth Mental Health & Substance Use Resources for Surrey-North Delta



doctors
of bc

- | | |
|--|--|
| <input type="checkbox"/> Crisis Lines
310 6789 (do not add 604 or 778)
1-800-SUICIDE (784 2433) youthinbc.com | BC wide crisis lines that can be called 24/7. If in immediate danger, please call 911. Multiple languages available.
All Ages |
|--|--|

INFORMATIONAL RESOURCES

- | | |
|--|--|
| <input type="checkbox"/> Anxiety BC
anxietybc.com | Educational videos and anxiety plans to help understand and manage anxiety. |
| <input type="checkbox"/> Dealing with Depression (DWD)
dwdonline.ca | Information and self-help skills for depression. |
| <input type="checkbox"/> FamilySmart™
604 873 3400 familysmart.ca | Youth and parent peer support and resources for mental health and substance use needs.
Ages 0-25 |
| <input type="checkbox"/> Kelty Mental Health Resource Centre
604 875 2084 kelytmentalhealth.ca | Youth and parent resources for mental health and substance use issues, peer support and resources. Ages 0-25 |
| <input type="checkbox"/> Mindcheck
mindcheck.ca *Soon to be foundrybc.ca | Quizzes about symptoms for a variety of mental health issues, fact sheets and tips on where to get help. |
| <input type="checkbox"/> mindyourmind
mindyourmind.ca | Reducing stigma, increase access to support and inspire youth to “reach out, get help and give help”. |

APPS

- | | |
|--|---|
| <input type="checkbox"/> Stop, Breathe, Think | Tools for self-guided mindfulness and meditation. |
| <input type="checkbox"/> Mindshift | Helps with a wide range of anxiety issues. |
| <input type="checkbox"/> Headspace | Mindful meditation app that helps with stress anxiety, focus and interpersonal relationships. |
| <input type="checkbox"/> Breathr | Mindfulness practice and learn the science behind mindfulness. |

NOTES