

SUPPORT SERVICES

- **BC Schizophrenia Society 604-270-7841**
Support, public awareness, information and advocacy for people with schizophrenia and their family and friends
- **Mental Health Empowerment Advocates Program 604-738-5770**
Conducts workshops designed to share self-help skills
- **Mood Disorders Association of BC 604-873-0103**
Offers support groups and information on mood disorders to sufferers and their families
- **Emotions Anonymous 604-681-5753**
Support groups for maintaining emotional health

PRACTICAL PROBLEMS / FINANCIAL COUNSELLING

- **Debtors Anonymous 604-878-3328**
- **Employment Insurance Enquiry Line 1-800-206-7218**
- **Ministry of Human Resources 604-660-3143**
For information and referral

PROFESSIONAL ASSOCIATIONS

For information about professionals in your area

- **College of Physicians and Surgeons of BC 604-733-7758**
- **College of Registered Psychiatric Nurses of BC 604-931-5200**
- **BC Association of Social Workers 604-730-9111**
- **College of Psychologists of BC 604-736-6164**

These phone numbers are subject to change without notice. If you experience any difficulties in attempting to contact these services, please call Information Services at 604-875-6381.

GENERAL INFORMATION

- For general information on mental health topics call the Mental Health Information Line: Lower Mainland 604-669-7600
Rest of province 1-800-661-2121

CRISIS LINES AND INTERVENTION

- **Greater Vancouver 604-872-3311**
- **Chimo Crisis Service 604-279-7070, Women and children escaping violence 604-270-4911**
Serving Richmond and Delta from 9am to midnight 7 days/week
- **SAFER 604-872-9251**
Counselling for those exhibiting suicidal behaviour, and those mourning a suicide death. Not for people with a major mental illness
- **Women Against Violence Against Women: Business 604-255-6228
Crisis Line 604-255-6344**
Crisis centre for victims of sexual assault or other forms of violence
- **Alcoholics Anonymous 604-434-3933**
- **MOSAIC 604-254-9626**
Settlement and Family Programs
- **Mental Health Emergency Services: Simon Fraser Region 604-527-0009
Vancouver and Richmond 604-874-7307**
Emergency assessment and intervention for people thought to be mentally ill
- **Kids Help Phone 1-800-668-6868**
Help line for children and teenagers

SEXUAL ABUSE / VIOLENCE

- **BC Society for Male Survivors of Sexual Abuse 604-682-6482**
Provides individual and group therapy, support groups for family members, and an outreach program
- **Vancouver/Richmond Incest and Sexual Abuse Centre (VISAC) 604-874-2938**
Victim support program

CMHA Vancouver-Burnaby promotes mental wellness and increases understanding of mental health issues through innovative and collaborative approaches in the areas of public education, accessible services and personal empowerment.

The Vancouver-Burnaby Branch of the Canadian Mental Health Association produces this brochure as an information service to the community. The inclusion of specific organizations in this pamphlet does not imply that we recommend any services they may provide.

If you have any comments on this brochure, please contact Community Education & Training at 604-872-4902.



CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

Vancouver-Burnaby Branch
175 West Broadway
Vancouver, B.C. V5Y 1P4
Phone: 604-872-4902
Fax: 604-872-5934
Web: www.cmhvb.ca

Counselling: Keeping Your Life In Your Own Hands
Revised: August 2006



A United Way Member Agency

Counselling: Keeping Your Life In Your Own Hands



CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

TRANSITION HOUSES

Temporary emergency shelter for women and their children in situations of domestic violence.

- **Ministry of Human Resources 604-660-3194**
- **Marguerite Dixon Transition House 604-298-3454**
- **Kate Booth House (Salvation Army) 604-872-7774**
- **Powell Place Shelter for Women and Children 604-604-0402**
- **Burnaby Safe House 604-527-7200**
Christian environment for pregnant women and abused women and their children
- **Helping Spirit Lodge 604-872-6649**
For First Nations women fleeing domestic violence

CHILD ABUSE AND NEGLECT

- **Parent Support Services Society of BC 604-669-1616**
- **Vancouver/Richmond Incest and Sexual Abuse Centre (VISAC) 604-874-2938**
- **Ministry of Human Resources 604-660-3194, 1-800-660-3194**
- **Helpline for Children (Ministry of Human Resources) 310-1234 (no area code)**
24hrs for children needing help, or for anyone knowing a child who is abused or neglected
- **Sexual Offence Squad, Vancouver Police 604-717-2634**
- **Cameray Counselling Centre 604-291-7422
Burnaby 604-436-9449
New Westminster 604-520-0009**

GENERAL COUNSELLING / NON-RELIGIOUS ORGANIZATIONS

- **Little Mountain Neighbourhood House – Counselling Program 604-879-7104**
Individual and family counselling. Sliding scale fees
- **Speakeasy Peer Counselling (UBC) 604-822-3700**
For students
- **Marguerite Dixon Transition Society Counselling Services 604-433-7380**
Professional counselling by donation
- **Jewish Family Service Agency 604-257-5151**
Fees on a sliding scale. Open to non-Jewish people.
- **Oak Counselling Services Society 604-266-5611**
Individual adult counselling
- **Downtown Robson Square 604-822-8585**

PSYCHOLOGICAL AND BEHAVIOUR PROBLEMS

- **Alan Cashmore Centre, Vancouver Community Mental Health Services 604-454-1676**
For emotionally and behaviourally disturbed young children
- **Vancouver Community Mental Health Services 604-874-7626**
Psychiatric assessment and treatment
- **Mental Health Information Line 604-669-7600**
Professional counselling by donation
- **Emotions Anonymous 604-681-5653**
- **Clinical Psychology Centre, Simon Fraser University 604-291-4720**
Child, adolescent and adult counselling. Sliding scale of fees
- **Kidstart Mentoring Program 604-708-2632**
Volunteers work with children under 12 whose behaviour could be characterized as “at risk”
- **Psychology Clinic (UBC) 604-822-3005**

FAMILY COUNSELLING

- **Family Services of Greater Vancouver W 7th Ave 604-731-4951
Kingsway 604-874-2938**
- **Ministry of Human Resources 604-660-3194**
Referrals and assistance for a variety of family problems. Check your phone book's blue pages for your district office
- **Helping Spirit Lodge 604-872-6649**
First Nations women and children
- **Parent Support Services of BC 604-669-1616**
Support group for parents
- **Jewish Family Services Agency 604-257-5151**
- **Family Justice Service 604-660-2084**
Assists families going through separation and divorce

COUNSELLING BY RELIGIOUS ORGANIZATIONS

- **Union Gospel Mission 604-253-3323**
- **Living Systems 604-926-5496**
- **Burnaby Counselling Group of Christian Professionals 604-430-1303**
- **Catholic Charities 604-683-0281**
- **First United Church 604-681-8365**
- **Vancouver Christian Counselling Centre 604-688-3945**
- **Salvation Army Family Services 604-872-7676**

ADDICTIONS

ALCOHOL AND DRUG ABUSE

- **Alcoholics Anonymous; 604-434-3933, Alcohol / Drug Information Referral Line 1-800-663-1441 (Lower Mainland 604-660-9382)**
For information and referral
- **Al-Anon / Alateen Central Services 604-688-1716**
For the family and friends of an alcoholic-dependent person
- **Adult Children of Alcoholics & Dysfunctional Families 604-878-8500**
- **Narcotics Anonymous 604-873-1018**

- **Ministry of Child & Family Development 604-660-5900**
Counselor for drug and alcohol addicts - a liaison with Burnaby Hospital
- **West End Seniors 604-669-7339**
- **Hey-Way'-Nogu' Healing Circle for Addictions Society 604-874-1831**
Services for members of First Nations and Métis with addictions, and their families

OTHER

- **Debtors Anonymous 604-878-3328**
- **Dual Diagnosis Program 604-255-9843**
- **Gamblers Anonymous 604-878-6635**
- **Fresh Start Quit Smoking Program 1-888-939-3333**
(Canadian Cancer Society)

COUNSELLING FOR PERSONS WITH AIDS

- **STI-HIV Prevention and Control Clinic 604-660-6161**
- **AIDS/STD Street Nurses: Seymour St Clinic 604-660-6776, Bute St Clinic 604-660-7949, Pender St Clinic 604-660-9695**
- **BC Persons with AIDS Society 604-893-2200**
- **Health Info Line 604-736-4234**

EATING DISORDERS AND ASSOCIATED PROBLEMS

- **Awareness and Networking Around Disordered Eating (ANAD) 604-739-2070**
- **Overeaters Anonymous 604-878-4575**
Nominal fee for services
- **Eating Disorder Resource Centre of BC; 604-875-2084, 1-800-665-1822**
- **St. Paul's Hospital, Eating Disorder Program 604-806-8347 local 4**
- **Little Mountain Neighbourhood House Counselling Program 604-879-7104**

GRIEF COUNSELLING

- **Burnaby Hospice Society 604-291-1930**
- **Living Through Loss Counselling Society of BC 604-873-5013**
- **SAFER 604-879-9251**
Suicide attempt counselling service
- **Vancouver Home Hospice Program 604-709-6478**

COUNSELLING FOR WOMEN

- **Crosswalk, Salvation Army 604-669-4349**
- **Downtown Eastside Women's Centre 604-681-8480**
- **Downtown Robson Square 604-822-8585**
- **Harbour Light Beds Detox for Women 604-646-6800**
- **Kate Booth House 604-872-7774**
- **Homestead for Women 604-266-9696**
- **Mature Women's Network 604-681-3986**
For mature women
- **YWCA 604-895-5800**
- **Birthright 604-687-7223**
1107-207 W Hastings St, Provides emergency help, clothing, tests, doctor referrals and an alternative to abortion for pregnant women who are struggling with pregnancy

YOUTH SERVICES

Contact the Ministry of Child & Family Development at 604-660-5900 concerning programs offered in your area.

- **Burnaby Youth Services 604-294-7721**
For youths under 17 years exhibiting early signs of delinquency
- **Cameray Centre 604-520-0009**
Intensive counselling for children aged 2-19 and their families from Burnaby and New Westminster. Wait list up to six months
- **Youth Against Violence Line 1-800-680-4264**
- **Youth Futures R3 604-438-4451**
- **Vancouver Youth Services North 604-660-9376**
Offers services for street youth

- **Family Development Program 604-434-1515**
Flexible after-hours counselling for changes in family dynamics
- **Lower Mainland Purpose Society for Youth and Families 604-526-2522**
- **Gordon House Youth (S.E.A.R.C.H.) 604-687-8868**
Pre-employment program targeting street youths 15-24 years old
- **Boys and Girls Clubs of Greater Vancouver 604-879-6554**

YOUTH CLINICS

Physicians and nurses can provide some counselling or referral services

- **Broadway Youth Resource Centre 604-709-5720**
- **Mid Main Youth Clinic 604-709-6400 ext 2092**
Wed 2:30-5:00pm age 25 and under
- **Pacific Spirit Community Health Centre Youth Clinic 604-261-6366**
- **Evergreen Community Health Centre Youth Clinic 604-736-2391**
- **Commercial Drive Youth Clinic 604-253-3575**

SENIOR CITIZENS

- **Senior Citizens Counsellors Inquire at the nearest Ministry of Human Resources**
- **411 Seniors Centre 604-684-8171**
Information, referral, counselling and activities
- **West End Seniors Network 604-669-5051**
Provides counselling, information and referral
- **Burnaby Seniors' Outreach Services Society 604-251-2258**
- **Jewish Family Services 604-257-5151**

SEXUAL COUNSELLING

- **Sex Addicts Anonymous 604-290-9343**
- **Sexaholics Anonymous 604-290-9643**
- **Little Mountain Neighbourhood House Counselling Program 604-879-7104**
- **Family Services of Greater Vancouver West 7th Ave 604-731-4951
Kingsway 604-874-2938**
Sliding scale fee
- **Sexual Medicine Clinic University Hospital UBC Site 604-875-8282**
- **Sexual Recovery Anonymous Burnaby 604-290-9382**
Recovery from destructive sexual behaviour and thinking. Based on the 12 steps of AA

SERVICES FOR NON-ENGLISH SPEAKING PEOPLE

- **Host Program 604-988-2931**
Volunteers offer friendship, guidance and emotional support to refugees
- **Immigrants Services Society 604-684-2561**
English language training, employment services, immigrant services settlement department, counselling, housing, orientation
- **India Mahila Association 604-321-7225**
Support for women of East Indian origin
- **MOSAIC 604-254-9626**
Assists immigrants to adjust to their new lives in Canada
- **SUCCESS: 604-684-1628
Burnaby / Coquitlam 604-936-5900**
Information, counselling and other services for the Chinese community
- **Immigrant Services Society of BC 604-684-7498**
Support group for Vietnamese women and their families

COUNSELLING SERVICES FOR LESBIANS AND GAYS

- **Gay & Lesbian Community Centre 604-684-5307**
- **Pride Line; 604-784-6869, 1-800-566-1170**
Crisis Line 7-10pm
- **Christ Alive Metropolitan Community Church of Vancouver 604-739-7959**

Continued on back page...