

**NORTH SHORE COMMUNITY RESOURCES**  
***Your Mental Health Webinar 2: Breaking Down Barriers***

**SERVICES AND SUPPORTS**

**Vancouver Coastal Health (VCH)**

**Mental Health and Substance Use Community Programs – Adult**  
(Referral required by GP)

The HOpe Centre brings together both inpatient and outpatient mental health services under one roof, vastly improving the efficiency of the care provided. Foundry (for Youth) and Stepping Stones (Adult Substance Use) are available by referral from the doctor or individuals can self-refer. Further information about those services is listed below. They are located off site of The HOpe Centre.

Mental Health Intake Line – North Shore: 604 984 5000

**Foundry North Shore – Youth**

(Self-referral available)

<https://foundrybc.ca/northshore>

For young people 12-24 provides access to mental health and substance use support, primary care, peer support and social services.

Drop-in Counselling is a good point of entry to Foundry services for many clients. It is available to anyone 12-24. From drop-in, concurrent clients aged 12-19 may be referred on to longer term counselling at Foundry, and non-concurrent clients may be referred to Child Youth Mental Health at Ministry Children Families (MCFD) for more ongoing mental health services. Foundry also offers counselling for clients aged 19-24 who are non-concurrent. Peer support is available to any Foundry client.

YURT services are available to anyone 12-24 experiencing distress, crisis, or rapid decompensation of mental health. It operates like a helpline and a bridge to longer term mental health services, and YURT clinicians can do outreach to schools, homes, or hospitals.

Primary care is available to anyone 12-24 who does not have a family doctor. Foundry also offers occupational therapy and eating disorder services. We have parent support and family therapy workshops available as well.

211 W. 1st Street, North Vancouver, BC V7M 0E3  
Call 604 984-5060

Email [foundrynorthshore@vch.ca](mailto:foundrynorthshore@vch.ca)

## **Foundry – Youth Online Services**

<https://foundrybc.ca/virtual/navigation/>

To book an appointment with our service providers or learn more about our services please call us at 1-833-308-6379 between 1:15pm to 9:00pm Monday to Friday. You can send us an email at [online@foundrybc.ca](mailto:online@foundrybc.ca) or register online to book an appointment at any time!

### **Not sure where to start?**

A Navigator Appointment is a short (30-minute), same-day appointment with a Foundry Virtual peer supporter where you can share a little bit about yourself and your experiences and talk about possible next steps. Go to the website above to book now or to learn more.

## **Stepping Stones – for those living with Substance Use concerns**

(Self-referral available)

<http://www.healthconnectbc.ca/vch/programs/382-stepping-stones-concurrent-disorders-services>

Provides easy and quick access to evidence-based treatments for adults over the age of 19 who are struggling with problematic substance use or concurrent mental health and substance use issues.

### **Stepping Stones services include:**

- Weekly treatment groups
- Trauma symptom management groups
- Referrals to residential treatment facilities
- Outpatient withdrawal management and support
- Individual therapy, family and caregiver support groups
- Medication assisted treatments
- Opiate Replacement Therapy
- Day program

145 West 17th Street, Suite 250, North Vancouver, BC V7M 3G4  
Call 604 982-5616

## **The North Shore Mental Health and Substance Use Family Advisory Committee**

**[http://www.vch.ca/Pages/Family-support.aspx?res\\_id=1401](http://www.vch.ca/Pages/Family-support.aspx?res_id=1401)**

Volunteer membership includes family members who have shared experience with a loved one who has received mental health or substance use services from the various services on the North Shore. There are also members from the North Vancouver District RCMP and key health professionals from Lions Gate Hospital and The HOpe Centre.

### **On their website is information regarding:**

- What to do when your loved one is in crisis
- What happens at the Emergency Department
- Admission to the Mental Health Inpatient Unit
- Community resources & support for families

## **Non-VCH Services and Resources**

### **Service Providers**

#### **Family Services of the North Shore**

**<https://www.familyservices.bc.ca/>**

(Private pay model from \$20 to \$125 per session). Our Intake Counsellor will help you to determine which services are most appropriate and how much you would pay).

Family Services of the North Shore is a non-profit, community-based agency committed to making deep and lasting impact across the entire North Shore, from Deep Cove to Bowen Island and every point in between. We offer counselling, support, education, and volunteer engagement opportunities to help you reach your full potential throughout your life, whenever you need us most.

Call 604 988-5281, ext. 226

#### **North Shore Stress and Anxiety Clinic**

**<http://www.nssac.ca/>**

(Private pay model– different benefit programs may cover some services provided). Offers assessment, consultation, and therapy services to a wide range of clients.

They have expertise in providing assistance for a wide variety of difficulties, including problems with stress, anxiety, mood, behaviour, learning, and attention.

145 Chadwick Ct #330, North Vancouver, BC  
Call 604 985-3939

## **Associations**

### **Canadian Mental Health Association**

<https://cmha.bc.ca/>

The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. Providing information on a specific mental illness, tips on keeping your own mental health in balance, or are help for yourself or someone you care about.

Canadian Mental Health Association, BC Division  
Suite 905 – 1130 West Pender Street, Vancouver, BC

Call 604 688-3234  
Toll-free phone (BC only) 1-(800)-555-8222

### **Pathways – Serious Mental Illness Society (formerly Schizophrenia Society)**

<https://pathwayssmi.org/>

Pathways Serious Mental Illness Society is about families helping families and offers programs to anyone in the Lower Mainland and the Sea to Sky Corridor, with help over the phone to others who call regardless of where they live.

The Family Support Centre, provides personal support and information on major mental illnesses — schizophrenia, bipolar disorder, depression, borderline personality disorder, concurrent disorders, and anxiety disorders.

Call (604) 926-0856  
Email: [info@pathwayssmi.org](mailto:info@pathwayssmi.org)

### **Further Reading: Websites & Articles**

In this webinar we shared information around *Stigma and impact of language with Mental Health and Substance Use*. The following are resources if you are curious to learn more. The resources are practical in nature and great reads.

#### **Language Matters (cheat sheet)**

[https://www.mentalhealthcommission.ca/sites/default/files/2020-08/language\\_matters\\_cheat\\_sheet\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-08/language_matters_cheat_sheet_eng.pdf)

#### **Overcoming Stigma through Language: A Primer**

<https://www.ccsa.ca/sites/default/files/2019-09/CCSA-Language-and-Stigma-in-Substance-Use-Addiction-Guide-2019-en.pdf>

#### **Stigma Reducing Language**

<https://www.shatterproof.org/about-addiction/stigma/stigma-reducing-language>