

## RESOURCES

### Chronic Pain

Counselling (low-cost)

Crisis

### Employment Support

Family

Members/Caregivers

Support

### Grief & Loss

Mental Health

Seniors Support

### Substance Use

Volunteering

CHRONIC PAIN			
<b>Pain BC</b>	<a href="https://painbc.ca/find-help">https://painbc.ca/find-help</a>	<b>Pain Support Line:</b> 1-844-880-PAIN	Chronic pain support groups and other services for people coping with chronic pain.
<b>Self-Management BC</b>	<a href="https://www.selfmanagementbc.ca/">https://www.selfmanagementbc.ca/</a>	1-866-902-3767	Free health programs for adults with chronic condition, chronic pain, diabetes, and cancer.

COUNSELLING (LOW-COST)			
<b>CMHA North and West Vancouver Branch</b>	<a href="https://northwestvancouver.cmha.bc.ca/programs-services/counselling/">https://northwestvancouver.cmha.bc.ca/programs-services/counselling/</a>	604-987-6959 <a href="mailto:info@cmhanorthshore.ca">info@cmhanorthshore.ca</a>	Low-cost counselling with intern or registered clinical counsellors.
<b>Family Services North Shore</b>	<a href="https://www.familyservices.bc.ca/find-support/counselling-support/">https://www.familyservices.bc.ca/find-support/counselling-support/</a>	604-988-5281 <a href="mailto:intake@familyservices.bc.ca">intake@familyservices.bc.ca</a>	Offers counselling on a sliding fee scale.
<b>Living Systems Counselling</b>	<a href="https://livingsystems.ca/counselling/locations/north-vancouver/">https://livingsystems.ca/counselling/locations/north-vancouver/</a>	604-926-5496	Counselling sessions at a reduced rate.
<b>Open Door Community Counselling</b>	<a href="https://www.open-door.ca/">https://www.open-door.ca/</a>	<a href="mailto:opendoorcommunitycounseling@gmail.com">opendoorcommunitycounseling@gmail.com</a>	Low-cost counselling with intern or registered clinical counsellors.
<b>Wellness Together Canada</b>	<a href="https://www.wellnesstogether.ca/en-CA/service/talk">https://www.wellnesstogether.ca/en-CA/service/talk</a>	1-866-585-0445	Free <b>phone</b> counselling across Canada.

CRISIS			
<b>Crisis Centre</b>	<b>Suicide Line:</b> 800-784-2433/800-SUICIDE <b>Mental Health Support Line:</b> 310-6789 <b>Chat for Youth:</b> <a href="http://www.YouthInBC.com">www.YouthInBC.com</a> <b>Chat for Adults:</b> <a href="http://www.CrisisCentreChat.ca">www.CrisisCentreChat.ca</a> <b>Seniors Distress Line:</b> 604-872-1234	<a href="https://crisiscentre.bc.ca">https://crisiscentre.bc.ca</a>	Provides mental health crisis support and suicide prevention lines and chats (chats are available from noon-1am).
VCH <b>Distress Line</b> (Greater Vancouver)	<b>Distress &amp; Seniors Distress Line:</b> 604-872-3311 Toll Free: 1-866-661-3311	<a href="https://www.vch.ca/en/service/crisis-response-lines#short-description--5536">https://www.vch.ca/en/service/crisis-response-lines#short-description--5536</a>	The crisis line serves all communities within VCH region.
<b>KUU-US Crisis Line Society</b>	<b>Indigenous Adults Crisis Line:</b> 250-723-4050 <b>Indigenous Youth Crisis Line:</b> 250-723-2040 Toll free: 1-800-588-8717	<a href="https://www.kuu-uscisisline.com/">https://www.kuu-uscisisline.com/</a>	Provides crisis lines for indigenous people.
<b>Talk Suicide Canada</b>	<b>Suicide Line:</b> 833-456-4566 (toll-free)	<a href="https://talksuicide.ca/">https://talksuicide.ca/</a>	Crisis line for people thinking about suicide or worried about others.
<b>Lookout North Shore Housing Centre</b>	<a href="https://lookoutsociety.ca/contact-us/#1496952640914-b87d71c3-3780">https://lookoutsociety.ca/contact-us/#1496952640914-b87d71c3-3780</a>	604-982-9126	Provides <b>housing</b> in North Vancouver: 705 West 2 <sup>nd</sup> Street, North Vancouver, BC, V7M 1E6
<b>North Shore Crisis Services Society</b>	<a href="https://nscss.net/">https://nscss.net/</a>	<b>Women's Support Line:</b> 604-987-3374	Provides support services for abused <b>women</b> and <b>children</b> : shelter, clothing, etc.
<b>PACT</b> (CMHA North & West Vancouver)	<a href="https://northwestvancouver.cmha.bc.ca/programs-services/peer-assisted-care-team-pact/">https://northwestvancouver.cmha.bc.ca/programs-services/peer-assisted-care-team-pact/</a>	Call: 1-888-261-7228 Text: 778-839-1831 (Available in English and Farsi)	<b>Mobile community-led team</b> responds to crisis calls related to mental health and/or substance use on the North Shore. Thursday to Monday, 4 pm – 12.00 midnight.

EMPLOYMENT SUPPORT			
<b>Impact North Shore</b>	<a href="https://impactnorthshore.ca/our-services/employment/">https://impactnorthshore.ca/our-services/employment/</a>	604-988-2931	Provides a variety of programs to support finding employment for <b>immigrants</b> .
<b>Squamish Nation</b> Education, Employment & Training Department	<a href="https://www.squamish.net/education-employment-training/">https://www.squamish.net/education-employment-training/</a>	604-982-7600	Helps to meet educational and employment goals for <b>Squamish Nation</b> members.
<b>Work BC Centre</b> - North Vancouver	<a href="https://www.workbc.ca/">https://www.workbc.ca/</a>	604-988-3766 <a href="mailto:workbcnorthshore@ywcavan.org">workbcnorthshore@ywcavan.org</a>	Helps navigating the labor market and finding a job.
<b>YWCA</b>	<a href="https://ywcavan.org/programs/services-job-seekers-and-employers">https://ywcavan.org/programs/services-job-seekers-and-employers</a>		Provides employment programs & services.

FAMILY MEMBERS / CAREGIVERS SUPPORT			
<b>Al-Anon</b> Meetings	<a href="https://al-anon.org/al-anon-meetings/">https://al-anon.org/al-anon-meetings/</a>	888-425-2666	In-person and online support groups for people who are troubled by another person's <b>drinking</b> .
<b>Emotions BC</b>	<a href="https://emotionsbc.ca/groups-programs/">https://emotionsbc.ca/groups-programs/</a>	604-968-6448	Free online support groups and programs for caregivers to improve <b>mental health</b> and <b>wellness</b> .
<b>Family Smart</b>	<a href="https://familysmart.ca/">https://familysmart.ca/</a>	855-887-8004 <a href="mailto:info@familysmart.ca">info@familysmart.ca</a>	Support and online events for parents / caregivers who are parenting a <b>child with mental health</b> or <b>substance use</b> challenge.
<b>Hollyburn Family Services</b>	<a href="https://www.hollyburn.ca/">https://www.hollyburn.ca/</a>	604-987-8211 <a href="mailto:info@hollyburn.ca">info@hollyburn.ca</a>	Offers <b>family</b> support programs and counselling services.
<b>Nar-Anon</b> Family Groups for BC	<a href="https://naranonbc.com/">https://naranonbc.com/</a>	604-878-8844 <a href="mailto:BCNaranon@gmail.com">BCNaranon@gmail.com</a>	12 step program for family and friends affected by someone else's <b>addiction</b> .

<b>Pathways</b> Serious Mental Illness Society	<a href="https://pathwayssmi.org/">https://pathwayssmi.org/</a>	604-926-0856 <a href="mailto:info@pathwayssmi.org">info@pathwayssmi.org</a>	Courses and support groups offered by families for other families who have a loved one with <b>mental illness</b> .
<b>Thrive Family Programs</b> (Family Services North Shore)	<a href="https://www.familyservices.bc.ca/find-support/thrive-family-programs/">https://www.familyservices.bc.ca/find-support/thrive-family-programs/</a>	604-986-9311 <a href="mailto:thrive@familyservices.bc.ca">thrive@familyservices.bc.ca</a>	Offers support for <b>parents</b> .

## GRIEF & LOSS

<b>Canadian Association for Suicide Prevention</b>	<a href="https://suicideprevention.ca/support-for-people-living-with-loss/">https://suicideprevention.ca/support-for-people-living-with-loss/</a>		Resources for people dealing with <b>suicide loss</b> .
<b>Family Services North Shore</b>	<a href="https://www.familyservices.bc.ca/find-support/end-of-life-and-grief-support/">https://www.familyservices.bc.ca/find-support/end-of-life-and-grief-support/</a>	604-988-5281 ext. 233	Offers free grief support group.
<b>Lumara Grief &amp; Bereavement Care Society</b>	<a href="https://lumarasociety.org/home/">https://lumarasociety.org/home/</a> <a href="https://lumarasociety.org/camp-kerry/">https://lumarasociety.org/camp-kerry/</a>	604-553-4663	Offer virtual and in-person grief support group for families, adults, youths, and children.

## MENTAL HEALTH

<b>Anxiety Canada</b>	<a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>	604-620-0744	Offers online toolkits and online courses for people struggling with <b>anxiety</b> .
<b>Borderline Personality Disorder</b> (Society of BC)	<a href="https://www.bpdbc.ca/our-services">https://www.bpdbc.ca/our-services</a>	<a href="mailto:info@bpdbc.ca">info@bpdbc.ca</a>	Offers support groups and resources on <b>borderline personality disorder</b> .
<b>Bounce Back</b>	<a href="https://bouncebackbc.ca/">https://bouncebackbc.ca/</a>	1-866-639-0522 <a href="mailto:Bounceback@cmha.bc.ca">Bounceback@cmha.bc.ca</a>	Free skill-building program to help adults and youth (13+) manage <b>low mood, anxiety</b> , and <b>stress</b> via online resources or phone coach.

<b>Foundry North Shore</b>	<a href="https://foundrybc.ca/northshore/">https://foundrybc.ca/northshore/</a>	604-984-5060 <a href="mailto:foundrynorthshore@vch.ca">foundrynorthshore@vch.ca</a>	Offers young people ( <b>12-24 years</b> ) access to <b>mental health</b> support, primary care, peer support, etc.
<b>Heads Up Guys</b>	<a href="https://headsupguys.org/">https://headsupguys.org/</a>		Offers health strategies for managing and preventing <b>depression</b> for <b>men</b> .
<b>Mood Disorders Association of BC</b>	<a href="https://mdabc.net/">https://mdabc.net/</a>	604-873-0103	Offers treatment, support groups, counseling, and education for people living with <b>mood disorders</b> .
<b>OCD Online Support Groups &amp; Counselling</b> (CMHA Vancouver Fraser Branch)	<a href="https://vancouver-fraser.cmha.bc.ca/ocd-zoom-series/">https://vancouver-fraser.cmha.bc.ca/ocd-zoom-series/</a>	<a href="mailto:groups.vf@cmha.bc.ca">groups.vf@cmha.bc.ca</a>	Online support groups, mindfulness, and counselling for people struggling with <b>OCD</b> .
<b>Peer Navigation</b> (CMHA North and West Vancouver Branch)	<a href="https://northwestvancouver.cmha.bc.ca/peer-navigation-at-the-kelty-dennehy-mental-health-resource-centre/">https://northwestvancouver.cmha.bc.ca/peer-navigation-at-the-kelty-dennehy-mental-health-resource-centre/</a>	604-353-8235 <a href="mailto:keltyhope@cmha.bc.ca">keltyhope@cmha.bc.ca</a> <a href="mailto:karen.hoshino@cmhanorthshore.ca">karen.hoshino@cmhanorthshore.ca</a>	A peer navigator has a lived experience of <b>mental health challenges</b> and can offer guidance on your journey.
<b>Schizophrenia Society</b> (BC)	<a href="https://www.bcscs.org/support/bcss-programs/">https://www.bcscs.org/support/bcss-programs/</a>	604-270-7841 1-888-888-0029 <a href="mailto:info@bcscs.org">info@bcscs.org</a>	Offers resources and services for people with <b>schizophrenia</b> .

<b>SENIORS SUPPORT</b>			
<b>Family Services North Shore</b>	<a href="https://www.familyservices.bc.ca/find-support/seniors-support/">https://www.familyservices.bc.ca/find-support/seniors-support/</a>	604-988-5281 <a href="mailto:intake@familyservices.bc.ca">intake@familyservices.bc.ca</a>	Registered clinical <b>counsellor</b> helps seniors and their caregivers struggling with isolation, mental illness, loss, or abuse.
<b>North Shore Community Resources</b>	<a href="https://seniors.nscr.ca/">https://seniors.nscr.ca/</a>	604-985-7138	Helps seniors <b>finding programs</b> , provides <b>non-medical services</b> , <b>support</b> to caregivers and <b>outreach</b> to vulnerable seniors.
<b>North Shore Keep Well Society</b>	<a href="https://www.keepwellsociety.ca/">https://www.keepwellsociety.ca/</a>	604-988-7115, ext. 3001 <a href="mailto:info@keepwellsociety.ca">info@keepwellsociety.ca</a>	Offers free <b>exercise</b> and <b>wellness</b> programs for seniors on the North Shore.

<b>North Shore Neighborhood House</b>	<a href="https://www.nsnh.bc.ca/">https://www.nsnh.bc.ca/</a>	Seniors Program Coordinator Zheni Gazdova: 604-983-6496.  Seniors Peer Support Program Coordinator Lora Harding: 604-983-6490 / 604-315-2084 <a href="mailto:lharding@nsnh.bc.ca">lharding@nsnh.bc.ca</a>	Offers <b>social</b> and <b>recreational</b> programs for seniors as well as free seniors <b>peer support</b> .
<b>Seniors Abuse and Information Line</b>	<a href="https://seniorsfirstbc.ca/programs/sail/">https://seniorsfirstbc.ca/programs/sail/</a>	<b>Seniors Abuse and Information Line:</b> 604-437-1940 (Lower Mainland)	Line for older adults and those who care about them to speak about <b>abuse</b> and <b>mistreatment</b> .

<b>SUBSTANCE USE</b>			
<b>Access Central - Detox Referral Line</b>	<a href="https://www.vch.ca/en/service/access-central-detox-referral-line#short-description--5576">https://www.vch.ca/en/service/access-central-detox-referral-line#short-description--5576</a>	866-658-1221	Provides access to withdrawal management and information about <b>substance use</b> resources.
<b>Alcoholics Anonymous</b> (Greater Vancouver Intergroup Society)	<a href="https://www.vancouveraa.ca/">https://www.vancouveraa.ca/</a>	604-434-3933 <a href="mailto:staff@vancouveraa.ca">staff@vancouveraa.ca</a>	Support groups for people experiencing problems with <b>alcohol</b> .
<b>Alcohol &amp; Drug Information Referral Service Line</b>	<a href="https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service">https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service</a>	604 660-9382 (Lower Mainland)	Information and referral services to people coping with any kind of <b>substance use</b> issue.
<b>Avalon Recovery Society</b>	<a href="https://www.avalonrecoveryociety.org/">https://www.avalonrecoveryociety.org/</a>	604-913-0477 (North Shore) 604-263-7177 (Vancouver)	Support groups and services for <b>women</b> with lived experience of <b>addiction</b> and trauma.
<b>Foundry North Shore</b>	<a href="https://foundrybc.ca/northshore/">https://foundrybc.ca/northshore/</a>	604-984-5060	Offers young people ( <b>12-24 years</b> ) access to <b>substance use</b> support, primary care, peer support, and social services.

<b>Narcotics Anonymous</b> (Vancouver Area)	<a href="https://www.vascna.ca/">https://www.vascna.ca/</a>	604-873-1018, 1-866-683-6819 (toll free)	Support groups for people experiencing problems with <b>drugs</b> .
<b>Stepping Stones Concurrent Disorders Service</b> (North Vancouver)	<a href="https://www.vch.ca/en/location-service/stepping-stones-concurrent-disorders-service-west-17th-street">https://www.vch.ca/en/location-service/stepping-stones-concurrent-disorders-service-west-17th-street</a>	604-982-5616	Treatment for adults struggling with <b>substance use</b> issues.

<b>VOLUNTEERING</b>			
<b>North Shore Community Resources</b>	<a href="https://volunteer.nscr.ca/">https://volunteer.nscr.ca/</a>	Volunteer Coordinator Elaine Smith: 604-982-3307	Provides information about volunteering opportunities on the North Shore.