

RESOURCES

Chronic Pain

Counselling (low-cost)

Crisis

Employment Support

Family

Members/Caregivers

Support

Grief & Loss

Mental Health

Seniors Support

Substance Use

Volunteering

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

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

CRISIS			
National Suicide Crisis Helpline	9-8-8 (call or text)	https://988.ca/	
Suicide Hotline	800-784-2433 / 800-SUICIDE	https://crisiscentre.bc.ca	
Mental Health Support Line	310-6789	https://crisiscentre.bc.ca	
Mental Health Online Chats	Chat for Youth: www.YouthInBC.com Chat for Adults: www.CrisisCentreChat.ca	https://crisiscentre.bc.ca	Available from noon-1 am.
Seniors Distress Line	604-872-1234	https://crisiscentre.bc.ca	
Vancouver Coastal Regional Distress Line	604-872-3311 Toll Free: 1-866-661-3311		
KUU-US Crisis Line	Indigenous Adults Crisis Line: 250-723-4050 Indigenous Youth Crisis Line: 250-723-2040 Toll free: 1-800-588-8717	https://www.kuu-uscrisisline.com/	Provides crisis lines for indigenous people.
North Shore PACT (Peer Assisted Care Team)	Call: 1-888-261-7228 Text: 778-839-1831 Available in English and Farsi	https://northwestvancouver.cmlha.bc.ca/programs-services/peer-assisted-care-team-pact/	Mobile community-led team responds to crisis calls related to mental health and/or substance use. 7 days a week, 8 am – 12.30 am.
Women's Support Line (North Shore Crisis Services Society)	604-987-3374	https://nscss.net/	Provides support services for abused women and children : shelter, clothing, etc.

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

FAMILY MEMBERS / CAREGIVERS SUPPORT			
Al-Anon Meetings	https://al-anon.org/al-anon-meetings/	888-425-2666	In-person and online support groups for people who are troubled by another person's drinking .
Emotions BC	https://emotionsbc.ca/groups-programs/	604-968-6448	Free online support groups and programs for caregivers to improve mental health and wellness .
Family Smart	https://familysmart.ca/	855-887-8004 info@familysmart.ca	Support and online events for parents / caregivers who are parenting a child with mental health or substance use challenge.
Hollyburn Family Services	https://www.hollyburn.ca/	604-987-8211 info@hollyburn.ca	Offers family support programs and counselling services.

Nar-Anon Family Groups for BC	https://naranonbc.com/	604-878-8844 BCNaranon@gmail.com	12 step program for family and friends affected by someone else's addiction .
Pathways Serious Mental Illness Society	https://pathwayssmi.org/	604-926-0856 info@pathwayssmi.org	Courses and support groups offered by families for other families who have a loved one with mental illness .
Thrive Family Programs (Family Services North Shore)	https://www.familyservices.bc.ca/find-support/thrive-family-programs/	604-986-9311 thrive@familyservices.bc.ca	Offers support for parents .

GRIEF & LOSS

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

MENTAL HEALTH

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

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

SENIORS SUPPORT			
Family Services North Shore	https://www.familyservices.bc.ca/find-support/seniors-support/	604-988-5281 intake@familyservices.bc.ca	Registered clinical counsellor helps seniors and their caregivers struggling with isolation, mental illness, loss, or abuse.
North Shore Community Resources	https://seniors.nscr.ca/	604-985-7138	Helps seniors finding programs , provides non-medical services, support to caregivers and outreach to vulnerable seniors.

North Shore Keep Well Society	https://www.keepwellsociety.ca/	604-988-7115, ext. 3001 info@keepwellsociety.ca	Offers free exercise and wellness programs for seniors on the North Shore.
North Shore Neighborhood House	https://www.nsnh.bc.ca/	Seniors Program Coordinator Zheni Gazdova: 604-983-6496. Seniors Peer Support Program Coordinator Lora Harding: 604-983-6490 / 604-315-2084 lharding@nsnh.bc.ca	Offers social and recreational programs for seniors as well as free seniors peer support .
Seniors Abuse and Information Line	https://seniorsfirstbc.ca/programs/sail/	Seniors Abuse and Information Line: 604-437-1940 (Lower Mainland)	Line for older adults and those who care about them to speak about abuse and mistreatment .

SUBSTANCE USE

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

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

VOLUNTEERING			
North Shore Community Resources	https://volunteer.nscr.ca/	Volunteer Coordinator Elaine Smith: 604-982-3307	Provides information about volunteering opportunities on the North Shore.