

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



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| <input type="checkbox"/> Boys and Girls Club/Hillside Club
North Delta: 604 591 9262 | Family and youth crisis counselling, family therapy, crime prevention family counselling.
Ages 13-19 |
| <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 |
| <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 | Walk in, no appointment necessary. Assessment, therapy, parenting programs for a wide range of mental health problems.
<i>*May refer to aboriginal services and developmental disability services*.</i>
Ages 6-18 |
| <input type="checkbox"/> Options Community Services
Surrey Main Office: 604 584 5811 | Suicide Prevention, Education and Counselling (SPEAC Program). Suicide assessment, urgent response and short term counselling. Ages up to 18 |
| <input type="checkbox"/> Pacific Community Resources Society
Fraser Regional Office: 604 951 4821 | Youth and family counselling, addictions, housing support. Ages 13-18 |
| <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.

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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"/>	FORCE Society for Kids Mental Health 604 878 3400 forcesociety.com	Youth and parent resources and peer support for mental health and substance use needs. Ages 0-25
<input type="checkbox"/>	Kelty Mental Health Resource Centre 604 875 2084 keltymentalhealth.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	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"/>	Optimism	Helps track symptoms, triggers and offers strategies to help with mood and anxiety disorders.

NOTES