

## Child & Youth Free Mental Health Organizations & Resources | South Delta

Date: \_\_\_\_\_

Mental Wellness Action Plan: \_\_\_\_\_

	<b>Visit your family doctor</b> Check <a href="https://medimap.ca">medimap.ca</a> for walk-in clinics' wait times & hours	<b>Don't have a family doctor &amp; you live in Ladner or Tsawwassen?</b> Register online: <a href="https://delta.fetchbc.ca">delta.fetchbc.ca</a>
	<b>Child &amp; Youth Mental Health Walk-In Intake (MCFD): 604 940 7900</b> 220 – 5000 Bridge St., Ladner	<b>For initial assessment by a Psychologist / Clinician: New clients only.</b> Open Thursdays: 9 am – 11:30 am, drop-in
	<b>START (Short-Term Assessment, Response &amp; Treatment)</b> 1 844 START11	<b>Confidential mental health crisis program that can include assessment, safety planning, and treatment.</b>
	<b>Deltassist: (0-19)</b> 202 – 5000 Bridge St., Ladner 604 946 9526 <a href="https://deltassist.com">deltassist.com</a>	<b>Individual &amp; Family Counselling, Youth Suicide Prevention, Alcohol and Drug Counselling.</b> Monday to Friday: 9 am – 4:30 pm
	<b>Boys &amp; Girls Club: (13-19):</b> 205 – 5000 Bridge St., Ladner 604 591 9262 <a href="https://bgcbc.ca">bgcbc.ca</a>	<b>Youth and Family Counselling, Sexual Abuse Intervention Program, Integrated Youth Service.</b> Monday to Friday: 8:30 am – 4:30 pm
	<b>Early Psychosis Intervention: (13-35)</b> Peace Arch Hospital, 2nd Floor 604 538 4278 <a href="https://earlypsychosis.ca">earlypsychosis.ca</a>	<b>Psychosis is characterized by significant changes in a person's perceptions, thoughts, beliefs, and behaviours.</b> Monday to Friday: 8:30 am – 4:30 pm
	<b>Delta Mental Health Centre (19+)</b> 15 – 835 56 St., Tsawwassen 604 948 7010	<b>Comprehensive mental health programs and services, Rapid Access Clinic.</b> Monday to Friday: 8:30 am – 4:30 pm
	<b>Delta Hospice Society (All ages)</b> 4631 Clarence Taylor Cres., Ladner 604 948 0660	<b>Grief support, bereavement counselling for sudden or anticipated death</b> Monday to Friday: 9 am – 4 pm

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### HELP LINES

1-800-SUICIDE: 24/7	1 800 784 2433
Crisis Line / Mental Health Support: 24/7	310 6789
Fraser Health Crisis Line: 24/7	604 951 8855
Kids Help Line (BC) Call: 24/7	310 1234
Text: 6 pm – 12 am	778 783 0177
Kids Help Phone (National): 24/7	1 800 668 6868
KUU-US Crisis Line (Aboriginal): 24/7	1 800 588 8717
Aboriginal Mental Health Liaison	604 953 4900 ext. 763041
Ministry of Child & Family Development Social Services Intake Line/Child Protection	1 800 784 2433
VictimLink BC: 24/7	1 800 563 0808
Youth Against Violence Line: 24/7 Call:	1 800 680 4264
Text:	604 836 6381

#### ONLINE CHAT:

youthinbc.com (Every day from 12 pm – 1 am)  
 youthspace.ca (Every day from 6 pm – 12 am)  
 kidshelpphone.ca (Wednesday – Sunday: 3 – 11 pm)

### WEBSITES

[au.reachout.com](http://au.reachout.com)  
[agedout.com](http://agedout.com)  
[Anxietybc.ca](http://Anxietybc.ca)  
[BC-counsellors.org](http://BC-counsellors.org)  
[dwdonline.ca](http://dwdonline.ca)  
[familysmart.ca](http://familysmart.ca)  
[fraserhealth.ca](http://fraserhealth.ca)  
[Heretohelp.ca](http://Heretohelp.ca)  
[Keltymentalhealth.ca](http://Keltymentalhealth.ca)  
[Kidshelpphone.ca](http://Kidshelpphone.ca)  
[mdabc.net](http://mdabc.net)  
[Mindcheck.ca](http://Mindcheck.ca)  
[Mindhealthbc.ca](http://Mindhealthbc.ca)  
[Mindyourmind.ca](http://Mindyourmind.ca)  
[NeedHelpNow.ca](http://NeedHelpNow.ca)  
[Openmindbc.ca](http://Openmindbc.ca)  
[Qmunity.ca](http://Qmunity.ca)  
[Teenmentalhealth.org](http://Teenmentalhealth.org)  
[walkalong.ca](http://walkalong.ca)  
[Youthinbc.ca](http://Youthinbc.ca)  
[youthagainstvviolenceline.com](http://youthagainstvviolenceline.com)

### SUBSTANCE USE

Alcohol and Drug Resources (24 Hours)	604 660 9382
Pacific Community Resource Society	604 836 6273
Little House Society	778 434 3119
5061 12th Avenue, Tsawwassen	
Narcotics Anonymous	604 873 1018
Alcoholics Anonymous	604 434 3933

### APPS

BoosterBuddy  
 Calm  
 Headspace  
 Mindshift  
 Optimism  
 Stop, Breathe, Think