

IN-PERSON COUNSELLING

Child and Youth Mental Health (MCFD) - no cost counselling

North Shore Central Intake at #301 - 224 W Esplanade

604-904-4300

The Foundry – integrated services – no cost counselling

211 W. 1st Street <https://foundrybc.ca/northshore/>

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

604-984-5060

Family Services of the North Shore Family, youth & child counselling

203 - 1111 Lonsdale Avenue www.familyservices.bc.ca

604-988-5281

ext. 226

Programs include:

Stopping the Violence (STV). A program for women who have experienced abuse/violence

Thrive Family Program; A program that supports family health

Embody (formerly Jessie's Legacy); Counselling support for disordered eating

Hollyburn Family Services Family, youth & child counselling

267 Esplanade W, North Vancouver, BC V7M 1A5

604-987-8211

Programs include:

Family Support Services (FSS) (free/short-term/8-12 sessions/self-referred)

Parent/Teen Mediation (PTM) (free/short-term/up to 10 sessions/self-referred)

Family Preservation and Reunification (FPR) (free/longer-term/Ministry-referred)

Fetal Alcohol Spectrum Disorder (FASD)/Complex Developmental Behavioural Conditions (CDBC) Support

Online Support Group for parents of children/youth with ADD/ADHD, CDBC or FASD.

Incredible Years™ (IY) Parenting Program for Caregivers of Children Aged 2-7 Years.

OTHER SUPPORTS

Program: Confident Parents: Thriving Kids Behaviour Program

1-800-555-8222

[Confident Parents: Thriving Kids – Confident Parents: Thriving Kids \(cmhacptk.ca\)](http://cmhacptk.ca)

A family-focused coaching service for parents via telephone. Programs support families with children aged 3–12 who are experiencing challenges with anxiety and behaviour.

In addition, the **We are Indigenous: Big Worries/Strong Spirit Program** supports First Nations, Metis, and Inuit families whose children are experiencing anxiety

KUU-US Crisis Line

1-800-588-8717

250-723-2040

First Nations and Indigenous specific crisis line available 24/7

days a week, toll-free. Offers support to individuals with mental health issues, addiction,

health concerns, suicide ideation and survivorship, grief and loss, crime, abuse, peer pressure.

Kids Help Phone

1-800-668-6868

Counselling and referral service. Phone or text CONNECT to 686868, and

chat confidentially with a trained, volunteer Crisis Responder for support

with any issue. <https://kidshelpphone.ca/need-help-now-text-us/>

Suicide Support Line

1-800-784-2433

Immediate response to crisis or distress, available 24/7

<http://crisiscentre.bc.ca/contact-us/>

Forensic Nursing Services at Lions Gate Hospital**604-988-3131**

If you are 13 years old or older and have experienced sexual assault, intimate partner violence, domestic violence and/or human trafficking within the past 7 days. You can choose to access specialized care through the Forensic Nursing Services at the Lions Gate Hospital emergency department. This service is confidential.

Sexual Assault Response Program (through Family Services of North Shore)**604-924-7676**

24-hour line provides free coordinated services for survivors of sexual assault inclusive of all genders and available to all residents of North Vancouver, West Vancouver, Bowen Island and Lions Bay.

YouthSpace.ca 6 p.m. – 11 p.m. support**778-783-0177**

Prefer to chat online or by text? [Youthspace.ca](https://youthspace.ca) provides emotional and crisis intervention service for young people under 30.

BC Association of Clinical Counsellors <https://bcacc.ca/counsellors/>

Search the database to find a Registered Clinical Counsellor to suit your needs.

Counselling BC website <https://counsellingbc.com/>

Search the database for a private counsellor/therapist by location, qualifications, or area of specialty.

Impact North Shore: Supporting Immigrants to Thrive in Canada –**604-988-2931**

(formerly known as North Shore Multicultural Society) for new immigrants.

207 – 123 East 15th Street, North Vancouver, BC V7L 2P7

SWIS – Settlement Workers in Schools – Farsi, Mandarin, Russian and Korean

North Shore Crisis Services Society**604-987-0366**

147 16th St W #200, North Vancouver, BC V7M 1T3

North Shore Crisis Services Society ("NSCSS") is a registered charity that provides emergency shelter, longer-term housing solutions, essential services, and preventative education to women and children leaving domestic abuse and violence on the North Shore.

PACT – Peer-Assisted Care Team**1-888-261-7228**

Peer Assisted Care Teams - CMHA British Columbia

text **778-839-1831**

A mobile civilian response to mental health crisis calls. Teams include a trained community member and mental health professional.

Youth Urgent Response Team (YURT)**604-230-0389**

[Youth Urgent Response Team \(YURT\) at Foundry North Shore | Vancouver Coastal Health \(vch.ca\)](#)

The Youth Urgent Response Team (YURT) provides short-term crisis, bridging and case management support to youth who are in crisis and/or not connected to other longer-term programs.

Steps Youth Program**1-888-261-7228**

[Steps Youth Programs | CMHA North and West Vancouver Branch](#)

Steps is a free, low-barrier recreational group that emphasizes social engagement and support through nature-based activities for North Shore youth facing mild to moderate mental health challenges.

For more supports Go to [Services – North Shore Services Directory \(nsyouth.ca\)](https://nsyouth.ca)