

Family Connections: Family Resources



Support Groups, Counselling, Education Resources, etc.

Published by the Family Support and Involvement (FSI) Team, Mental Health & Substance Use Services (MHSU), Vancouver Coastal Health

The FSI team provides families with information, education, referrals, and supports; engages families so that their voice is heard throughout the MHSU system; and supports MHSU staff in involving and engaging families.

FSI Team

Jennifer Glasgow, Manager, Family Support & Involvement; (604) 266-6124;
Jennifer.Glasgow@vch.ca

Tao-Yee Lau, Regional MHSU **Tertiary**, Coordinator of Consumer & Family Support and Involvement; (236) 885-8169; Taoyee.Lau@vch.ca

Sarah Lally, Vancouver MHSU **Community**, Coordinator of Family Support and Involvement, (604)314-9032; Sarah.Lally@vch.ca

Position Temporarily Empty, Vancouver MHSU **Acute** (Segal Building), Coordinator of Consumer & Family Support and Involvement;

INDEX

Mental Health Education for Families.....	Page 3
Support Groups – General Mental Health and/or Substance Use, Vancouver	Page 4
Support Groups - Substance Use	Page 5
Support Groups - Other Locations / Specific Concerns.....	Page 6
Low cost or free counselling – General, Vancouver	Page 7
Low cost or free counselling – For special issues, populations, or locations	Page 9
Crisis Services	Page 13
Help With Finding Services	Page 15
Internet Resources: Peer Support and Consumer Resources.....	Page 16
Internet Resources: Mental Health and Substance Use Information	Page 17

****Please note that this is not an exhaustive list of resources as community resources are constantly evolving. Please call ahead to any resource to ensure their services are still current. This is particularly important during the COVID-19 emergency, when many resources are either not available or available in different formats and at different times.***

Mental Health Education for Families		
Pathways Serious Mental Illness Society: Family to Family Education Course	During this 8-week course, you will understand more about different mental illnesses and find out how to navigate the B.C. Mental health system. In addition, you will develop a range of practical communication and problem-solving skills to help you better care for your ill loved one and yourself.	Website: https://pathwayssmi.org/education/family-to-family-course/ Phone: 604-926-0856 Email: programs@pathwayssmi.org
BC Schizophrenia Society: Strengthening Families Together course	six-session program that provides knowledge, support, and tools for families to better cope with mental illnesses together. Participating families learn the facts about psychosis, schizophrenia, mood disorders, and other severe and persistent mental illnesses, and the impact of stigma. They gain information about treatments, side effects, and the impact of substance use. Sessions cover communication skills, stress management tools, self-care planning, crisis planning, and family advocacy.	Website: https://www.bcscs.org/support/bcscs-programs/strengthening-families-together/ Phone: 604-270-7841 or 1-888-888-0029 Email: info@bcscs.org
Emotions BC – Health and Wellness Society of BC	Various groups providing support and skill development for families supporting loved ones with mental health challenges	Check website for schedule of various groups Website: https://emotionsbc.ca/groups-programs/ Phone: 604-968-6448 Email: info@emotionsbc.ca
Family Smart: Help in a Hard Time	A four-part workshop series for families emerging from a mental health crisis. For family members who have youth younger than 25.	Website: Help for the Hard Times Workshop - FamilySmart Phone: 855-887-8004 Email: info@familysmart.ca
Sashbear: Family Connections™	An evidence-based 12-week group that meets weekly to provide education, skills training, and support for people who are in a relationship with someone who has emotion dysregulation or related problems.	Website: www.sashbear.org Phone: 1.888.523.0495 Email: info@sashbear.org

Support Groups – General Mental Health and/or Substance Use, Vancouver		
Family Connections Support Group	<p>Mutual support group for families with a loved one living with mental illness and/or addiction.</p> <p>1st Thursday and 3rd Monday of every month @ 6 – 8pm Currently run virtually via Zoom Drop-In</p>	<p>Website: https://www.spotlightonmentalhealth.com/family-involvement/family-connections-support-group/</p> <p>Email: familyconnections@vch.ca</p>
SMART Friends and Family	<p>Support group for family and friends to learn and implement self-care, boundary setting, and compassionate communication tools.</p>	<p>Website: https://www.smartrecovery.org/family/</p> <p>Check online for in-person or online meetings in your neighbourhood</p>
BC Schizophrenia Society Vancouver Family Support Group	<p>BCSS Vancouver Coastal Region is running virtual Family Support Groups for family members and close friends who are supporting someone with schizophrenia, psychosis or serious mental illness.</p> <p>Groups are offered on the first Monday of the month from 7:00 – 8:30 PM and the third Wednesday of the month from 3:30 – 5:00 PM.</p>	<p>Website: https://www.bcscs.org/support/bcscs-programs/family-support-groups/</p> <p>Contact: Hardeep Thind Phone: 604-787-1814 Email: coastmanager@bcscs.org</p>
Pathways Serious Mental Illness Society Family Support Group	<p>Mutual support group for families with a loved one living with mental illness and/or addiction.</p>	<p>Website: https://pathwayssmi.org/weekly-support-groups/</p> <p>Or alternatively contact their office at: Phone: 604-926-0856 Email: info@pathwayssmi.org</p>

Support Groups - Substance Use		
Parents Forever	A professionally supported, mutual support group for parents and family members of adult addicted children (18 years of age and up)	Website: www.parentsforever.ca Phone: 604-524-4230 Email: fkenny@uniserve.com
GRASP Family Support Group	GRASP offers peer-led mutual support groups for families or individuals who have had a loved one die as a result of substance abuse or addiction.	Check online to find a local chapter near you. Website: http://grasphelp.org/community/meetings/canada-chapters/british-columbia/
Al-Anon Family Groups	Mutual support groups for persons with a loved one living with alcoholism.	Website: https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/ Online Family Groups: http://www.ola-is.org/ Al-Anon Central Office (British Columbia) Phone: 604-688-1716 http://afgcentraloffice.blogspot.com/p/contact.html
Narc-Anon Family Groups	Mutual support groups for persons affected by another person's addiction.	Website: http://www.nar-anon.org/find-a-meeting Check online to find virtual and in person options

Support Groups - Other Locations / Specific Concerns		
<p>VCH – North Shore HOpe Centre</p> <p>Family support and education group</p>	<p>Support groups led by a family therapist for families looking for support and education through the HOpe Centre.</p> <p>Drop-in is available every second Thursday, 4:00 to 5:00 p.m. Please contact</p>	<p>Website: https://www.vch.ca/en/location-service/family-support-hope-centre</p> <p>Contact - Holly Parsons, Family Therapist Phone: (604) 984-5000 ext. 5150 Email: holly.parsons@vch.ca</p>
<p>VCH Eating Disorder Program Family Support Group</p>	<p>Support group for family and friends of someone who lives with an eating disorder.</p> <p>Online 1st Wednesday of each month @ 6 – 7:30pm</p>	<p>Email: Eatingdisorder2@vch.ca Phone: 604-675-2531</p>
<p>Pathways Clubhouse</p>	<p>Chinese Family Support Groups – Cantonese & Mandarin. Support for Chinese families with a loved one living with mental illness.</p>	<p>Email: Frank.Lin@pathwaysclubhouse.com Phone: 604-276-8834 ext. 215</p>
<p>Fraser Health Family and Friends support group</p>	<p>A safe supportive space where family and friends can come together and be inspired by hope, empowered with understanding, and be supported by peers.</p>	<p>Website: https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/family-support/family-and-friends-support-group-for-mental-health-or-substance-use-concerns</p> <p>Phone: 1-833-898-6200</p>

Low cost or free counselling – General, Vancouver		
Wellness together Canada	Free support over the phone, to help you through problems big and small. When you call one of the numbers below, you'll be connected with a professional counsellor who will listen non-judgmentally to whatever's on your mind.	Website: Wellness Together Canada Talk with a counsellor Phone: 1-866-585-0445
Bounce Back Program. Canadian Mental Health Association	Telephone coaching or online modules for people with mild-moderate depression Coaching available in English, Cantonese, and Mandarin	Website: https://bouncebackbc.ca/ Phone: 1-866-639-0522 <i>Cost: Free</i> <i>*Referral needed from Physician, Nurse Practitioner, or Secondary School Counsellor to access this program.</i>
FOUNDRY Centres	Offers young people 12-24 access to mental health and substance use support, primary care, peer support and social services All centres deliver free, respectful, non-judgmental, and strength-based services in a youth-friendly space.	Vancouver Website: https://foundrybc.ca/vancouver-granville North Shore Website: https://foundrybc.ca/northshore Richmond Website: https://foundrybc.ca/richmond Other centres: https://foundrybc.ca/get-support/find-a-centre/
FOUNDRY Virtual	Young people aged 12-24 and their caregivers can utilize the Foundry BC app to access free drop-in or schedule virtual counselling appointments, find peer support, join a group or browse our library of tools and resources.	Website: https://foundrybc.ca/virtual/ Virtual services through the new Foundry BC app Download on Google Play, or the App Store or the desktop version If internet access is a barrier, they can provide support by phone at 1-833-FOUNDRY (1-833-308-6379)
Oak Counselling Services Society	Professionally supervised counselling for individuals, couples, and families.	Website: http://oakcounselling.org/ Phone: 604-266-5611 Email: info@oakcounselling.org Reduced fee counselling available at \$20 to \$100 per session, dependent on household income. Reduced Fees Waitlist usually between 3-6 months.

<p>The Adler Centre</p>	<p>Professionally supervised individual, couple, and family counselling. Also, family supports such as parenting groups.</p> <p>Low rates, and sliding scale available</p>	<p>Website: https://www.adlercentre.ca/counselling</p> <p>Phone: 604-742-1818 Email: apabc@adler.bc.ca</p> <p>#440 – 2184 W Broadway, Vancouver</p>
<p>Gordon Neighbourhood House And other Neighbourhood Houses</p>	<p>Individuals, couples and group counseling</p>	<p>Website: https://gordonhouse.org/programs/free-counselling/ Email: counselling@gordonhouse.org Phone: 604-683-2554</p> <p>Other neighbourhood houses: http://anhbc.org/</p> <p>Cost: free</p>
<p>Dragonstone Counselling</p>	<p>Individual, couple, and family counselling. Subsidized counselling program offers counselling sessions with a supervised counselling intern.</p> <p><i>Sliding scale may be available</i></p>	<p>Website: https://www.dragonstonecounselling.ca/sliding-scale-program</p> <p>Phone: 604-738-7557 Email: dragonstone.counselling@gmail.com</p> <p>203-4676 Main Street</p>
<p>UBC Psychology Clinic</p>	<p>Assessment and counselling services provided by Doctoral student interns supervised by registered psychologists.</p> <p><i>Sliding Scale: \$15-\$50/hour for counselling sessions; assessments are \$360-\$1000. Waitlists may apply</i></p>	<p>Website: https://clinic.psych.ubc.ca/</p> <p>Phone: 604-822-3005 Email: clinic@psych.ubc.ca</p> <p>Douglas Kenny Building, 2136 West Mall, Vancouver</p>
<p>Scarfe Counselling UBC</p>	<p>The New Westminster UBC Counselling Centre provides free counselling for adults, children, and youth from September to June. Day and evening appointments are available. All counselling is provided by students in the UBC Master's and Doctoral programs in Counselling Psychology.</p>	<p>Website: https://www.opencounseling.com/canada/vancouver/counseling-agency/university-of-british-columbia-scarfe-free-counseling-clinic</p> <p>Phone: 604-827-1523</p> <p>Neville Scarfe Building, UBC Campus</p>
<p>Living Systems Counselling</p>	<p>Individual, couple and family counselling. Lower-cost counselling provided by supervised interns</p>	<p>Website: https://livingsystems.ca/ Contact: 604-926-5496</p>

	<i>Sliding scale available: \$15-\$65</i>	
Liberate Counselling Collective (LCC)	Offers affordable online counselling* with an intersectional feminist, narrative, and somatic approach. Sliding Scale: \$80 - \$140	Website: https://www.liberatecounsellingcollective.com/ Email: hello@liberatecounsellingcollective.com
Moving Forward Family Services	Free short term and low cost long-term counselling options via telephone and online platforms *Graduate level counsellors and counselling interns	Website: https://mffs.ca/ Contact: 778-321-3054 Email: counsellor@movingforwardfamilyservices.com

Low cost or free counselling – For special issues, populations, or locations		
Family Services North of the Shore	Individual, couple, family counselling. Clients must be residents of the north shore (Deep Cove to Bowen Island). Low cost and sliding scale available.	Website: https://www.familyservices.bc.ca/ Contact: 604-988-5281 ext. 226
CMHA Brief Counselling Services	CMHA North and West Vancouver offers short-term, low-cost, confidential, one-to-one support to adults living on the North Shore. up to 8 sessions of individual counselling. <i>Intern Counsellor: \$35/session Registered Clinical Counsellor (RCC): \$60/session</i> <i>Currently offer virtual counselling (zoom or phone) as well as in-person, socially distanced meetings</i>	Website: https://northwestvancouver.cmha.bc.ca/programs-services/counselling/ Email: northshore@cmha.bc.ca Phone: 604-987-6959
Family Services of Greater Vancouver	Specialized Trauma Services: for women and children survivors of incest, trauma, sexual abuse, and family violence. <i>Some programs have no fees, some are sliding scale. Waitlists may apply.</i>	Website: https://fsgv.ca/programs/counselling/ Email: traumaservices@fsgv.ca Phone: 604-874-2938 ext 4141

<p>North Shore Crisis Services Society</p>	<p>Provide Shelter for abused women and their children; psychoeducational counselling for children and support services for women.</p>	<p>Website: https://nscss.net/programs/#child Phone: 604-987-0366</p>
<p>SUCCESS – Individual and Family Counselling Program</p>	<p>Individual and family counselling for a variety of presenting concerns offered in Mandarin, Cantonese, Korean, and Farsi. SUCCESS programs focus on needs of new immigrants of Chinese and other ethnic origins. Fees are charged on a sliding scale based on income. Services may be free based on eligibility criteria.</p>	<p>Website: https://successbc.ca/counselling-crisis-support/services/counselling/ Phone: 604-408-7266</p>
<p>Health Initiative for Men (HIM)</p>	<p>8-session professional counselling for men who are gay, bisexual, and other men who are gender and sexually diverse. <i>No-cost, or reduced fee</i></p>	<p>Website: https://checkhimout.ca/mental-health/ Phone: 604-488-1001 ext. 235 Email: counselling@checkhimout.ca.</p>
<p>Qmunity</p>	<p>10 sessions of free and reduced-cost health and wellness counselling for individuals, couples, relationships, and families. Low-cost program for individual counselling ranges from \$60 – \$120/session; Waitlist applies.</p>	<p>Website: https://qmunity.ca/get-support/counselling/ Phone: 604-684-5307 ext. 100</p>
<p>Crime Victims Assistance Program</p>	<p>For victims of crime, their immediate family members and witnesses</p>	<p>Website: https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits Phone: 604 660-3888 Email: cvap@gov.bc.ca</p>
<p>Battered Women's Support Services (BWSS)</p>	<p>Provides long-term individual Stopping the Violence counselling for women who are currently experiencing violence and/or who are survivors of violence including childhood sexual abuse or adult sexual assault</p>	<p>Website: https://www.bwss.org/support/programs/counselling/ Phone: 1-855-687-1868 Email: information@bwss.org</p>

	Specialized programs include: Latin American Women's Program, Indigenous Women's Program and Black Women's Program	
BC Responsible and Problem Gambling Program	Free gambling related professional, multilingual counselling <i>Cost: free</i>	Website: https://www.gamblingsupportbc.ca/support/service Phone: 1-888-795-6111 Intake form: https://bcgaming.myoutcomesapp.com/Intake/
S.A.F.E.R.	Vancouver residents (18+) who have made a suicide attempt, are currently suicidal, or have suicidal thoughts, as well as for people concerned about the risk of suicide in a significant other or bereaved by a suicide death. Intake through the Access and Assessment Centre Services are free and time-limited.	Website: http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res_id=474 Phone: 604-675-3700
Residential Historical Abuse Program (RHAP)	RHAP funds professional counselling for adults who were sexually abused as children while living in a provincially funded residence.	How to apply Website: https://vch.eduhealth.ca/media/vch/CE/CE.851.S49.pdf Phone: 604-875-4255 Email: rhap@vch.ca
Indigenous Outpatient Addictions & Counselling Program	Counselling for indigenous people with substance use or family members impacted by Substance Use Cost: Free	Website: https://nccabc.ca/wellness/#indigenous-outpatient-addiction-counselling-detox-support Phone: 604-985-5355 Email: nccabc@nccabc.net
BC Society for Male Survivors of Sexual Abuse	Victim Services, Individual Therapy and Group Therapy available for male survivors of sexual abuse. Individual sessions with a Registered Clinical	Website: https://bc-malesurvivors.com/ General Inquiries: victimservices@bc-malesurvivors.com 604-682-6482

	<p>Counsellor: \$100 per hour. Group sessions: \$40 per week – with a commitment that you’ll attend all sessions in that round. Master’s level practicum student (supervised by a registered clinical counsellor): \$50 per hour</p> <p>For those who qualify, funding may be available</p>	<p>To speak to a Therapist, email: therapy@bc-malesurvivors.com</p>
WAVAW Rape Crisis Centre	<p>Individual counselling and support groups for survivors of sexualized violence who are of marginalized genders: cis and trans women, Two-Spirit, trans and/or non-binary people</p>	<p>Website: https://www.salalsvsc.ca/counselling/</p> <p>Call the 24-Hour Crisis & Information Line to register for Individual Counselling or Support Circles phone: 1-877-392-7583</p>
Atira Women’s Resource Society	<p>Provides individual and group counselling to women and transwomen who have experienced current or past relationship abuse, sexual assault, or physical, emotional or sexual abuse at any age.</p> <p>Services are provided free of charge from a strengths-based, feminist, anti-oppressive, and harm reduction perspective.</p>	<p>Website: https://atira.bc.ca/what-we-do/program/stopping-the-violence-counselling/</p> <p>Phone: (604) 331-1407 ext 106 Phone: (604) 331-1407 ext 107 Email: stv@atira.bc.ca</p>
Chimo Community Services	<p>Offers Free Counselling and Support Groups for adults, youth, children and families. Available for Richmond Residents.</p>	<p>Website: http://www.chimoservices.com/get-help/counselling</p> <p>Phone: 604-279-7077 Email: chimo@chimoservices.com</p>
Family Smart	<p>Offers free 1 on 1 peer support to parents and caregivers who have a child/youth (under 25) struggling with mental health and/or substance use.</p>	<p>Website: BC Parent Peer Support - FamilySmart</p>

Crisis Services		
Access and Assessment centre (AAC)	Provides pathways for people and families to access VCH mental health and/or substance use services in <u>Vancouver</u> and offer an alternative to the Emergency department for people having a non-life threatening mental health and/or substance use issue. Vancouver residents aged 17+	Contact: Phone: (604) 675-3700 Location: 803 West 12th Avenue, Level 1 East Entrance, Vancouver, BC Available 7:30 am to 11:00 pm. Walk in 7:30 a.m. – 9:30 p.m. Open 7 days a week, including holidays.
Crisis Centre of BC	Available 24 hours a day, 7 days a week.	Website: https://crisiscentre.bc.ca/ Anywhere in BC 1-800-SUICIDE: 1-800-784-2433 Mental Health Support Line: 310-6789 Vancouver Coastal Regional Distress Line: 604-872-3311 Sunshine Coast/Sea to Sky: 1-866-661-3311 Seniors Distress Line: 604-872-1234 Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am) Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)
Fraser health crisis line	Available 24 hours a day, 7 days a week.	Website: https://www.options.bc.ca/program/fraser-health-crisis-line Phone: 604-951-8855 or toll-free 1-877-820-7444
North shore crisis services society	24-hour Women's Support Line	Website: https://nscss.net/ Phone: 604-987-3374
Richmond Health services Crisis Line	Crisis intervention and referral information are available. The Crisis Line also provides triage and direct links for callers to Richmond Mental Health Emergency Services, when needed.	Website: http://www.chimoservices.com/get-help/crisis-line Phone: 604-279-7070 Crisis Line: 8:00am to Midnight Crisis Chat: 4:00pm to 10:00 pm

<p>Vancouver Island Crisis Line</p>	<p>Available 24 hours a day, 7 days a week. Chat and Text available 6:00pm to 10:00pm</p>	<p>Phone: 1-888-494-3888 Text: 250-800-3806 Chat: https://www.vicrisis.ca/</p>
<p>Seniors' Distress Line</p>	<p>Available 24 hours a day, 7 days a week.</p>	<p>Phone: 604-872-1234 to talk with a crisis responder. This is also available to anyone who is concerned about an older adult. Website: https://seniorsfirstbc.ca/getting-help/</p>
<p>Nurse Line</p>	<p>Registered nurses help residents of British Columbia get non-emergency health information or advice needed.</p>	<p>Phone: 811 Available 24 hours a day, 7 days a week.</p>
<p>Hope for Wellness</p>	<p>The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.</p>	<p>Website: https://www.hopeforwellness.ca/ Phone: 1-855-242-3310 or online chat Available 24 hours a day, 7 days a week</p>
<p>KUU-US Indigenous Crisis Line</p>	<p>KUU-US Crisis Response Services provides culturally sensitive support and counselling to First Nations and Aboriginal peoples 24 hours a day, seven days a week</p>	<p>Website: https://www.kuu-uscrisisline.com/24-hour-crisis-line Phone: 1-800-588-8717 (1-800- KUU- US17) Adults/Elders Phone: (250-723-4050) Child/Youth Phone: (250-723-2040) Métis Line Phone: (1-833-MétisBC) Available 24 hours a day, 7 days a week.</p>
<p>WAVAW Rape Crisis Line</p>	<p>Crisis and Information Line for survivors sexualized violence.</p>	<p>Website: https://www.wavaw.ca/connect/ Phone: 604-255-6344 or 1-877-392-7583 Or online chat available Crisis Line: Available 24 hours a day, 7 days a week. Text and online chat: Available Monday-Friday 9am-5pm</p>
<p>Kids Help Phone</p>	<p>Toll-free, confidential, and anonymous telephone and online counselling and referral service for young people up to age 20.</p>	<p>Website: https://kidshelpphone.ca/ Phone: 1-800-668-6868 Also available by text, and messenger.</p>

		Available 24 hours a day, 7 days a week.
Trans Lifeline	Offers direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.	<p>Website: https://translifeline.org/</p> <p>Phone: 877-330-6366</p> <p>The Hotline is operating 24/7. When call volumes are high, it may take longer to get connected—please try calling again.</p>
Help With Finding Services		
Health Link BC - Alcohol and drug Information and Referral Service	Connects individuals to Substance use resources across British Columbia.	<p>Website: https://www.healthlinkbc.ca/mental-health-substance-use/resources/adirs</p> <p>Phone: 604-660-9382 or 1-800-663-1441</p>
BC211	An online and telephone directory of social services across districts of Metro Vancouver, Fraser Valley, and Squamish-Lillooet.	<p>Website: http://www.bc211.ca</p> <p>Phone: 2-1-1 on your telephone (Call is free).</p>
Mind Health	Developed by VCH and Providence Health Care in partnership with the joint committee of the Doctors of BC and the Ministry of Health	<p>Website: www.mindhealthbc.ca</p> <p>Phone: 1-800-784-2433</p> <p>Get the information and resources you need to start feeling better.</p>
CIBC Center for Patients and Families at VGH	Located inside Vancouver General Hospital, helps family members make informed choices about your health, before, during, and after your hospital stay. Families can also access computer terminals for personal use while their loved one is in hospital.	<p>Website: https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17649416</p> <p>855 W. 12th Ave., Jim Pattison Pavilion, Room 1861 [Main floor behind the information desk] Phone: 604-875-5887</p> <p>Open Business Hours; check link above.</p>
Seniors Housing: Route65.ca	Find Seniors Living & Wellness Options near you	<p>Website: https://route65.ca/</p> <p>A search engine specific to Seniors Housing in many cities all over Canada</p>

Internet Resources: Peer Support and Consumer Resources		
Pathway's Serious Mental illness society family peer support program	Family Peer Support draws on the shared lived experiences of caring for a loved one with a serious mental illness and the practical expertise and knowledge that has been picked up along the way.	Website: https://pathwayssmi.org/one-on-one-support/ Phone: 604-926-0856
Recovery College YVR	RC's offer an innovative learning space where anyone can access free courses to learn, gain new skills, and connect with others in their community. Despite being modeled after a traditional college, there are no tests at a RC, admission is free, and everyone is welcome.	Website: https://recoverycollegeyvr.ca/about-recovery-college/ Phone: 778-836-9243 Email: info@recoverycollegeyvr.ca .
Coast Mental Health Clubhouse and Resource Centre	A wide range of social, health and well-being, and employment and education opportunities. Other support services include our financial Trust Program, Street Outreach Program, Peer Support Program and our Art Room.	Website: https://www.coastmentalhealth.com/what-we-do/pillar-services/ The Coast Clubhouse is located at 293 East 11th Avenue in Vancouver and is open Hours of operation: Monday, Tuesday, Thursday, and Friday 8:00 a.m. to 3:45 p.m., Wednesday 8 a.m. to 5:45 P.M. If you would like to become a member, please call 604-675-2357 for more information or drop by in person.
WRAP (Wellness Recovery Action Planning)	WRAP® is a personalized recovery plan that includes wellness tools and action plans to achieve self-directed wellness.	Website: https://mentalhealthrecovery.com/ The official online WRAP website
Hearing Voices Network	Information about voices and visions. Check out the resources tab for free downloads and useful links.	Website: http://www.hearing-voices.org/ BC Network Website: https://bchvn.ca/

Internet Resources: Mental Health and Substance Use Information		
Spotlight on Mental Health Website	Vancouver based Information about consumer involvement and the archives of the Family Connections Newsletter	Website: https://www.spotlightonmentalhealth.com/
Family Involvement Policy in Mental Health and Substance Use Services	This policy guiding family involvement in treatment of loved ones applies to all VCH Mental Health and Substance Use Services, programs, and units	Website: https://www.spotlightonmentalhealth.com/wp-content/uploads/2023/05/Family-Involvement-Policy-as-on-the-web-site.pdf
Here to Help	Self-help information and workbooks for individuals and families. Links to current & past issues of <i>Visions Journal</i> and support with getting help.	Website: https://www.heretohelp.bc.ca/resource-library Check out “Resources Library” tab for information booklets & workbooks.
From Grief to Action	From Grief to Action is a volunteer-based not-for-profit association in British Columbia. They are a voice and a support network for families and friends affected by drug use.	Website: http://www.fgta.ca/
Early Psychosis Intervention Website	Information about psychosis including symptoms and treatment.	Website: https://www.earlypsychosis.ca/ Check out <u>Resources and Downloads</u> for information and strategies for managing psychosis including the <i>EPI family coping kit</i> Website: https://www.earlypsychosis.ca/resources-and-downloads/
Harm Reduction	Harm reduction information for Families	Website: http://www.vch.ca/public-health/harm-reduction
Brain Injury Association of Canada	Basic information, diagnosis, treatment, what to expect, FAQ's	Website: https://www.braininjurycanada.ca/
Centre for Addiction and Mental Health	Mental illness and addiction including assessment, treatment, and research. <i>*Programs and services are based in Ontario.</i>	Free A-Z Health Information Website: https://www.camh.ca/en/health-info/guides-and-publications Education Website: https://www.camh.ca/en/health-info Research Website: https://www.camh.ca/en/science-and-research
National Alliance on Mental Illness (USA)	Information and resources regarding mental illness.	Website: https://www.nami.org/# Register for free to access online discussion groups.

Looking Glass Foundation of BC	Eating Disorders Information and Resources	Website: https://www.lookingglassbc.com/
BC Schizophrenia Society	A family-based organization providing support and education throughout BC.	Website: https://www.bcscs.org/
Mood Disorder Association of BC	Information and resources regarding mood disorders, counselling and support services.	Website: http://www.mdabc.net/ Check out “Educational Videos” and “Family Resources” under the Resources Tab.
BC Ministry of Health – Mental Health & Addictions	Links to Mental Health and Substance Use Services and resources Includes <u>Guide to the Mental Health Act</u> and information about rights under the mental health ACT.	Website: https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use
Kelty Mental Health Resource Centre	Website includes information and resource regarding mental illness and support services in British Columbia. BC’s Child and Youth (up to 25) Mental Health Re-source Centre.	Website: http://kelymentalhealth.ca/
National Institute on Mental Health	News about the latest research in mental health. US based organization.	Website: https://www.nimh.nih.gov/news/science-news/index.shtml
LEAP Institute	LEAP® is a communication program to help you create relationships with people who are unable to understand they are ill, with the goal of helping them accept treatment. LEAP is an evidence-based communication program.	Website: https://leapinstitute.org/
Canadian Mental Health Association Vancouver Fraser	Programming for Children and youth affected by mental illness	Website: https://vancouver-fraser.cmha.bc.ca/programs-and-services/children-and-youth/
Family Caregiver Alliance	US based caregiver resource.	Website: https://www.caregiver.org/