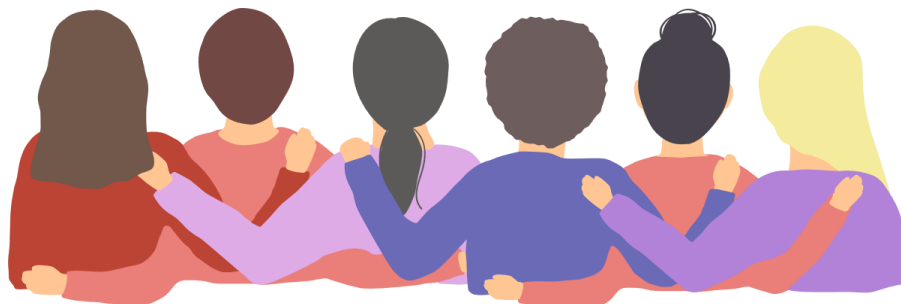


FAMILY CONNECTIONS

Family Resource Guide



This guide contains support groups, counselling, education resources, etc. This guide is published by the Family Support and Involvement (FSI) Team for VCH Mental Health & Substance Use Services (MHSU). 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.

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****Please note that this is not an exhaustive list of resources. Please call to ensure services are still current.***

Mental Health Education for Families		
BC Schizophrenia Society	The BC Schizophrenia Society offers a variety supports and resources for families supporting an individual with schizophrenia. See their website for offerings	Website: Supporting a Loved One with Schizophrenia Family Support Phone: 604-270-7841 or 1-888-888-0029 Email: info@bcss.org
Canadian Association for Mental Health (CAMH)	Offers courses through their Global Learning Academy for individuals supporting a loved-one with mental health issues	Website: https://www.camh.ca/en/education
Emotions BC – Health and Wellness Society of BC	Peer facilitated groups to support individuals who have a loved-one with mental health issues.	Website: emotionsbc.ca/groups-programs/ Phone: 604-968-6448 Email: info@emotionsbc.ca
Family Smart: Help in a Hard Time	Workshop for families supporting a child emerging from a mental health crisis, for families with a youth under 25.	Website: Help for the Hard Times Workshop - FamilySmart Phone: 604-878-3400 Email: info@familysmart.ca
Mind Space – British Columbia	Non-profit organization offering MSP-funded mental health programs led by family doctors and psychiatrists. Programs are designed to help adults manage mild-to-moderate anxiety, depression, stress, insomnia, and ADHD. We also provide support for parents navigating the complexities of caring for children aged 0-6	Website: https://mind-space.ca/ Email: hello@mind-space.ca
Pathways Serious Mental Illness Society: Family to Family Education Course	8-week course to learn about mental illnesses and how to navigate the BC Mental Health System.	Website: pathwayssmi.org/education/family-to-family-course/ Phone: 604-926-0856 Email: programs@pathwayssmi.org
Sashbear: Family Connections™	Education programs and resources for family members and communities supporting someone with mental health issues	Website: www.sashbear.org Phone: 1.888.523.0495 Email: info@sashbear.org
Support Groups –Mental Health and/or Substance Use, Vancouver		
BC Schizophrenia Society Vancouver – Family Support Group	BCSS Vancouver Coastal Region offers online Family Support Groups for family members and friends who support someone	Website: www.bcss.org/support/bcss-programs/family-support-groups/ Phone: 604-270-7841 Email: info@bcss.org

	with schizophrenia, psychosis or other serious mental illness.	
Family Connections Support Group	<p>Vancouver Coastal Health (VCH) - support group for individuals with a loved one who has a mental illness and/or addiction issue.</p> <p>Drop-In 1st Thursday and 3rd Monday of every month @ 6 – 8pm via Zoom</p>	<p>Website: https://www.spotlightonmentalhealth.com/family-involvement/family-connections-support-group/</p> <p>Email: familyconnections@vch.ca</p>
Pathways Serious Mental Illness Society Family Support Group	Support group for families with a loved one living with mental illness and/or addiction.	<p>Website: pathwayssmi.org/weekly-support-groups/</p> <p>Phone: 604-926-0856</p> <p>Email: info@pathwayssmi.org</p>
SMART Friends and Family	Support group for family and friends to learn self-care, boundary setting and compassionate communication.	Website: www.smartrecovery.org/family/
Support Groups - Substance Use		
Al-Anon Family Groups	Support groups for persons with a loved one living with alcoholism.	<p>Website: al-anon.org/al-anon-meetings/find-an-al-anon-meeting/</p> <p>Online Family Groups: http://www.ola-is.org/</p> <p>Al-Anon Central Office (British Columbia)</p> <p>Phone: 604-688-1716</p> <p>http://afgcentraloffice.blogspot.com/p/contact.html</p>
GRASP Family Support Group	Peer-led mutual support groups for families or individuals who have had a loved one die as a result of substance abuse or addiction.	<p>Check online to find a local chapter near you.</p> <p>Website: grasphep.org/community/meetings/canada-chapters/british-columbia/</p>
Holding Hope Canada - Moms Stop the Harm (MSTH)	<p>MSTH advocates to change failed drug policies and provide peer support to grieving families and those with loved ones who use or have used substances.</p> <p>Holding Hope Groups are peer-facilitated support groups, offered at no cost, for Canadian families and individuals whose loved ones use or have used substances.</p>	Website: Support for Families & Individuals Holding Hope Substance Use Support Groups - Canada

Nar-Anon Family Groups	Support groups for individuals affected by another's addiction.	Website: www.nar-anon.org/find-a-meeting
Parents Forever	A professionally facilitated support group for those supporting a loved-one, 19+, with substance use issues	Website: www.parentsforever.ca Phone: 604-256-8979 Email: parentsforever@lookoutsociety.ca
Support Groups – Specific Populations		
BC Schizophrenia Society YOUTH	<i>Kids, Tweens, and Teens in Control</i> offers free education and support programs for children and youth (aged 8-18) who have a family member with mental illness	Website: bcssyouth.org/programs/
Fraser Health Family and Friends support group	Virtual support groups for families and friends supporting adults living with mental health and/or substance use concerns.	Website: 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 Phone: 1-833-898-6200 Email: fss@fraserhealth.ca
Pathways Clubhouse – Chinese support	Chinese Family Support Groups in Cantonese and Mandarin. Support for Chinese families with a loved one with mental illness.	Website: https://pathwaysclubhouse.com/what-we-do/chinese-support/ Email: lee.ma@pathwaysclubhouse.com Office: 604-276-8834, ext. 215 Cell Phone/text/WhatsApp: 604-761-3723 WeChat ID: Pathways_csg
VCH – North Shore HOpe Centre	Support groups, education, therapy and resources for family members on the North Shore.	Website: HOpe Centre Family Support Vancouver Coastal Health
Low cost or free counselling		
Bounce Back Program	Skill-building program to manage low mood, mild-moderate depression, anxiety, stress or worry.	Website: bouncebackbc.ca/ Phone: 1-866-639-0522 Email: bounceback@cmha.bc.ca
Dragonstone Counselling	Individual, couple, and family counselling. Sliding-scale counselling program offers sessions with a supervised counselling intern.	Website: www.dragonstonecounselling.ca/sliding-scale-program Phone: 604-738-7557 Email: dragonstone.counselling@gmail.com

FOUNDRY Centres	Free and confidential mental health and wellness services for youth ages 12-24 in BC	Websites: Vancouver: foundrybc.ca/vancouver-granville North Shore: foundrybc.ca/northshore Richmond: foundrybc.ca/richmond Other: https://foundrybc.ca/get-support/find-a-centre/
FOUNDRY Virtual	Young people aged 12-24 and their caregivers living in BC can access free mental health and wellness, same-day services through the Foundry BC app	Website: Foundry Virtual BC - foundrybc
Neighbourhood Houses	Association of Neighbourhood Houses, BC offers Individual, couple and group counselling. See website for locations	Website: Counselling Services - Association of Neighbourhood Houses of British Columbia
Liberate Counselling Collective	Offers lower cost online counselling with an intersectional feminist, narrative, and somatic approach.	Website: www.liberatecounsellingcollective.com/ Email: hello@liberatecounsellingcollective.com
Living Systems Counselling	Individual, couple and family counselling. Lower-cost counselling provided by supervised interns	Website: livingsystems.ca/ Phone: 604-926-5496
Moving Forward Family Services	Free short term and low-cost long-term counselling <i>*Graduate level counsellors and counselling interns</i>	Website: Moving Forward Family Services Phone: 877-485-5025 Email: hello@movingforward.help
Oak Counselling Services Society	Professionally supervised counselling for individuals, couples, and families.	Website: oakcounselling.org/ Email: info@oakcounselling.org
Scarfe Counselling UBC	The New Westminster UBC Counselling Centre provides free counselling for adults, children, and youth from September to June. All counselling is provided by students in the UBC Master's and Doctoral programs in Counselling Psychology.	Website: www.opencounseling.com/canada/vancouver/counseling-agency/university-of-british-columbia-scarfe-free-counseling-clinic
The Adler Centre	Professionally supervised individual, couple, and family counselling.	Website: www.adlercentre.ca/counselling Phone: 604-742-1818 Email: info@adlercentre.ca

	Low rates and sliding scale available	
UBC Psychology Clinic	Individual counselling services provided by supervised doctoral students in clinical psychology.	Website: Services UBC Psychology Clinic Phone: 604-822-3005 Email: clinic@psych.ubc.ca
Low cost or free counselling – For specific topics, populations, or locations		
Atira Women's Resource Society	Provides individual and group counselling to self-identifying women who have experienced relationship abuse, sexual assault, or physical, emotional or sexual abuse at any age. Free	Website: atira.bc.ca/what-we-do/program/stopping-the-violence-counselling/ Phone: (604) 331-1407 ext 106 Phone: (604) 331-1407 ext 107 Email: stv@atira.bc.ca
Battered Women's Support Services (BWSS)	Long-term individual Stopping the Violence counselling for women who experiencing violence or are survivors of violence including childhood sexual abuse or adult sexual assault	Website: www.bwss.org/support/programs/counselling/ Phone: 1-855-687-1868 Email - Crisis and Intake: information@bwss.org
BC Responsible and Problem Gambling Program	Free, confidential counselling services to manage gambling behaviour by self or others	Website: www.gamblingsupportbc.ca/support/services Phone: 1-888-795-6111
BC Society for Male Survivors of Sexual Abuse	Victim Services, Individual Therapy and Group Therapy available for male survivors of sexual abuse.	Website: bc-malesurvivors.com/ Email: victimservices@bc-malesurvivors.com Phone: 604-682-6482
Chimo Community Services	Counselling and Support Groups for adults, youth, children and families. Available for Richmond Residents.	Website: www.chimoservices.com/get-help/counselling Phone: 604-279-7077 Email: chimo@chimoservices.com
CMHA Brief Counselling Services	Short-term, low-cost, confidential, one-to-one support to adults living on the North Shore.	Website: northwestvancouver.cmha.bc.ca/programs-services/counselling/ Email: info@cmhanorthshore.ca Phone: 604-987-6959
Crime Victims Assistance Program	For victims of crime, their immediate family members and witnesses of crime	Website: Crime Victim Assistance Program (CVAP) - Province of British Columbia Phone: 604 660-3888 Email: cvap@gov.bc.ca

Family Services North of the Shore	Individual, couple, family counselling for residents of the North Shore, Deep Cove to Bowen Island. Low cost and sliding scale available.	Website: www.familyservices.bc.ca/ Phone: 604-988-5281 ext. 226
Family Services of Greater Vancouver	Trauma Services for women and child survivors of incest, trauma, sexual abuse, and family violence. <i>Free and sliding scale programs available. Waitlists may apply.</i>	Website: fsgv.ca/programs/traumacounselling/ Email: traumaservices@fsgv.ca See website for phone numbers
Family Smart	Free 1:1 peer support for parents and caregivers who have a child/youth (under 25) with mental health and/or substance use.	Website: BC Parent Peer Support - FamilySmart
Health Initiative for Men (HIM)	For gay, bisexual, and other men who are gender and sexually diverse	Website: Counselling Services - Health Initiative for Men (HIM) Phone: 604-488-1001 Email: counselling@checkhimout.ca
Indigenous Outpatient Addictions & Counselling Program	Counselling for Indigenous people or their families, impacted by Substance Use Cost: Free	Website: nccabc.ca/wellness/#indigenous-outpatient-addiction-counselling-detox-support Phone: 604-985-5355 Email: nccabc@nccabc.net
North Shore Crisis Services Society	Shelter for abused women and their children; psychoeducational counselling for children and support services for women.	Website: nscss.net/programs/#child Phone: 604-987-0366
Qmunity	short-term counselling that supports you in exploring your gender, sexuality, and sense of self	Website: Counselling Program QMUNITY Phone: 604-684-5307 Email: reception@qmunity.ca
Residential Historical Abuse Program (RHAP)	Counselling for adults who were sexually abused as children while living in a provincially funded residence.	How to apply Website: vch.eduhealth.ca/media/vch/CE/CE.851.S49.pdf Phone: 604-875-4255 Email: rhap@vch.ca

S.A.F.E.R.	Vancouver residents (18+) who have made a suicide attempt, are currently suicidal, or have suicidal thoughts. Services are free and time-limited.	Intake through the Access and Assessment Centre Website: www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res_id=474 Phone: 604-675-3700
SUCCESS – Individual and Family Counselling Program	Individual and family counselling offered in Mandarin, Cantonese, Korean, and Farsi	Website: successbc.ca/counselling-crisis-support/services/counselling/ Phone: See website re: phone numbers for different languages
SALAL Sexual Violence Support Centre -	Individual counselling and support groups for survivors of sexual violence, including cis and trans gender women, Two-Spirit and non-binary people	Website: www.salalsvsc.ca/counselling/ Text: 604-245-2425 Phone: 604-255-6344 or 1-877-392-7583
Crisis Services		
Access and Assessment centre (AAC)	The AAC helps individuals and families access mental health and substance use services in Vancouver. Services include referral intake, on-site assessment, crisis intervention, and short-term treatment	Website: www.vch.ca/en/location-service/access-and-assessment-centre-aac-vancouver-general-hospital Phone: (604) 675-3700 Open 7 days a week
Crisis Centre of BC	24 hours a day, 7 days a week.	Website: crisiscentre.bc.ca/ National Suicide Crisis Helpline : Call or Text 9-8-8 BC Mental Health & Crisis Response: 310-6789 (no area code required)
Fraser Health crisis line	24 hours a day, 7 days a week.	Website: www.options.bc.ca/program/fraser-health-crisis-line Phone: 604-951-8855 or toll-free 1-877-820-7444
Hope for Wellness	Immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.	Website: Home - Hope for Wellness Helpline Phone: 1-855-242-3310 Chat line link available on website Available 24 hours a day, 7 days a week
Kids Help Phone	Toll-free, confidential, and anonymous telephone and online counselling and referral service for young people to age 20. Available 24 hours a day, 7 days a week.	Website: kidshelpphone.ca/ Phone: 1-800-668-6868 Text: 686868
KUU-US Indigenous Crisis Line	KUU-US Crisis Response Services provides culturally sensitive support and counselling to	Website: 24 Hour Crisis Line — Kuu-us Crisis Line Toll Free: 1-800-588-8717 Adults/Elders Phone: 250-723-4050

	Indigenous people 24 hours a day, seven days a week	Child/Youth Phone: 250-723-2040 Métis Line Phone: 1-833-638-4722 Chat & Text Support: 778-601-8009
North Shore Crisis Services Society	Support line for women and children leaving domestic abuse and violence on the North Shore	Website: https://nscss.net/ Phone: 604-987-0366
HealthLink BC	HealthLink BC has many knowledgeable health care professionals available to answer your questions. You can get help with variety of health topics or find information about health services in B.C. Translation services are available in over 130 languages	Website: HealthLink BC - 24/7 Health Advice You Can Trust Phone: 811 Available 24 hours a day, 7 days a week.
Chimo Community Services	Crisis intervention and referral information available.	Website: Crisis Line - Chimo Community Services Phone: 604-279-7070 Call or text: 9-8-8 Crisis Line: 8:00am to Midnight
Seniors First BC	Monday to Friday from 8 am to 8 pm, excluding statutory holidays. Language interpretation is available.	Website: seniorsfirstbc.ca/getting-help/ Seniors Abuse & Information Line (SAIL): Phone: 604-437-1940 or Toll-Free at 1-866-437-1940
Trans Lifeline	Provides trans peer support. Run by and for trans people.	Website: translifeline.org/ Phone: 877-330-6366
Vancouver Island Crisis Line	Available 24 hours a day, 7 days a week. Chat and text available 6:00pm to 10:00pm	Website: Vancouver Island Crisis Society - #The Vancouver Island Crisis Society - Helping People Find Their Way Phone: 1-888-494-3888 Text: 250-800-3806 Chat also available
Help Finding Services		
BC211	An online and telephone directory for social services in BC. 9 a.m. – 9 p.m. except statutory holidays	Website: www.bc211.ca Dial/text: 2-1-1
CIBC Center for Patients and Families at VGH	Information and personal assistance to help individuals and families make informed choices about their health	Website: https://www.vch.ca/en/service/hospital-resource-centres VGH – Jim Pattison Pavilion Room 1861, 855 W. 12th Ave.

	before, during, and after a hospital stay	Vancouver
Health Link BC - Alcohol and drug Information and Referral Service	Links to Substance use resources across British Columbia.	Website: www.healthlinkbc.ca/mental-health-substance-use/resources/adirs Phone: 8-1-1
Mind Health	Online directory includes: Mental health and substance use information Self-help resources and online programs Local support groups for patients and for friends and family members Community health services suited to an individual's specific needs	www.mindhealthbc.ca Phone: 1-800-784-2433 Online chat link available
Route65.ca	Free, online directory that helps the public connect with B.C.'s leading independent living, assisted living, long-term care, and home health providers.	Website: https://route65.ca/ Phone: 604-409-8165 Toll Free: 1-877-955-6565 (toll-free)
Internet Resources: Peer Support and Consumer Resources		
Coast Mental Health Clubhouse and Resource Centre	A range of social, health and well-being, and employment and education opportunities	Website: www.coastmentalhealth.com/what-we-do/pillar-services/ Phone: 604-872-3502 Email: info@coastmentalhealth.com .
Hearing Voices Network	Information about voices and visions	BC Network Website: https://bchvn.ca/ Email: info@bchvn.ca
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: pathwayssmi.org/one-on-one-support/ Phone: 604-926-0856
Recovery College VCH	Innovative learning space where anyone can access free courses to learn, gain new skills, and	Website: https://spotlightonmentalhealth.com/recovery-college-vch/

	connect with others in their community	Phone: 604-708-5274 Email: info@spotlightonmentalhealth.com
Internet Resources: Mental Health and Substance Use Information		
BC Ministry of Health – Mental Health & Addictions	Links to Mental Health and Substance Use Services and resources	Website: www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use
BC Schizophrenia Society	A family-based organization providing support and education throughout BC.	Website: www.bcscs.org/ Phone: 604-270-7841 - Toll Free: 1-888-888-0029 Email: info@bcscs.org
Brain Injury Association of Canada	Supporting the brain injury community through education, advocacy, awareness and collaboration	Website: www.braininjurycanada.ca/
Canadian Mental Health Association – Lower Mainland	Mental illness and addiction including assessment, treatment, and research.	Home - CMHA Lower Mainland
Early Psychosis Intervention Website	Information about psychosis including symptoms and treatment.	Website: Early Psychosis Intervention Services in British Columbia
Family Involvement Policy with 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: www.spotlightonmentalhealth.com/wp-content/uploads/2023/05/Family-Involvement-Policy-as-on-the-web-site.pdf
Harm Reduction	Harm reduction information for Families	Website: www.vch.ca/public-health/harm-reduction
Here to Help	Self-help information and workbooks for individuals and families	Website: www.heretohelp.bc.ca/resource-library Email: support@heretohelp.bc.ca
BC Children's Hospital - Kelty Mental Health Resource Centre	Website includes information and resources regarding mental illness and support services in British Columbia for children and Youth up to 25	Website: keltymentalhealth.ca/ Phone: 604 875 2084 Toll-Free: 1 800 665 1822 Email: keltycentre@cw.bc.ca

Looking Glass Foundation of BC	Eating Disorders Information and Resources	Website: www.lookingglassbc.com/
Mood Disorder Association of BC	Information and resources regarding mood disorders, counselling and support services.	Website: www.mdabc.net/ Phone: 604-873-0103
Spotlight on Mental Health Website	Vancouver based Information about consumer involvement and the archives of the Family Connections Newsletter	Website: www.spotlightonmentalhealth.com/
US Resources		
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	Website: leapinstitute.org/
National Alliance on Mental Illness (USA)	Information and resources regarding mental illness.	Website: www.nami.org/#
National Institute on Mental Health	News about the latest research in mental health. US based organization.	Website: www.nimh.nih.gov/news/science-news/index.shtml
WRAP (Wellness Recovery Action Planning)	Includes wellness tools and action plans to achieve self-directed wellness.	Website: https://www.wellnessrecoveryactionplan.com/