

FAMILY CONNECTIONS

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).

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Unless otherwise stated, all support services are for individuals supporting a loved-one with mental health or substance use issues. This document was updated in **September 2026**. For the most up-to-date version of the resource guide is available at:

<https://spotlightonmentalhealth.com/family-resource-guide/>

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COUNSELLING SUPPORT

Willow Tree Counselling: Reduced-Cost Counselling Directory

A regularly updated directory of reduced-cost counselling services in BC, maintained by Willow Tree Counselling

 : <https://willowtreecounselling.ca/wp-content/uploads/resources/reduced-cost-counselling.pdf>

Psychology Today: Therapist Directory

A searchable directory of counsellors, psychologists, social workers, and other mental health Professionals

 : <https://www.psychologytoday.com/ca/docs/about-psychology-today>

CRISIS INTERVENTION

Chimo Community Services

Confidential and non-judgmental emotional support by professionally trained volunteers

 : [Crisis Line - Chimo Community Services](#)

 : 604-279-7070

 : Call or text: 9-8-8

Crisis Centre of BC

 : crisiscentre.bc.ca/

National Suicide Crisis Helpline

 : 310-6789 (no area code required)

 : Call or Text [9-8-8](#)

Fraser Health Crisis Line

 : <https://www.options.bc.ca/program/fraser-health-crisis-line>

 : 604-951-8855; Toll-free 1-877-820-7444

Hope for Wellness

Mental health counselling and crisis intervention for all Indigenous peoples across Canada

 : [Home - Hope for Wellness Helpline](#)

 : 1-855-242-3310

Kids Help Line

Telephone and online counselling and referral service for youths up to age 20

 : kidshelpphone.ca/

 : 1-800-668-6868

 : 686868

KUU-US Indigenous Crisis Line

Culturally sensitive support for Indigenous people

 : [24 Hour Crisis Line — Kuu-us Crisis Line](#)

 : Toll Free: 1-800-588-8717; Adults/Elders: 250-723-4050; Child/Youth: 250-723-2040;
Métis Line: 1-833-638-4722

 : Chat & Text Support: 778-601-8009

North Shore Crisis Services Society

Support for women and children fleeing domestic violence

 : <https://nscss.net/>

 : 604-987-0366

Vancouver Island Crisis Line

 : <https://www.viccrisis.ca/>

 : 1-888-494-3888

EDUCATION

BC Schizophrenia Society

 : <https://www.bcscs.org/support-resources/supporting-a-loved-one/>

 : 604-270-7841 Toll free: 1-888-888-0029

 : info@bcscs.org

BC Schizophrenia Society YOUTH

For children and youth with a family member with mental illness

 : <https://bcssyouth.org/programs/>

Canadian Association for Mental Health (CAMH)

 : <https://www.camh.ca/en/education>

Emotions BC – Health and Wellness Society of BC

 : emotionsbc.ca/groups-programs/

 : 604-968-6448

✉ : info@emotionsbc.ca

Family Smart: Help in a Hard Time

Workshops for families supporting a child or youth, under 25, emerging from a mental health crisis

🌐 : <https://familysmart.ca/help-for-the-hard-times-workshop/>

☎ : 604-878-3400

✉ : info@familysmart.ca

Mind Space – British Columbia

MSP-funded mental health programs led by family doctors and psychiatrists

🌐 : <https://mind-space.ca/>

✉ : 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

🌐 : <https://pathwayssmi.org/education/family-to-family-course/>

☎ : 604-926-0856

✉ : programs@pathwayssmi.org

Sashbear: Family Connections™

Education programs and resources for those supporting someone with mental health issues

🌐 : www.sashbear.org

☎ : 1.888.523.0495

✉ : info@sashbear.org

FAMILY & CAREGIVER SUPPORT GROUPS

Serious Mental Illness

BC Schizophrenia Society Vancouver Family Support Group

For individuals supporting someone with schizophrenia, psychosis or other serious mental illness

🌐 : <https://www.bcss.org/events-programs/family-support-groups/>

☎ : 604-270-7841

✉ : info@bcss.org

Family Connections Support Group

 : <https://spotlightonmentalhealth.com/family-involvement/family-connections-support-group/>

 : familyconnections@vch.ca

Fraser Health Family and Friends support group

 : <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>

 : 1-833-898-6200

 : fss@fraserhealth.ca

HOpe Centre - North Shore

Support groups, education, therapy and resources for family members on the North Shore

 : <https://www.vch.ca/en/service/hope-centre-family-support>

Pathways Serious Mental Illness Society Family Support Group

 : <https://pathwayssmi.org/weekly-support-groups/>

 : 604-926-0856

 : info@pathwayssmi.org

Pathways Clubhouse – Chinese support

Support Groups in Cantonese and Mandarin

 : <https://pathwaysclubhouse.com/what-we-do/chinese-support/>

 : lee.ma@pathwaysclubhouse.com

 : 604-276-8834, ext. 215; Cell text/WhatsApp: [604-761-3723](tel:604-761-3723); WeChat ID: Pathways_csg

Substance Use & Recovery

Access Central Detox Referral Line

 : <https://www.vch.ca/en/service/access-central-detox-referral-line#overview>

 : 1(866)658-1221

Al-Anon Family Groups

For those supporting a loved one living with alcoholism

 : <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Online groups: <https://www.ola-is.org/>

 : BC 604-688-1716

GRASP Family Support Group

For those who have had a loved one die due to substance abuse

 : <https://grasphelp.org/community/meetings/canada-chapters/british-columbia/>

Holding Hope Canada

Peer support to grieving families and those with loved ones who use or have used substances

 : <https://www.holdinghopecanada.org/>

Nar-Anon Family Groups

 : <https://nar-anon.org/find-a-meeting/>

Parents Forever

 : <https://www.parentsforever.ca/>

 : 604-256-8979

 : parentsforever@lookoutsociety.ca

SMART Friends and Family

 : <https://smartrecovery.org/family>

SERVICE DIRECTORIES

Access and Assessment centre (AAC)

Access mental health services in Vancouver Coastal Health

 : <https://www.vch.ca/en/location-service/access-and-assessment-centre-aac-vancouver-general-hospital>

 : (604) 675-3700

BC211

Online and telephone directory for social services in BC

 : <https://uwbc.ca/helpline-services/>

 /  : 2-1-1

BC Ministry of Health – Mental Health & Addictions

 : <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use>

CIBC Center for Patients and Families at VGH

Support for individuals and families to make informed choices about their health before, during, and after a hospital stay

 : <https://www.vch.ca/en/service/hospital-resource-centres#overview>

Health Link BC - Alcohol and drug Information and Referral Service

Connection to navigators who can guide you to reliable health information or connect you with a health professional

 : <https://www.healthlinkbc.ca/search?kw=mental>

 : 8-1-1

Here to Help

Self-help information and workbooks for individuals and families

 : <https://www.heretohelp.bc.ca/resource-library>

 : support@heretohelp.bc.ca

Mind Health

 : <http://www.mindhealthbc.ca/>

 : 1-800-784-2433. Online chat link available

Seniors First BC

 : <https://seniorsfirstbc.ca/getting-help/>

 : [604-437-1940](tel:604-437-1940); [1-866-437-1940](tel:1-866-437-1940)

Spotlight on Mental Health

Consumer and Family involvement information and resources

 : www.spotlightonmentalhealth.com/

U.S. RESOURCES

LEAP® Institute

A communication program to help cultivate relationships with people who are unable to understand they are ill

 : <https://leapinstitute.org/>

National Alliance on Mental Illness (USA)

 : <https://www.nami.org/>

National Institute on Mental Health

News about the latest research in mental health

 : <https://www.nimh.nih.gov/news/science-updates>

WRAP - Wellness Recovery Action Planning

 : <https://www.wellnessrecoveryactionplan.com/>