



Family Connections



Mental Health and Substance Use Services

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.

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**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.*

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Support Groups – General Mental Health and/or Substance Use, Vancouver		
Family Connections Support Group	Mutual support group for families with a loved one living with mental illness and/or substance use	https://www.spotlightonmentalhealth.com/family-involvement/ Sky Lee: sky.lee@vch.ca 604-290-3817 Isabella Mori: Isabella.mori@vch.ca 604-314-3092 1st Thursday & 3rd Monday of every month @ 6 – 8pm @ The Joseph & Rosalie Segal & Family Health Centre 2 nd Floor Boardroom, 803 W 12 th Ave, Vancouver Drop-In
BC Schizophrenia Society Vancouver Family Support Group	Support group for families with a loved one living with mental illness.	https://www.bcscs.org/support/bcss-programs/family-support-groups/ 2 nd Tuesday of the Month @ Marpole Community Centre, 990 W59th Ave, 2 nd floor – Social Room, 7:00 – 8:30pm Contact Hardeep 604-787-1814 3 rd Monday of the month @ West Richmond Community Centre 9180 #1 Rd, 6:30 – 8:00pm Contact Noleen: 778-836-1886 Email: vancoast@bcscs.org
Family & Friends Support Group – St. Paul's Hospital	Support group for families of someone diagnosed with a mental illness.	Registration required. Call: 604-682-2344 local 62403 Last Thursday of the month, Evenings.
SMART Friends and Family	Support group for family and friends to learn and implement self-care, boundary setting, and compassionate communication tools.	https://www.smartrecovery.org/family/ Check online for in-person or online meetings in your neighbourhood
Support Groups - Substance Use		
Parents Forever	A professionally supported, mutual support group for parents and family members of adult children (18+ years) with substance use	www.parentsforever.ca Contact: -524-4230 or fkenny@uniserve.com St. Mary's Kerrisdale, 2490 W 37 th Ave, Vancouver

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 use	http://grasphelp.org/community/meetings/canada-chapters/british-columbia/ Check online to find a group near you.
Al-Anon Family Groups	Mutual support groups for persons with a loved one living with alcoholism.	https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/ Online Family Groups: http://www.ola-is.org/ Al-Anon Central Office (Vancouver) 604-688-1716
Narc-Anon Family Groups	Mutual support groups for persons affected by another person's substance use	Locations: http://www.nar-anon.org/find-a-meeting
Support Groups - Eating Disorders		
VCH Eating Disorder Program Family Support Group	Support group for family and friends of someone who lives with an eating disorder.	Contact: 604-675-2531 1 st Wednesday of each month @ 6 – 7:30pm at 3 rd Floor, 333-2750 East Hastings, Vancouver <i>Open to all family members and friends regardless of whether their loved one is attending the VCH program.</i>
Looking Glass Foundation of BC	Offers education and support to families and persons living with an eating disorder.	https://www.lookingglassbc.com/ Contact: 604-314-0548
Support Groups - Other Locations / Specific Concerns		
VCH – North Shore HOpe Centre	Support groups for families with a loved one living with mental illness and/or substance use receiving service at the Hope Centre	Contact: 604-984-5000 North Shore Hope Centre, 1337 St. Andrews Avenue, North Vancouver
Pathways Serious Mental Illness Society (formerly North Shore Schizophrenia Society)	Personal support and information on major mental illnesses.	kathryn@pathwayssmi.org Contact: 604-926-0856 Vancouver Support Group: last Sat of each month, 10am – noon at Café Artigiano 4010 Main St, Vancouver

Canadian Mental Health Association – Super Saturday Club	No-cost monthly recreation program for children whose parents have mental illness.	https://vancouver-fraser.cmha.bc.ca/programs-services/super-fun-and-pandemonium-groups/ Natalie.Talson@cmha.bc.ca or 604-872-4914 <i>Open to children aged 8-17 whose parent is a client at VCH</i>
Pathways Clubhouse	Chinese Family Support Groups – Cantonese & Mandarin. Support for Chinese families with a loved one living with mental illness.	https://pathchinese.wordpress.com/ Contact: Frank.Lin@pathwaysclubhouse.com or 604-276-8834 ext. 215
BPD Society of BC	Peer support group for persons with a diagnosis of Borderline Personality Disorders as well as their supporters	https://bpdsupportgroup.wordpress.com/finding-help/ Wednesdays 6:00-8:00 pm, 293 East 11th Avenue; drop-in (no phone or email available, check website for current information)
Family Involvement and Support – Fraser Health	Contacts for families who have a loved one accessing mental health service in the Fraser Health Authority region.	https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/family-support Contact: 1-833-898-6200 or visit site above for calendar of meeting dates

Inexpensive or free counselling – General, Vancouver		
Family Services of Greater Vancouver	Individual, couple, family, school age children counselling.	https://fsgv.ca/programs/counselling/ Mental health outreach: kcampbell@jfsvancouver.ca <i>Sliding scale available</i>
Jewish Family Services Agency	Individual and family counselling available. (Open to all families and communities)	https://www.jfsvancouver.ca/ Counselling: 604-637-3309 or astamp@jfsvancouver.ca Mental health outreach: kcampbell@jfsvancouver.ca <i>Sliding scale available</i>
Oak Counselling Services Society	Professionally-supervised counselling for individuals, couples, and families.	http://oakcounselling.org/ Contact: 604-266-5611 or info@oakcounselling.org <i>Reduced Fees</i>

The Adler Centre	Professionally-supervised individual, couple & family counselling. Also family supports such as parenting groups.	https://adlercentre.ca/ Contact: 604-742-1818 or apabc@adler.bc.ca #440 – 2184 W Broadway, Vancouver
Gordon Neighbourhood House And other Neighbourhood Houses	Individuals, couples and group counseling	https://gordonhouse.org/programs/free-counselling/ Contact: counselling@gordonhouse.org or 604-683-2554 Other neighbourhood houses: http://anhbc.org/ <i>Cost: free</i>
Stewart and Associates	Individual, couple, and family counselling. Subsidized counselling program offers counselling sessions with a supervised counselling intern.	https://counsellingservicevancouver.com/ Contact: admin@stewart-assoc.com or 604-687-7171 #227 – 1118 Homer St, Vancouver <i>Sliding scale available</i>
Dragonstone Counselling	Individual, couple, and family counselling. Subsidized counselling program offers counselling sessions with a supervised counselling intern.	https://www.dragonstonecounselling.ca/ Contact: 604-738-7557 203-4676 Main Street <i>Sliding scale may be available</i>
UBC Psychology Clinic	Assessment and counselling services provided by Doctoral student interns supervised by registered psychologists.	https://clinic.psych.ubc.ca/ Contact: 604-822-3005 Douglas Kenny Building, 2136 West Mall, Vancouver <i>Sliding Scale: \$15-\$50/hour for counselling sessions; assessments are \$360-\$1000</i>
Scarfe Counselling UBC	Counselling provided by counseling psychology graduate students, supervised by a psychologist.	https://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/ Contact: 604-827-1523 Wesbrook Building: 6174 University Blvd <i>Cost: free</i> <i>*Clinic runs from September to April</i>

<p>Bounce Back Program. Canadian Mental Health Association</p>	<p>Telephone coaching or online modules for people with mild-moderate depression, anxiety, stress or worry. Coaching available in English, Cantonese, Mandarin</p>	<p>https://bouncebackbc.ca/ Contact: 1-866-639-0522 <i>Cost: Free</i> <i>*Referral needed from Physician, Nurse Practitioner, or Secondary School Counsellor to access this program.</i></p>
<p>SFU Clinical Psychology Centre</p>	<p>Outpatient mental health clinic and training centre associated with the Dept. of Psychology at Simon Fraser University (SFU).</p>	<p>https://www.sfu.ca/students/health/see-a-counsellor.html Contact: Burnaby: 778-782-461 or Vancouver: 778-782-5200 <i>*Available at Vancouver, Burnaby, or Surrey Campus for students only</i></p>
<p>Living Systems Counselling</p>	<p>Individual, couple and family counselling. Lower-cost counselling provided by supervised interns</p>	<p>https://livingsystems.ca/ Contact: 604-926-5496 <i>Fee adjustment available</i></p>
<p>Vancouver Feminist Therapy Collective</p>	<p>Feminist Counselling services provided by supervised masters level and intern narrative therapists</p>	<p>https://prochoices.ca/ Contact: visit site above & fill out contact form under "Contact Us" 119 West Pender Street, Vancouver, BC <i>By donation (\$20+)</i></p>
<p>Moving Forward Family Services</p>	<p>For individuals, families, couples, and seniors.</p>	<p>https://www.comeshare.ca/counselling-services/moving-forward-family-services Contact: 778-321-3054 or 604.531.9400 \$50-\$65 services with Clinical Counsellors are offered in Abbotsford, Langley, Surrey and Vancouver (Downtown Eastside). Free and low-cost in Surrey. <i>*Graduate level counsellors and counselling interns</i></p>
<p>CMHA Brief Counselling Services</p>	<p>For individuals. Up to 12 sessions of individual counselling for adults who do not have an open claim with ICBC, WCB or any other insurance carrier and who have a realistic potential to benefit from short-term counselling</p>	<p>https://northwestvancouver.cmha.bc.ca/programs-services/counselling/ Contact: northshore@cmha.bc.ca or 604-987-6959 <i>Intern Counsellor: \$25/session</i> <i>Registered Clinical Counsellor (RCC): \$50/session</i></p>

Inexpensive or free counselling – For special issues, populations or locations		
Family Services North of the Shore	Individual, couple, family counselling. Clients must be residents of or work on the north shore (Deep Cove to Bowen Island).	https://www.familyservices.bc.ca/ Contact: 604-988-5281 ext. 226
SUCCESS – Individual and Family Counselling Program	Individual and family counselling for a variety of presenting concerns offered in Mandarin, Cantonese, Korean, and English. SUCCESS programs focus on needs of new immigrants of Chinese and other ethnic origins.	https://www.successbc.ca/eng/services/family-youth/counselling-service/ Contact: 604-408-7266 Vancouver: 28 West Pender Street, Vancouver Also services in Burnaby and Coquitlam. <i>Sliding Scale: \$25-\$130/hour</i> <i>*Referrals from Ministry of Children and Family Development will be free of charge.</i>
Dr. Sherry De Rappard (Psychiatry)	Offers individual, couples, and group therapy by a psychiatrist	https://www.sherryderappardmd.com/ Contact: sherryderappard@gmail.com or 604- 730-8944 #303 – 2902 W Broadway, Vancouver
Health Initiative for Men (HIM)	8-session professional counselling for men who are gay, bisexual, and other men who have sex with men	https://checkhimout.ca/gay-mens-health/mental-health/counselling-support/ Contact: 604-488-1001 ext. 235 or counselling@checkhimout.ca . <i>Cost: By donation equivalent to hourly wage</i>
Qmunity	For members of the LGBTQ+ communities	https://qmunity.ca/get-support/counselling/ Contact: 604-684-5307 ext. 100 <i>Cost: \$60-\$80/session</i>
Crime Victims Assistance Program	For victims of crime, their immediate family members and witnesses	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 Contact: cvap@gov.bc.ca 1-800-563-0808
BC Responsible and Problem Gambling Program	Free gambling related professional, multilingual counselling	https://www.bcreponsiblegambling.ca/ Contact: 1-888-795-6111 <i>Cost: free</i>

S.A.F.E.R.	Vancouver residents who have made a suicide attempt, are currently suicidal, or have suicidal thought, as well as for people concerned about the risk of suicide in a significant other or bereaved by a suicide death	http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res_id=474 Contact: 604-675-3700
Indigenous Outpatient Addictions & Counselling Program	Counselling for adults with substance use or family members impacted by Substance Use	https://nccabc.ca/ Contact: 604-628-1143 520 Richards Street, Vancouver <i>Cost: Free</i>

Help With Finding Services		
Health Link BC - Alcohol and drug Information and Referral Service	Connects individuals to Substance use resources across British Columbia.	https://www.healthlinkbc.ca/mental-health-substance-use/resources/adirs Contact: 604-660-9382 or 1-800-663-1441
BC211	Online and telephone directory of social services	http://www.bc211.ca Or dial 2-1-1 on your telephone (Call is free).
CIBC Center for Patients and Families at VGH	A resource centre that helps family members make informed choices about your health, before, during, and after your hospital stay.	https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17649416 Located inside Vancouver General Hospital, the centre offers information and resources regarding a variety of health topics including mental health. Families can also access computer terminals for personal use while their loved one is in hospital. 855 W. 12th Ave., Jim Pattison Pavilion, Room 1861 [Main floor behind the information desk] 604-875-5887 Open Business Hours; check link above.
Seniors Housing: Route65.ca	Find Seniors Living & Wellness Options near you	https://route65.ca/ A search engine specific to Seniors Housing in many cities all over Canada

Internet Resources: Peer Support and Consumer Resources		
Spotlight on Mental Health Website	Vancouver based Information about consumer involvement and the archives of the Family Connections Newsletter	https://www.spotlightonmentalhealth.com/
WRAP (Wellness Recovery Action Planning)	WRAP® is a personalized recovery plan that includes wellness tools and action plans to achieve self-directed wellness.	https://mentalhealthrecovery.com/ The official online WRAP website http://www.spotlightonmentalhealth.com/category/wrap/ For information about local WRAP groups
Hearing Voices Network	Information about voices and visions. Check out the resources tab for free downloads and useful links.	http://www.hearing-voices.org/
Internet Resources: Mental Health and Substance Use Information		
Family Involvement Policy in Mental Health and Substance Use Services	This policy applies to all VCH Mental Health and Substance Use Services, programs, and units	https://www.spotlightonmentalhealth.com/family-involvement/ Find it under #2
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.	https://www.heretohelp.bc.ca/resource-library Check out “Resources Library” tab for information booklets & workbooks.
Mind Health	Developed by VCH and Providence Health Care in partnership with the a joint committee of the Doctors of BC and the Ministry of Health	www.mindhealthbc.ca 1-800-784-2433 Get the information and resources you need to start feeling better.

From Grief to Action	A volunteer-based not-for-profit that is a voice and support network for families and friends affected by substance use	https://www.fromgriefftoaction.com/
Early Psychosis Intervention Website	Information about psychosis including symptoms and treatment.	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>
Harm Reduction	Harm reduction information for Families	https://www.healthlinkbc.ca/healthlinkbc-files/harm-reduction http://www.vch.ca/public-health/harm-reduction
Brain Injury Association of Canada	Basic information, diagnosis, treatment, what to expect, FAQ's	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 https://www.camh.ca/en/health-info/guides-and-publications Education https://www.camh.ca/en/health-info Research https://www.camh.ca/en/science-and-research
National Alliance on Mental Illness (USA)	Information and resources regarding mental illness.	https://www.nami.org/# Register for free to access online discussion groups.
Looking Glass Foundation of BC	Eating Disorders Information and Resources	https://www.lookingglassbc.com/
BC Schizophrenia Society	A family-based organization providing support and education throughout BC.	https://www.bcss.org/
Mood Disorder Association of BC	Information and resources regarding mood disorders, counselling and support services.	http://www.mdabc.net/ Check out “Educational Videos” and “Family Resources” under the Resources Tab.
BC Ministry of Health – Mental Health & Addictions	Includes <u>Guide to the Mental Health Act</u> and information about rights under the Mental Health Act	https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use
Kelty Mental Health Resource Centre	BC's Child and Youth (up to 25) Mental Health Re-source Centre.	http://keltymentalhealth.ca/ Website includes information and resource regarding mental illness and support services in British Columbia..

National Institute on Mental Health	News about the latest research in mental health. US based organization.	https://www.nimh.nih.gov/news/science-news/index.shtml
Family Caregiver Alliance	US based caregiver resource.	https://www.caregiver.org/
Schizophrenia Society of Canada	Information on psychosis, schizophrenia & substance use, education & recovery programs, information for families.	https://www.schizophrenia.ca/