

Community Resources - Youth & Family

RESOURCES	Phone	Website
Reporting Bullying, Reporting Abuse Resources		[to open link Ctrl + click]
• ERASE Bullying - Report Bullying Tool	Online Reporting Only	http://www.erasebullying.ca/
• Ministry of Children and Family Development - Reporting abuse or neglect to an intake worker (Child Protection Services)	1-800-663-9122 310-1234 (Helpline for children)	http://www.2.gov.bc.ca/gov/content/safety/public-safety/protectingchildren/reporting-child-abuse
Help Line Resources		
• Emergencies – life threatening situations (24 hrs)	9-1-1	
• BC Mental Health Support (24 hrs)	310-6789 (area code not required)	http://www.heretohelp.bc.ca/get-help
• Fraser Valley Regional Crisis Line (24 hrs)	1-877-820-7444 604-820-1166	http://www.yourlifecounts.org/crisis-lines/fraser-valley-regional-crisis-line
• Kids Help Phone (24 hrs)	1-800-668-6868	http://www.kidshelpphone.ca
• Suicide Crisis Hotline (24 hrs)	1-800-SUICIDE (1-800-784-2433)	http://www.crisiscentre.bc.ca/
• Telecare Crisis and Caring Line - Christian (24hrs)	604-852-9099 (1-888-852-9099)	http://www.telecare.bc.com
• VictimLink BC – support for victims of crime & violence	1-800-563-0808	http://www.victimlinkbc.ca
• Youth Against Violence Line	1-800-680-4264 Text 604-836-6381	http://www.youthagainstviolenceline.com/
• Youth in BC - online health resource & online chat from noon to 1 am. in BC/Crisis Line (24 hrs)	604-872-3311	http://www.youthinbc.com
Community Support Agencies		
• Abbotsford Child & Youth Mental Health (walk-in available Tuesdays 9 am – 3 pm)	604-870-5880 (Mon. – Fri.)	2828 Cruikshank Street, Abbotsford
• Chilliwack Child and Youth Mental Health (Drop in Tues. 1 pm. – 6 pm.) (Drop in Wed. 9 am. – 12 noon & 1 pm. – 4 pm.)		46361 Yale Road, Chilliwack 8978 School Street, Chilliwack
• Abbotsford Community Services – Youth & Family Support	604-859-7681	http://www.abbotsfordcommunityservices.com/
• Abbotsford Community Services – Youth Resource Center	604-870-4972	http://www.abbotsfordcommunityservices.com/
• Abbotsford Hospice Society – Teen Grief Support	604-852-2456	http://www.abbotsfordhospice.org/teens
• Abbotsford Regional Hospital and Cancer Center Adolescent Day Treatment Program	604-851-4700 ext. 646398	http://www.fraserhealth.ca/find-us/services/our-services?program_id=13162
• Abbotsford Youth Commission	604-854-8785	http://www.abbyyouth.com/
• Abbotsford Youth Health Centre (open Tues. 3–7 pm, Wed. & Thurs. 3–6 pm)	604-746-3392	http://www.ayhc.ca #204 – 2890 Garden Street, Abbotsford
• Chilliwack Youth Health Centre (Doctor's hours Tues. 3 pm. – 5:30 pm.)	604-819-4603	46361 Yale Road, Chilliwack
• Alcohol & Drug Information and Referral Services	1-800-663-1441	http://www.bit.ly/2cUyClY
• Early Psychosis Intervention Program	1-866-870-7847	http://www.earlypsychosis.ca/
• Impact – Youth Substance Use Services	604-853-1766	http://www.impactabby.com/

• Problem Gambling Help Line	1-888-795-6111	http://www.bcresponsiblegambling.ca/
• South Asian Community Resources Office - provides early intervention services to south Asian youth of getting involved with criminal activity	778-809-4400 604-859-7544	http://www.abbotsfordcommunityservices.com/programs/multi-cultural-immigrant-services/south-asian-community-resource-office
• START Team – An assessment and intervention program for 6-18 year olds experiencing mental health crisis in Fraser Health	604-557-2095 Pager: 1-888-413-9181	
• Women/Multicultural Victim Assistance	604-855-3363	http://www.wrsfv.ca/programs/WSS/women_support_services.html
• Your Pregnancy Options (Christian Organization)	604-853-9161	http://www.yourpregnancyoptions.ca/

Community Support Agencies/Counselling Groups/ Counsellors

The following list of names of private counsellors or counselling agencies does not in itself constitute an endorsement of their quality, reliability or availability. It is up to students and parents to enquire and evaluate for themselves.

• Abbotsford Counselling & Coaching Group	Individual numbers	http://www.abbycounsellingandmediation.com
• Columbia Counselling Group	604-852-2557	http://www.columbiacounselling.ca
• CARES - Counselling and Restoration Services	604-853-8916	http://www.cares.ca
• Doing Family Right Care Centre (Riley Strom and others)	604-556-1116	http://www.doingfamilyright.com/dfrcare-centre/
• Dr. Suzan Goldsmith & Associates	604-504-5444	http://www.drgoldsmithandassociates.ca
• Eterna Counselling & Wellness	604-746-2025	http://www.eternacounselling.ca
• Fraser River Counselling (TWU staff & students)	604-513-2113	http://www.fraserrivercounselling.ca/
• Irene Peterson & Associates Counselling Services	604-859-1462	http://www.abbotsfordcounselling.ca
• Oak Hill Counselling & Mediation	604-850-3774	http://www.oakhill.ca
• Searchable data bases to find professional youth, marriage and family counsellors, and psychologists	* http://www.aamft.org/iMIS15/AAMFT/ * http://www.bc-counsellors.org * http://www.ccpa-accp.ca/ * http://www.psychologists.bc.ca	
• Chris Rensch	778-245-2608	http://www.chrisensch.com/

Mental Health Web-based Resources

• Anxiety BC - Works with experts to increase awareness, promote education and improve access to current, evidence based resources on anxiety.	http://www.anxietybc.com/ MindShift App
• “Dealing With Depression: Antidepressant Skills for Teens” - workbook	http://www.mcf.gov.bc.ca/mental_health/teen.html (right hand side of website)
• ERASE Bullying – Information for students and parents – expect respect and a safe education	http://www.erasebullying.ca/index.php
• Focus on the Family Canada - provides information on addictions and abuse, life issues, marriage, parenting and teens	http://www.focushelps.ca/
• Here to Help (a project of the BC Partners for Mental Health and Addictions Information)	http://www.heretohelp.bc.ca/
• MindCheck.ca - designed to help youth and young adults in British Columbia check out how they’re feeling and quickly connect to mental health resources and support	http://mindcheck.ca/
• Mood Disorders Association of BC - Living Room faith-based support groups provide mental health support to the Christian community and partner with mental health organizations	http://www.mdabc.net/living-room-faith-based-groups
• RCMP - Internet Safety Resources	http://www.rcmp-grc.gc.ca/is-si/index-eng.htm
• thinkFull – “Helps you manage your stress to enrich your life... powered by a rich library of life tips to help you relieve stress, solve problems and live well.”	http://www.thinkFull.ca thinkFull App

