

## Community Resources - Youth & Family

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

• <b>Problem Gambling Help Line</b>	1-888-795-6111	<a href="http://www.bcresponsiblegambling.ca/">http://www.bcresponsiblegambling.ca/</a>
• <b>South Asian Community Resources Office</b> - provides early intervention services to south Asian youth of getting involved with criminal activity	778-809-4400 604-859-7544	<a href="http://www.abbotsfordcommunityservices.com/programs/multi-cultural-immigrant-services/south-asian-community-resource-office">http://www.abbotsfordcommunityservices.com/programs/multi-cultural-immigrant-services/south-asian-community-resource-office</a>
• <b>START Team</b> – 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	
• <b>Women/Multicultural Victim Assistance</b>	604-855-3363	<a href="http://www.wrsfv.ca/programs/WSS/women_support_services.html">http://www.wrsfv.ca/programs/WSS/women_support_services.html</a>
• <b>Your Pregnancy Options</b> (Christian Organization)	604-853-9161	<a href="http://www.yourpregnancyoptions.ca/">http://www.yourpregnancyoptions.ca/</a>

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

### Mental Health Web-based Resources

• <b>Anxiety BC</b> - Works with experts to increase awareness, promote education and improve access to current, evidence based resources on anxiety.	<a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> MindShift App
• <b>“Dealing With Depression: Antidepressant Skills for Teens”</b> - workbook	<a href="http://www.mcf.gov.bc.ca/mental_health/teen.html">http://www.mcf.gov.bc.ca/mental_health/teen.html</a> (right hand side of website)
• <b>ERASE Bullying</b> – Information for students and parents – expect respect and a safe education	<a href="http://www.erasebullying.ca/index.php">http://www.erasebullying.ca/index.php</a>
• <b>Focus on the Family Canada</b> - provides information on addictions and abuse, life issues, marriage, parenting and teens	<a href="http://www.focushelps.ca/">http://www.focushelps.ca/</a>
• <b>Here to Help</b> (a project of the BC Partners for Mental Health and Addictions Information)	<a href="http://www.heretohelp.bc.ca/">http://www.heretohelp.bc.ca/</a>
• <b>MindCheck.ca</b> - 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	<a href="http://mindcheck.ca/">http://mindcheck.ca/</a>
• <b>Mood Disorders Association of BC</b> - Living Room faith-based support groups provide mental health support to the Christian community and partner with mental health organizations	<a href="http://www.mdabc.net/living-room-faith-based-groups">http://www.mdabc.net/living-room-faith-based-groups</a>
• <b>RCMP</b> - Internet Safety Resources	<a href="http://www.rcmp-grc.gc.ca/is-si/index-eng.htm">http://www.rcmp-grc.gc.ca/is-si/index-eng.htm</a>
• <b>thinkFull</b> – “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.”	<a href="http://www.thinkFull.ca">http://www.thinkFull.ca</a> thinkFull App

