



## Children and Youth Mental Health and Substance Use Sunshine Coast Resources

P.O. Box 220, 494 South Fletcher, Gibsons, BC V0N 1V0  
• Tel: 604-886-8811 • Fax: 604-886-4652 • [www.sd46.bc.ca](http://www.sd46.bc.ca)



**CALL 911 IF YOU BELIEVE YOUR LIFE OR SOMEONE ELSE'S LIFE IS IN DANGER**

If a medical emergency occurs, call **911** or go to **Sechelt/shishalh Hospital Emergency**

**Where do youth, parents and caring adults go for help or to ask questions?**

**You can access free, confidential services from the following resources:**

**CRISIS/HELP PHONE LINES** – (those available 24 hours a day are identified by a\*)

**1-800-SUICIDE (784-2433)** \* Crisis Intervention and Suicide Prevention of BC – if you are suicidal or worried about someone else who may be suicidal you can call.

**Youth in BC\*** 604-872-3311 or 1-866-661-3311 Call if you are experiencing distress or crisis. Noon to 1am crisis counsellors are available via instant messaging 1-866-661-3311 TTY: 1-866-872-0113.

[www.youthinbc.ca](http://www.youthinbc.ca)

**Kids/Youth Helpline:** \*310-1234, or 1-800-668-6868 Canada-wide support with a professional counsellor available. <https://kidshelpphone.ca>

**Helpline for Children\*:** 1-800-663-9122 Are you a victim of physical or sexual abuse? Provided by the BC Ministry of Children and Families with a focus on child protection i.e. Abuse / neglect.

**BC211\*:** Includes Sunshine Coast information and referral for community, government and social services.

**Trans Lifeline: 1-877-330-6366 available 7am-1am pst. Peer support hotline run by and for transgender people. [www.translifeline.org](http://www.translifeline.org)**

**KUU-US Crisis line: 1-800-588-8717 or 250-723-2040 (youth line) or 250-723-4050 (adult line) Counsel re bullying, peer pressure, relationships, mental health etc. for First Nations youth. [www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca)**

**HealthLinkBC\*: call 811 Non - emergency health information from a navigator, nurse, dietitian, exercise professional and/or pharmacist. Online at [www.healthlinkbc.ca](http://www.healthlinkbc.ca)**

**BC Mental Health Support Line\*: 310-6789 (no need for 604,778, or 250) Provides emotional support as well as mental health information and resources.**

**Youth Against Violence Line\*: 1-800-680-4264 Call if you are worried about your safety or that of others. Do you want to report a crime, or violent incident, or talk through any type of problem with a supportive person? [www.youthagainstviolence.com](http://www.youthagainstviolence.com)**

**BC NurseLine\*: 604 215 4700 or 1 866 215 4700 Health Information and advice from a registered nurse. A Pharmacist is also available 5pm to 9am.**

**VictimLinkBC\*: 1 800 563 0808 Information, referral and crisis support for individuals and families who are victims of crime and/or crisis which may include sexual violence, human trafficking, and exploitation for labour or sexual services.**

**The Alcohol and Drug Information Referral Services: 1 800 663 1441 or 604 660 9382 Information, options and support in BC.**

**Representative for Children and Youth: 1-800-476-3933. Advocacy for youth in care.**

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**Note: If abuse or neglect is suspected please call the Ministry of Children & Family Development at 604-886-5525 (Gibsons) or 604-740-8900 (Sechelt)**

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**For Medical Help: call your FAMILY DOCTOR. Find their # on FETCH [www.fetchbc.ca](http://www.fetchbc.ca)**

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## **SUNSHINE COAST SERVICES**

**Sunshine Coast Youth Mental Health and Substance Use Services: Youth Clinician, Vancouver Coastal Health 604-885-2224, ext. 4334 or cell 604-989-0667 Appointments with the Clinician are available in SC High schools for counselling. Referrals include those for residential treatment.**

**Child and Youth Mental Health: Intake Clinics are for Sunshine Coast children and youth up to 19 years of age experiencing mental health issues such as anxiety, depression, self-harm, or behavioural concerns. Intake clinic walk in times and telephone contact are:**

**Sechelt: Tuesday 9-12 noon or phone 604-740-8900, press 1 to speak to reception**

**Gibsons: Tuesday 1:30 – 4:30 or phone 604-886-5525, press 1 to speak to reception**

**Docs in School Program: Chatelech and Elphinstone Secondary Schools student drop-in to meet with a Family Physician about any health matter, and/or a counsellor from Children and Youth Mental Health. The Elphinstone drop-in is currently scheduled every second Thursday 1-3 pm. For times at Chatelech call the school at 604-885-3216.**

**Indigenous Child and Youth Mental Health and Wellness Liaison: 604-989-6600 or 604-885-9404 ext.264. Support services available for all indigenous children and youth ages 6 to 19 years from Langdale to Pender Harbour.**

**Gibsons Youth Clinic:** 604-984-5070. Gibsons Health Unit, 821 Gibsons Way, Gibsons. Drop-in/no appointment needed Mondays 3:00 – 5:00 pm

**Sechelt Youth Clinic:** 604-885-5164. Sechelt Health Unit, 5571 Inlet Ave, Sechelt. Drop-in/no appointment needed Wednesday 3:00 – 5:00 pm

**Pender Harbour Youth Clinic:** 604-883-2344. Pender Harbour Health Care Centre, 5066 Francis Peninsula Rd., Madeira Park. Drop – in/no appointment needed Tuesdays 3:00 – 5:00 pm

**Family Nurse Practitioner:** 604-886-5600 cell: 778-875-4572 Youth health, women’s health and harm reduction, Vancouver Coastal Health

**Vancouver Coastal Health Harm Reduction Worker:** 604-984-5070 loc.6537 Gibsons Public Health and Prevention. Harm reduction supplies, education, support and referrals.

**Sunshine Coast Community Services Society (SCCSS):** 604-885-5881 Services include youth outreach, family intervention, support for families affected by domestic violence, behavioral supports, and a food bank. The **Youth Outreach program** @ 604-865-0178 includes working to increase youth safety by connecting with and referring youth to local resources, focusing on risk reduction, and promoting a broader understanding of youth issues within the wider community.

**Family Smart – Institute of Families for Child and Youth Mental Health.** 1-855-887-8004 or 604-878-3400. [info@familysmart.ca](mailto:info@familysmart.ca) Local contact: [jillshatford@familysmart.ca](mailto:jillshatford@familysmart.ca) . The Family Smart mandate is to support and empower families and to work collaboratively with professionals in meeting the mental health needs of families.

**Sunshine Coast RCMP Youth Liaison:** 604-399-8646. Call or text with any questions or concerns. If The Youth Liaison is not available you can call or walk into a RCMP detachment in Gibsons, Sechelt, or Madeira Park and speak to any RCMP officer. Non -emergency RCMP phone: 604-885-2266.

**Police Based Sunshine Coast Victim Services:** 604 885 5554. Services provided by the RCMP to victims of crime .

**Sunshine Coast Community-Based Victim Services.**604-885-0322 Provided by Sunshine Coast Community Services Society (SCCSS) to survivors of violence.

**Sunshine Coast Community Resource Centre:** 604 885 4088. S.C. Directory of services, information, and referral. Also available online.

**Sunshine Coast Community and Family Services (Salvation Army):** 604 886 3665. #5-682 Gibsons Way, Gibsons. Help includes emergency assistance with clothing, food, household goods, and emergency disaster services.

**BC Schizophrenia Society** [www.bcscs.org](http://www.bcscs.org) Toll free 1-888-888-0029. Local SC contact: Donna Motzer [dmotzer@gmail.com](mailto:dmotzer@gmail.com) . The society mission is to improve the quality of life for those affected by schizophrenia and other mental illness through education, support, public policy and research.

**Vancouver Coastal Health Eating Disorders Program.** 604-675-2531 Regional community based outpatient multidisciplinary team. Though Vancouver based the Sunshine Coast is included within the service area.

## **OTHER RESOURCES**

**Kelty Mental Health Resource Centre** - 604-875-2084 Toll Free 1-800-665-1822. [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) – provincial resource centre for mental health and substance use information. Downloadable printable resources for families, children, professionals as well as apps are available including MindShift.

**teenmentalhealth.org** - With a focus on mental health literacy and Canadian high school experience, current issues, information, programs and resources are provided.

**QuitNow.ca**\*: 1-877-455-2233 or TTY 1-888-445-5788 Includes information on free quit smoking program delivered by the BC Lung Association

**Canadian Mental Health Association - [www.cmha.ca](http://www.cmha.ca)**

**Canadian Centre on Substance Use and Addiction. - [www.ccsa.ca](http://www.ccsa.ca)** . Providing national leadership, CCSA strives to reduce the harm of alcohol and other drugs on society. Resources are evidence based and include fact sheets, links to services and articles

**Foundrybc.ca** - Foundry powered by BC Children's Hospital is designed to increase access to care by developing a province-wide network of wellness centres and online resources for youth ages 12-24. Mindcheck previously provided an interactive website to help youth and young adults check out how they're feeling and to connect to mental health resources and support. It is now available on Foundry's online platform.

**RCMP app. titled "Drugs and New Trends"** - Information with tips on how to engage youth in a conversation about drugs. Available on Google Play.

**[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)** - **mental** health and substance use information you can trust. A self-help resource, AskUs resources, links to other agencies.

**[dwdonline.ca](http://dwdonline.ca)** - An online workbook developed for adolescents that teaches skills to deal with depression.

**The Trevor Project** - [www.thetrevorproject.org](http://www.thetrevorproject.org) anti-bullying support for LGBTQ youth

**Transgender Health Program** - <http://transhealth.vch.ca> for anyone with questions about transgender issues.

**Looking Glass Foundation** – [www.lookingglassbc.com](http://www.lookingglassbc.com) or 604-314-0548 Information about disordered eating.

**National Institute for Mental Health - [www.NIMH.gov](http://www.NIMH.gov)** Information on psychotropic medications and other topics

**<http://www2.gov.bc.ca>** On the menu, choose the "Managing Your Health" topic. From there you can navigate through government programs in mental health, substance use, eating disorders, gambling and a variety of other challenging life events.

**From Grief to Action** [www.fromgriefftoaction.com](http://www.fromgriefftoaction.com) support and self-care for families affected by a loved one's substance misuse or addiction. A coping kit is available.

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**Produced by the: Sunshine Coast Children and Youth Mental Health and Substance Use Local Action Team February 2019.**