

# MENTAL HEALTH & SUBSTANCE USE

## Community Resources & Support



### MENTAL HEALTH SUPPORT

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#### Adult Mental Health Program – qathet General Hospital

Range of mental health care and support services for adults experiencing emotional, psychological or psychiatric concerns; living with severe or persistent mental health issues; or struggling with substance use and addiction.

Mon – Fri 8:30 am – 4:30 pm on the third floor of qathet General Hospital.

604-485-3310

#### Older Adult Mental Health Program – qathet General Hospital

Specialized mental health supports for older adults.  
604-485-3300

#### Looking Glass

Accessible mental health support options for adults affected by eating disorders and disordered eating.

[www.lookingglassbc.com](http://www.lookingglassbc.com)

### PRIVATE COUNSELLING (LOCAL)

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#### Berghauer and Associates Counselling Services

604-223-2717

[berghauer.ca](http://berghauer.ca)

#### Chris Drummond Counselling Services

604-483-6337

[chrisdrummondcounselling@gmail.com](mailto:chrisdrummondcounselling@gmail.com)

#### Deanne Bourguignon Counselling Services

604-414-9956

[dbourguignon@shaw.ca](mailto:dbourguignon@shaw.ca)

#### Dolson Counselling Services

604-414-3354

[www.dolsencounsellingservices.com](http://www.dolsencounsellingservices.com)

#### Rising Tide Wellness

604-414-4219

[www.risingtidewellness.com](http://www.risingtidewellness.com)

#### Sheena Lee Clinical Counsellor

604-223-8600

[www.sheena-lee.com](http://www.sheena-lee.com)

#### Sunshine Mental Health

604-414-7654

[www.sunshinementalhealth.com](http://www.sunshinementalhealth.com)

#### Rhodes Wellness College Online Counselling

Free counselling from student counsellor

[counsellingcentre@rhodescollege.ca](mailto:counsellingcentre@rhodescollege.ca)

604-414-4219

### SUBSTANCE USE SUPPORT

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#### Indigenous Virtual Substance Use and Psychiatry Services

Provides individuals with access to specialists in addictions medicine and psychiatry as well as mental health and wellness care coordinators. Free for all First Nations people and their family members living in BC. Requires referral.

[www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service](http://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service)

#### The Alcohol and Drug Information and Referral Service (ADIRS)

Provides free, confidential, multilingual, information and referral regarding community resources for people in BC dealing with substance use and addiction issues. Telephone assistance is available 24/7, 365 days a year.

1-800-663-1441

#### Injectable Opioid Agonist Treatment (iOAT) Clinic

Prescription alternatives to opioids administered in a clinic setting. Referral required.

[ioat@liftcommunityservices.org](mailto:ioat@liftcommunityservices.org)

604-485-7134

#### Access Central – Detox Referral Line (Vancouver Coastal Health)

Screening and referral phone line for youth and adults access to free detox services, counselling medication and recovery housing. Telephone assistance is available from 9:00 am – 7:45 pm.

1-866-658-1221

#### Overdose Outreach Team (OOT)

Connections to services, support accessing and maintaining Opioid Agonist Therapy and outreach support for anyone who has recently experienced an overdose or who is at risk of overdose.

Mon – Fri 8:30 am – 4:30 pm on the third floor of qathet General Hospital.

604-485-3300

#### Overdose Prevention Site

Harm reduction supplies and support. Open noon – 8:00 pm, 7 days a week on a drop-in basis.

236-327-8073

[ops@qcat.ca](mailto:ops@qcat.ca)

**Intensive Case Management Team (ICM)**

Provides a support role for adults who experience severe substance abuse problems, chronic unmet medical needs, and multiple barriers for accessing services.

604-485-3300

**SUSTAIN**

Peer support and advocacy network for substance users. Weekly drop-in meetings.

Tuesdays at 4:00 pm at 4752 Joyce Ave.

**CRISIS AND SUPPORT LINES**

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**Grace House Crisis Line**

qathet Safe 24/7 crisis support to people in qathet Region.

Call 604-485-9773

**BC 211**

24/7 information and referrals to basic needs like food and shelter, mental health and substance use support, and legal and financial assistance.

Call or text 2-1-1

**Health Link 811**

24/7 provincial health information line. Provincial health information line. Nurses, navigators, pharmacists, nutritionists, exercise professionals. Call 8-1-1

**KUU-US Crisis Line**

24/7 culturally safe phone support for Indigenous adults, children and youth crisis, mental health, substance use.

1-800-588-8717

**Metis Crisis Line**

24/7 phone support for Metis individuals in crisis. 1-833-638-4722 (1-800-METIS-BC)

**National Suicide Crisis Helpline**

9-8-8

**Addictions Program – Tla'amin Health**

Provides addiction services to Tla'amin Nation citizens who are dealing with substance addiction.

1-888-271-5555 or 604-483-3009 ex. 116

**BC Mental Health Support Line**

310-6789 (no area code needed)

**BC Suicide Prevention and Intervention Line**

1-800-SUICIDE/1-800-784-2433

**Seniors Distress Line**

24/7 free and confidential phone support for seniors and their caregivers.

607-872-1234

**Trans Lifeline's Peer Support Hotline**

24/7 support and resources for trans people, supported by trans-identified peers.

1-877-330-6366

**Gambling Support Line**

24/7 free support and information for people struggling with gambling.

1-888-795-611

**General Crisis Hotline**

For anyone in crisis and/or distress who needs immediate response. Available 24/7.

Call: 1-866-661-3311

Text: 1-866-872-0113