

## MENTAL HEALTH RESOURCES

### Professional Resources

#### A. Addiction Services

##### NORTH SHORE RESOURCES

#### 1. Rapid Access Psychiatric Services (RAPS)

1. Contact Info: Tel: 604.988.3131 - 4513 Fax: 604.983.6060
2. **Referral Form at [www.deanbrown.ca](http://www.deanbrown.ca) |Clinical|Mental Health**

#### 2. Stepping Stones Addiction Program

1. Contact Info: Tel: 604.904.6180 Fax: 604.904.6185
2. Address: 990 22nd Street, West Vancouver, V7V 4C2
3. Website:  
[http://vch.ca/find\\_services/find\\_services/?&program\\_id=1106](http://vch.ca/find_services/find_services/?&program_id=1106)
4. **Referral Form at [www.deanbrown.ca](http://www.deanbrown.ca) |Clinical|Mental Health**

#### 3. Stepping Stones Day Program or Counseling

1. Contact info: Tel: 604-904-6180 Fax: 604-904-6185
2. Address: West Vancouver Adult Day Center, 990 22nd Street, West Vancouver, B.C V7V 4C2
3. Staffed by: a team of doctors, nurses, social workers and therapists who are trained in both mental health and addiction treatment
4. Services: provides both Western and traditional Chinese medical services.
5. Hours: Mon - Fri, 8:30 a.m. - 5 p.m.
6. **Adult Addiction Day Program - Referral Form at [www.deanbrown.ca](http://www.deanbrown.ca) |Clinical|Mental Health**

7. **Stepping Stones Concurrent Disorders Services** – for clients with substance abuse and/or mental health issues
- Contact info: Tel: 604-904-6180 Fax: 604-904-6185
  - Address: 990 22<sup>nd</sup> Street, West Vancouver, V7V 4C2
  - Referral Form at [www.deanbrown.ca](http://www.deanbrown.ca) | Clinical | Mental Health**

## **PROVINCIAL RESOURCES**

### **1. BC/Yukon Alcoholics Anonymous**

- Website [www.bcyukonaa.org](http://www.bcyukonaa.org) or [www.vancouveraa.ca](http://www.vancouveraa.ca) finding meetings, events, general info
- Website for health professionals and patients: free books, videos, etc. <http://aa.org/lang/en/subpage.cfm?page=8>
- General email - [info@bcyukonaa.org](mailto:info@bcyukonaa.org)
- T/F 604-435-2181

### **2. Centre for Mental Health and Addiction**

- Website [www.camh.net](http://www.camh.net)
- Publications re: best practices, research, education and development  
[www.camh.net/Publications/CAMH\\_Publications/index.html](http://www.camh.net/Publications/CAMH_Publications/index.html)

### **3. Quit Smoking**

- Website <http://bc.quitnet.com>
- Quit now by phone toll free at 1-877-455-2233 to talk to a quit specialist
- Free quit smoking program/guides/tools/expert/support forums advice online [http://bc.quitnet.com/qn\\_gizmo.jhtml?JoinNow=2](http://bc.quitnet.com/qn_gizmo.jhtml?JoinNow=2)

## B. Counseling Services

### NORTH SHORE RESOURCES

1. **North Shore Stress and Anxiety Clinic**
  - a. Contact info: Tel: 604-985-3939
  - b. Address: #330 - 145 Chadwick Court, Lonsdale Quay, NV V7M 3K1
  - c. Website: [www.nssac.ca](http://www.nssac.ca)
  
2. The F.O.R.C.E. (**Families Organized for Recognition of Care Equality**) Society for Kids Mental Health assisting families in finding information and help
  - a. Contact info: Tel: 604-878-3400
  - b. Address: PO Box 91697, West Vancouver, BC V7V 3P3
  - c. Email: [theforce@forcesociety.com](mailto:theforce@forcesociety.com) Website: <http://forcesociety.com>
  
3. **Be Real Clinic – Eating Disorders**, West Vancouver - outpatient assessments and treatment for youth 11 – 19 years of age
  - a. Contact info: Tel: 604-983-6847 Fax: 604-983-6883
  - b. **Referral form go to** [www.deanbrown.ca](http://www.deanbrown.ca)
  
4. **Child and Youth Mental Health**
  - a. Contact info: Tel: 604-904-4336 Fax: 604-983-0615
  - b. **Referral form go to** [www.deanbrown.ca](http://www.deanbrown.ca)
  
5. **NS Geriatric Outreach/Assessment**
  - a. Contact info: Tel: 604-904-6200 Fax: 604-904-6266
  - b. Address: West Community Health Centre, #241 – 2121 Marine Dr., West Vancouver, V7V 4Y2
  - c. **Referral form go to** [www.deanbrown.ca](http://www.deanbrown.ca)

6. **Perinatal Depression Support Group** – Vancouver Coastal Health
  - a. **Referral form go to [www.deanbrown.ca](http://www.deanbrown.ca)**
  - b. Fax to 604.983.6883
  
7. **NS Mental Health and Addictions (MHA)** – Vancouver Coastal Health – Admission to Emerg; Rapid Access Psychiatric Clinic (RAPS), Community MHA Services
  - a. Contact Info: Tel: 604- 933-3131 RAPS local 4513; ER local 4289; CPS 604-904-3540
  - b. **RAPS Referral form go to [www.deanbrown.ca](http://www.deanbrown.ca)**
  
8. **Hollyburn Family Services** - counselling and support services to children, youth, families and seniors
  - a. Contact Info: Tel: (604) 987-8211 Fax: (604) 987-8122
  - b. Email: [info@hollyburn.ca](mailto:info@hollyburn.ca) Website [www.hollyburn.ca](http://www.hollyburn.ca)
  - c. Address: 255 West 1<sup>st</sup> Street, North Vancouver, BC V7M 3G8
  
9. **Canadian Mental Health Association (CMHA) North and West Vancouver** – employment services; Goodman house for support, recovery and rehab; outreach services; advocacy; education; counselling; support groups; Bounce Back program
  - a. Contact Info: Tel: (604) 987-6959 Fax (604) 980-0336
  - b. #211-260 West Esplanade, North Vancouver V7M 3G7
  - c. Email: [andrew.newman@cmha.bc.ca](mailto:andrew.newman@cmha.bc.ca) Website: <http://northwestvancouver.cmha.bc.ca>
  
10. **Living Systems Counseling** – counseling for all ages; sliding scale fee
  - a. Contact info: Tel: (604) 926-5496
  - b. Address: 1500 Marine Drive, North Vancouver V7P 1T7
  - c. Email: [livingsystems@telus.net](mailto:livingsystems@telus.net) Website: [www.livingsystems.ca](http://www.livingsystems.ca)
  
11. **North Shore Adult ADHD Clinic** - diagnosis, education, medication prescription and management, coping skills, coaching, counselling, advocacy and support.
  - a. Contact info: Anthony Ocana MD, Tel: 604-913-8183 ext 2235 and ask for Heather Fax: (604) 913-8804
  - b. Lawrence Sheppard RCC, Tel: (778) 898-4634

- c. Address: Continuum Medical Clinic, #201 – 520 17th St, West Vancouver
- d. Website: <http://northshoreadhd.com>

### **PROVINCIAL AND VANCOUVER RESOURCES**

12. **ADHD Provincial Program**
  - a. Contact Info: Tel: 604-875-3551 Fax: 604-875-2870
  - b. Email: [adhd@cw.bc.ca](mailto:adhd@cw.bc.ca)
  - c. Clinic Address: BC Children and Women’s Health Centre, Room B425A, Shaughnessy Building, 4500 Oak St., Vancouver, BC
  - d. **Referral Form:** see [www.deanbrown.ca](http://www.deanbrown.ca) |Clinical|Mental Health
  
13. **Anxiety BC** – Cognitive Behaviour Therapy, Self-Help, Parenting, Panic Disorder, DVDs, Research, Brochures, Resources
  - a. Website: [www.anxietybc.com](http://www.anxietybc.com)
  
14. **Physician Health Program of British Columbia** – for doctors and their families
  - a. Toll Free Helpline 1-800-663-6729 24/7
  - b. Address: #980 - 1125 Howe Street Vancouver, BC, V6Z 2K8
  
15. **Jewish Family Services of Vancouver** – counselling, food and housing services
  - a. Contact info: Tel: (604) 257-5151 Fax: 604.257.5148
  - b. Address: #305-1985 West Broadway, Vancouver V6J 4Y3
  - c. Email: [gboroomand@jfsa.ca](mailto:gboroomand@jfsa.ca) Website: [www.jfsa.ca](http://www.jfsa.ca)
  
16. **Canadian Collaborative Mental Health Initiative** integration of mental health and primary health care
  - a. E-mail: [info@ccmhi.ca](mailto:info@ccmhi.ca)
  - b. Website: [www.ccmhi.ca/en/who/initiative.html](http://www.ccmhi.ca/en/who/initiative.html)
  
17. **Practice Support Program (PSP) Mental Health Modules**

- a. Algorithm; Impact BC; Bounce Back Program; Bounce Back Info Form; Antidepressant Skills Workbook
  - b. Available at: [www.deanbrown.ca](http://www.deanbrown.ca) |Clinical|Mental Health
18. **Vancouver General Outpatient Psychiatric Program**
- a. Contact info: Tel: 604-875-4794 Fax: 604-875-5386
  - b. Address: VGH, Health Centre, Ground Floor, 715 West 12<sup>th</sup> Avenue, Vancouver
  - c. **Referral form** [www.deanbrown.ca](http://www.deanbrown.ca) |Clinical|Mental Health
19. **Mood Disorders Clinic – UBC**
- a. Contact info: Tel: 604-822-7512 Fax: 604-822-7922
  - b. Address: 2221 Wesbrook Mall, Detiller Pavillion, UBC Hospital, Vancouver, V6T 2A1
  - c. **Referral form** [www.deanbrown.ca](http://www.deanbrown.ca) |Clinical|Mental Health
  - d. Website: <http://psychiatry.vch.ca/mdc.htm>