

## Our Services Include

- Intake Screening
- Referral to Community Agencies
- Assessment and planning
- Individual therapy
- Group therapy
- Parenting programs

## Common Challenges Addressed By CYMH:

- Anxiety problems
- Mood problems
- Psychosis
- Eating disorders
- Chronic suicidality & self-harm
- Parent-child relational challenges



## Who We Are

The Ministry of Children and Family Development's **Child and Youth Mental Health (CYMH)** teams located across B.C. provide a range of mental health assessment and treatment options for children and youth (age 0 – up until their 19<sup>th</sup> birthday) and their families at no cost. Our clinics are staffed by mental health clinicians, psychologists, and psychiatrists.

Our mental health services are voluntary and are designed to support children and youth who experience significant mental health difficulties.

Our teams also help families find mental health programs and services they could benefit from within their communities.

***CYMH offers in-person and virtual mental health services.***

**For 24/7 crisis support,  
call the mental health support line at  
310-6789 (no area code required)  
from anywhere in B.C.**



**For intake clinic  
locations across B.C., call  
811 or scan QR code.**



Ministry of  
Children and Family  
Development

Brochure updated September 2025



**CHILD &  
YOUTH  
MENTAL  
HEALTH**



Ministry of  
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Development

## Getting Started:

Completing an intake is the first step to getting started. Children, youth, and families who reside **in Surrey** can refer themselves by contacting one of our Surrey CYMH Intake Clinics.

If you are unsure of which office to contact, please feel free to give any CYMH clinic a call and they will assist you in determining the appropriate CYMH office to contact for an intake.

- Please note that our services are voluntary and of no cost.
- Youth can access CYMH services without the involvement of their parents or caregiver(s). However, parent or caregiver involvement is valuable in many cases so it is encouraged when possible.
- Children 12 years of age or under must be accompanied by a parent or guardian for intake.



## What is Intake?

Intake is an opportunity for the clinician to get to know you and listen to your concerns. It is important to tell the intake clinician as much as you can so together you can determine the kind of support you might need.

- An intake appointment can take around 1-2 hours for completion.
- During intake, you will provide info on your current mental health and wellness concerns and complete some paperwork and questionnaires.
- If you don't understand something or want to know more, intake is a great opportunity to ask any questions you may have for us.
- At the end of the intake process, the clinician will give you a service plan. This is a document that summarizes what you discussed, as well as info on additional resources and next steps.
- The service plan is created based on your concerns and unique needs and may include recommendations to other services in the community or CYMH services.

## Surrey Intake Clinic Times and Locations

***Please call your local Surrey CYMH office to initiate an intake by appointment.***

***If you are unsure of which office to contact, please feel free to call any CYMH office for assistance.***

### **Newton:**

Call **604-501-3122** (Mon-Fri, 9am-4pm) to schedule an intake by appointment.

**Address:** 200- 13630 72 Avenue, Surrey

### **Cloverdale / Fleetwood:**

Call **604-951-5701** (Mon-Fri, 9am-4pm) to schedule an intake by appointment.

**Address:** 15405 88 Avenue, Surrey

### **Guildford:**

Call **604-586-2685** (Mon-Fri, 9am-4pm) to schedule an intake by appointment.

**Address:** 8- 15355 102A Avenue, Surrey

### **Surrey North:**

Call **604-951-5960** (Mon-Fri, 9am-4pm) to schedule an intake by appointment.

**Address:** 300- 9900 King George Blvd., Surrey

If you are a resident of:

- **White Rock/South Surrey:**  
Call 604-542-3900
- **Langley:**  
Call 604-514-2711
- **Delta:**  
Call 604-501-3237

*\*Offices are closed on weekends and holidays.  
Clinics are closed 12:00pm– 1:00pm for lunch.*