Mental Health Resources

Crisis Helplines

If you are experiencing a crisis or need mental health support in the Surrey area, you can reach out to the following helplines based on your needs:

RESOURCE NAME	HELPLINE
BC Bereavement Helpline	**Call**: 604-738-9950
BC Mental Health Crisis Support Line	**Call:** 310-6789
BC Suicide Helpline	**Call:** 1-800-SUICIDE (1-800-784-2433)
Emergency Mental Health Crisis	**Call:** 9-1-1-Car 67
Hope for Wellness Help Line	**Call:** 1-855-242-3310 (toll free)
Living Through Loss Counselling	**Call**: 604-873-5013
National Suicide Crisis Helpline	**Call or Text:** 988
United Way Centraide Canada	**Call or Text** 211 Online directory: **bc.211.ca**

Counselling & Mental Health Service Locations

RESOURCE NAME	HELPLINE
DIVERSEcity Multicultural Counselling Services	**Call:** 604-597-0205 **Email:** intake@dcrs.ca **Website:** dcrs.ca
Mental Health Centre: Surrey	**Call**: 604-953-4900 **Location:** 1100-13401 108th Avenue, Surrey, BC V3T 5T3
Moving Forward Family Services (MFFS)	**Call:** 1-877-485-5025 **Website:** https://movingforward.help/
Peace Arch Hospice Society	**Call:** 604-531-7484 **Email:** peacearchhospice.org
Sources Community Resource Centre	**Call:** 604-531-6226 **Email:** sourcesbc.ca
Surrey Mental Health and Substance Use Urgent Care Response Centre	**Call:** 604-953-6200 **Location:** 13750 96th Avenue, Surrey, B.C. V3V 1Z2

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Child and Youth-Specific Mental Health Resources

RESOURCE NAME	HELPLINE
Charlene Reaveley Children's Charity Society (CRCCS) - Offers 100% funded counselling sessions for children and immediate family after children experience immediate loss of family member	**Call:** 604-339-6658 **Email:** info@crccs.ca **Website:** https://www.crccs.ca/
Child and Youth Mental Health Clinics (CYMH) - Voluntary mental health assessments, therapy (individual, family, group), and support for children (0-18) and families dealing with emotional, behavioral, or mental health challenges like anxiety, depression, or stress, providing a crucial pathway to care via walk-in intake clinics.	**Cloverdale:** 604 951 5701 **Guildford:** 604 586 2685 **Newton:** 604 501 3122 **North Surrey:** 604 951 5960 **South Surrey/White Rock:** 604 542 3900 **Location:** 200-13630 72nd Ave, Surrey V3W 2P3 **Website:** cymhsrss.com
Dan's Legacy Foundation - Access trauma-informed counselling and wrap-around support programs for youth ages 15 to 25. Offered clinically supported job skills training programs for youth aged 19-25.	**Email:** info@danslegacy.com **Website:** https://danslegacy.com/
Early Psychosis Intervention Program (EPI) - FH - Assessment and treatment of psychosis for people between 13 and 30 years old.	**Call:** 604 538 4278 **Surrey Location:** 13401 108th Ave, Surrey, BC V3T 5T3
Foundry BC Virtual - Download Foundry BC App on App Store/Google Play to book virtual/online appointments with counsellors.	**Call:** 1-833-308-6379
Here to Help - Resources for mental health, make informed decisions, and strategies to make changes. Screening self-tests are available.	**Website:** https://www.heretohelp.bc.ca/resource-library
Kelty Mental Health Resource Centre - Help navigate the mental health system, connect with peer support, and access resources and tools to support well-being.	**Website:** keltymentalhealth.ca
Kids' Help Call - Confidential and anonymous telecall and online counselling and referral services for young people up to age 20.	**Call:** 1-800-668-6868 **Text:** "CONNECT" to 686868 **Website**: KidshelpCall.ca (Available 24/7)
Sources Discovery - Provides 8 free short-term counselling sessions available for youth ages 13-25.	**Call:** 604 538 2522 **Email:** DiscoverY@sourcesbc.ca **Cloverdale:** 101 - 5783 176A Street Surrey BC V3S 6S6 **White Rock:** 882 Maple Street White Rock BC V4B 4M2
Suicide Prevention, Education and Counselling (SPEAC) Program (Youth + Counselling) - Provides short-term counselling (up to 10 sessions) for young people up to age 18.	**Call:** 604 584 5811 ext. 11366 **Location:** 9815 - 140th Street Surrey, BC V3T 4M4
Supporting Children and Youth Through Mental Health Crisis (START) - Fraser Health - Provides support for individuals experiencing mental health and substance use crisis. Anyone can book an appointment.	**Call:** 604-585-5561 **Location:** 9634 King George Blvd, Surrey, BC V3T 2V4
Wellness Together Canada: Mental Health and Substance Use Support	**Text: WELLNESS** to 686868 **Front Line Workers: Text: FRONTLINE** to 741741

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Youth Apps & Mindfulness Recordings

RESOURCE NAME	APPLICATION/WEBSITE
Free Digital Applications	Headspace | Calm | Breath2Relax | MoodGym | Breathr | Mindshift | Mind Your Mood | What's up? | Smiling Mind | Stop, Breath, Think | Insight Timer
Mindful Teen Website	**Website:** https://www.mindfulnessforteens.com/guided-meditations
Surrey Schools Mental Health Animated Videos	**Website:** https://www.surreyschools.ca/page/12345/students-families
UCLA free guided mindfulness meditations	**Website:** marc.ucla.edu/body.cfm?id=22

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