



MENTAL HEALTH RESOURCES IN BC HEALTH AUTHORITIES

MENTAL HEALTH	
<p>Adult Mental Health and Substance Use Services</p>	<p>Fraser Health Authority: http://www.fraserhealth.ca/health-info/mental-health-substance-use/</p> <p>Interior Health Authority: http://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Pages/default.aspx</p> <p>Northern Health Authority: http://www.northernhealth.ca/YourHealth/MentalHealthAddictions.aspx</p> <p>Vancouver Coastal Health Authority: Mental Health and Substance Use Services http://www.vch.ca/your-care/mental-health-substance-use</p> <p>Accessing Mental Health and Substance Use Services http://www.vch.ca/your-care/mental-health-substance-use/accessing-mental-health-substance-use-services</p> <p>Mental Health – Children & Youth http://www.vch.ca/your-care/mental-health-substance-use/children-youth-mental-health-services</p> <p>Island Health Authority: http://www.viha.ca/mhas/</p>
<p>BC Mental Health and Substance Use Services (BCMHSUS) http://www.bcmhsus.ca/</p>	<p>BC Mental Health & Substance Use Services (BCMHSUS) provides a diverse range of specialized and one-of-a-kind tertiary mental health and substance use services for young people and adults across the province.</p> <p>Recognizing that people with mental health challenges may also have co- occurring substance use concerns, the assessment and treatment of substance use issues is an integral part of the programs.</p> <p>BC Mental Health & Substance Use Services is responsible for the following provincial specialized mental health & substance use programs:</p> <ul style="list-style-type: none"> • The Forensic Psychiatric Services Commission which includes the Forensic Psychiatric Hospital and 6 regional clinics; • Correctional Health Service • The Burnaby Centre for Mental Health and Addictions; • The Youth and Young Adult Substance Use Treatment Program (Ashnola at the Crossing); • Heartwood Centre for Women; and • BC Mental Health and Addictions Research Institute

<p>BC Neuropsychiatry Program http://www.bcnp.ca/</p>	<p>This is a tertiary adult provincial program located at distributed sites across the province of BC. Partners include UBC Hospital’s neuropsychiatric inpatient and outpatient services in Vancouver, Hillside Centre’s neuropsychiatric inpatient unit in Kamloops, Delta Hospital Neuropsychiatric outpatient clinic in Delta, and the Alder Unit (Lower Mainland’s neuropsychiatric residential unit) in Vancouver.</p>
<p>BC Pediatric Society – Helpful Resources http://bcpeds.ca/Families/showcontent.aspx?MenuID=1836</p>	<p>An online resource list of organizations offering general information about mental health and helpful mental health resources.</p>
<p>Brainstreams.ca http://www.brainstreams.ca/</p>	<p>24/7 access to information and resources for the thousands of people who experience brain injury in BC and beyond each year. The website contains educational information about the brain, stories contributed by survivors and caregivers, lists of local and other resources and event postings.</p>
<p>British Columbia Psychological Association https://www.psychologists.bc.ca/</p>	<p>The BC Psychological Association (BCPA) is committed to advancing the profession of psychology and supporting the emotional health and psychological well-being of all British Columbians by helping them access high-quality, clinically proven psychological care provided by Registered Psychologists.</p> <p>Free referral service of Registered Psychologists, searchable by location, area of concern, therapy method, and other criteria available at: https://www.psychologists.bc.ca/find_psychologist_full</p>
<p>Canadian Mental Health Association (CMHA; BC Division) http://www.cmha.bc.ca/</p>	<p>A national charity that helps maintain and improve mental health for all Canadians. Many resources available for health care professionals and families, including:</p> <p>CMHA Wellness Programs CMHA believes that good mental health is essential to overall health and well-being. Whether individuals are managing a mental illness, supporting someone they care about, or looking to build their own overall health, CMHA can help people build mental health skills and resilience for themselves and their family.</p> <p>Bounce Back® A free, evidence-based program designed to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. http://www.cmha.bc.ca/programs-services/bounce-back/</p> <p>Living Life to the Full An eight-session, 12-hour mental health promotion course designed to help people deal with low mood, anxiety, stress and everyday life challenges. http://www.cmha.bc.ca/programs-services/living-life-to-the-full/</p> <p>Privacy and Information Sharing Resources: http://www.cmha.bc.ca/documents/privacy-and-information-sharing-resources/</p> <ul style="list-style-type: none"> • Privacy for Parents and Caregivers – Factsheet • Best Practices for Service Providers: Privacy and Information Sharing – Factsheet

<p>Child and Teen Mental Health website, Ministry for Children and Family Development (MCFD)</p> <p>http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health</p>	<p>A website with a number of helpful resources, including:</p> <ul style="list-style-type: none"> • A map to find mental health services and intake clinics for children and teens • Suicide prevention resources for children and youth • Suicide prevention information and practical tools for parents, caregivers or professionals • Information about Youth Forensic Psychiatric Services • Additional suggestions for finding mental health services for your child or teen
<p>Child and Youth Special Needs (CYSN)</p> <p>http://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-behaviour-development/special-needs</p>	<p>Services and funding options may be available for children or teens who have special needs and their families. Here are a few examples:</p> <ul style="list-style-type: none"> • Social and life skills training for children and teens • Behavioural and other professional support services for children and teens • Respite, counselling, support groups and homemaker services to assist families
<p>Collaborative Toolbox</p> <p>http://www.collaborativetoolbox.ca/initiating-change</p>	<p>A 'one-stop-shop' for child and youth MHSU tools and a number of local resources, for example:</p> <ul style="list-style-type: none"> • facilitate engagement of community members and identify gaps in care • include assistance when engaging youth and families • provide examples of how you can share information about supports and resources in your community
<p>Early Psychosis Intervention (EPI)</p> <p>www.earlypsychosis.ca</p>	<p>Recognizing the signs and symptoms of psychosis and providing intervention early in the course of illness will improve long term outcomes and recovery. The website provides a collective resource about Early Psychosis Intervention (EPI) services across the province of British Columbia.</p> <p>Contact information is available for each BC EPI Program in five Health Authorities – visit:</p> <p>http://www.earlypsychosis.ca/pages/about/about-epi</p> <p>Dealing With Psychosis (DWP) Toolkit and other resources can be downloaded from:</p> <p>http://www.earlypsychosis.ca/pages/resources/downloads</p>
<p>FamilySmart™ Together-Centred Institute of Families for Child & Youth Mental Health</p> <p>http://www.familysmart.ca/</p>	<p>Parents in Residence (PiR) and Youth in Residence (YiR) provide peer support, mentoring, system navigation and access to information, resources, networks and education. There are PiRs in communities in every health region in BC. Check the website to see if there is a PiR or YiR in your community at:</p> <p>http://www.familysmart.ca/programs/parents-and-youth-in-residence/. For those without a PiR or YiR in their community, we have PiRs and YiRs with a provincial mandate who work out of the Kelty Mental Health Resource Centre at BC Children’s Hospital.</p>
<p>FIND Services and Resources Guided Search</p> <p>http://www.healthlinkbc.ca/services/resources/guidedsearch</p>	<p>The HealthLink BC FIND Services and Resources Directory provides listings for health services offered by the provincial government, provincial health authorities, and non-profit agencies across British Columbia. Individuals can search for walk-in clinics, emergency rooms, hospitals, mental health program, home care programs, pharmacy services, laboratory services, and more.</p>

<p>HeretoHelpBC.ca http://www.heretohelp.bc.ca/</p>	<p>HeretoHelp is a website of the BC Partners for Mental Health and Addictions Information, a group working together to help people better prevent and manage mental health and substance use problems and live a healthier life. The website offers comprehensive online and other resources.</p> <p>The leading provincial mental health and addictions non-profit agencies are: AnxietyBC, BC Schizophrenia Society, Canadian Institute for Substance Use Research, Canadian Mental Health Association's BC Division, Institute of Families for Child and Youth Mental Health, Jessie's Legacy eating disorders prevention and awareness (a Family Services of the North Shore program) and Mood Disorders Association of BC.</p>
<p>Kelty Mental Health Resource Centre http://keltymentalhealth.ca/</p>	<p>The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC. The Resource Centre also provides peer support to people of all ages with eating disorders.</p>
<p>Learning Links https://learninglinksbc.ca/</p> <p>Please note, this resource is for physicians only.</p>	<p>Learning Links is a free online resource created to help BC physicians better diagnose, treat and manage children and youth with mental health disorders. Featuring 15 distinct modules, Learning Links addresses anxiety, depression, self-harm, OCD, psychotic disorders and more. Physicians who complete the modules are eligible for self-directed continuing education credits. Learning Links was created by an expert team of BC physicians led by Dr. Jana Davidson, Psychiatrist-in-Chief at BC Children's Hospital, as part of the Child and Youth Mental Health and Substance Collaborative. Visit the website to view the modules and get started.</p>
<p>Mental Health and Substance Use Supports in BC https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc</p>	<p>This mental health and substance use website is an online hub of information about mental health and substance use that includes services available in B.C. for children and youth, students and adults.</p>
<p>Mood Disorders Association of BC (MDABC) Adult Psychiatric Clinic http://www.mdabc.net/</p>	<p>Access to Adult Psychiatric Clinic services requires a doctor's referral be fax to 604-873-3095. Referral form: http://www.mdabc.net/sites/default/files/pdf/MDABC%20Teleconsult%202.pdf.</p> <p>Access to the Counselling and Wellness Centre is by self-referral: http://www.mdabc.net/counselling-services. This service offers low-cost counselling for families and individuals of all ages. All in-person programs and counselling are offered at the Vancouver location.</p>

<p>Pacific Autism Family Centre Society http://pacifiautismfamily.com/</p>	<p>Pacific Autism Family Centre (PAFC) is a centre of excellence for individuals with Autism Spectrum Disorder and their families. The core purpose is to be a Knowledge Centre: bringing together state of the art resources for research, information, learning, assessment, treatment and support; and building capacity to address the lifespan needs of individuals with ASD, and their families across BC.</p> <p>Ready, Willing & Able (RWA) is a national partnership between the Canadian Association for Community Living (CACL), the Canadian Autism Spectrum Disorders Alliance (CASDA) to develop a more inclusive workforce across Canada. The program is focused on increasing the employment rate of people with Autism Spectrum Disorder (ASD) by engaging employers and raising awareness about the value of hiring people with diverse abilities. For information about the initiative, see http://readywillingable.ca/ or contact the Autism Outreach Coordinator for Greater Vancouver Regional District – see RWA Staff tab for phone number.</p> <p>Employment Works is an employment readiness program for individuals with ASD between the ages of 15-29. For further information about this program please see: http://worktopia.ca/</p>
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