









CHILD AND YOUTH MENTAL HEALTH SERVICES

Organizations and Resources | White Rock-South Surrey

	MCFD / Child & Youth Mental Health Intake 15455 Vine Ave, White Rock 604 542 3900	Assessment and treatment by Psychiatrist, Psychologist and Clinician Open Monday to Friday 9:00 to 5:00 by appointment
	Vine Youth Clinic 15455 Vine Ave, White Rock 604 542 3926 vineyouthclinic.com	Mental health — depression, stress, anxiety, eating disorders, sexual health, birth control, pregnancy tests Book online
	Sources Substance Use & Counselling Services 882 Maple Street, White Rock 604 538 2522 sourcesbc.ca	DiscoverY free short term counselling mild to moderate mental health, or other life issues Substance use counselling funded by Fraser Health
	FamilySmart™ 604 878 3400 familysmart.ca	Support and resources to families who have children / youth with mental health challenges
	SPEAC — Suicide Prevention, Education & Counselling 13520–78 Ave, Surrey 604 584 5811 options.bc.ca	Short term counselling and support for suicidal youth 3 – 18 years
	Alexandra Neighbourhood House Youth & Family Programs 2916 McBride Ave, Surrey 604 538 5060 alexhouse.net	Youth, family & parent supports. 1 – 1 youth workers (social, emotional & life skills), 1 – 1 family workers, parent education groups and more
	START — Short Term Assessment, Response & Treatment Shirley Dean Pavilion, 9634 King George Boulevard, Surrey 1 844 782 7811	Mental health crisis stabilization program for children and youth ages 6 – 18
	South Surrey White Rock Youth Space Sunnyside Hall, 1845 154 Street, Surrey 778 545 9188 theyouthspace.com	Youth-specific support, resources and skills development

HELP LINES

Alcohol & Drug Resources (24 hrs)	604 660 9382
Fraser Health Crisis Line 24 hour	604 951 8855
Kids Help Line (BC)	310 1234
Kids Help Phone (National)	1 800 668 6868
Mental Health Support	310 6789
Ministry of Child & Family Development Social Service Intake Line / Child Protection	1 800 663 9122
Suicide Line (for client, family or friend)	1 800 784 2433

MORE RESOURCES

HealthLink BC – Call 811 – 24 hour Health Info & Advice Line
211 (text or call) – For Community, Government & Social Services
medimap.ca – to find a family doctor and for Walk-In Clinics
wait times and hours

Community Service Directory –
whiterock-southsurrey.pathwaysbc.ca

Peace Arch Hospice Society 604 531 7484
(Free end-of-life & grief support for adults & children)
peacearchhospice.org

NOTES

WEBSITES

agedout.com
alexhouse.net
anxietybc.ca
bc-counsellors.org
kelymentalhealth.ca
familysmart.ca
foundrybc.ca
fraserhealth.ca/mentalhealth
heretohelp.ca
kidshelpphone.ca
mindhealthbc.ca
mindyourmind.ca
openmindbc.ca
options.bc.ca
peacearchhospice.org
phsa.ca/transcarebc
qmunity.ca
teenmentalhealth.org
theyouthspace.com
vineyouthclinic.com
youthinbc.com

APPS

Mindshift App
Calm App
BoosterBuddy App
Optimism App

BOOK RESOURCES

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety | By Dawn Huebner
Taming Worry Dragons | By Jane Garland & Sandra Clarke
Keys To Parenting Your Anxious Child | By Katharina Manassis

All services free, unless otherwise noted



White Rock-South Surrey
Division of Family Practice

A GPSC initiative



Surrey Schools
LEADERSHIP IN LEARNING