

Counselling Resources for Mission

Services included in this booklet include

- ✓ **Free counselling**
- ✓ **Family support programs**
- ✓ **Child Protection**
- ✓ **Family Services**
- ✓ **Guardianship**
- ✓ **Youth Justice**
- ✓ **Child/Youth Mental Health (counselling)**
- ✓ **Harm reduction programs,**
- ✓ **Mental health counselling,**
- ✓ **Employment and housing support,**
- ✓ **Life skills training**
- ✓ **24 HOUR CRISIS LINES FOR TEENS**

***Note: All services listed are free and confidential**

If you require immediate crisis help

- **Please dial 1-800-784-2433 to connect to the B.C. mental health crisis line, which operates 24 hours a day.**
- **For medical emergencies call 9-1-1.**
- **Please dial 1-800-784-2433 to connect to the B.C. mental health crisis line, which operates 24 hours a day.**

Ministry of Children and Family Development (MCFD)

Phone: 604-820-4300,

Centralized Intake and Screening (24-hour): 1-800-663-9122

Website: <http://www.gov.bc.ca/mcf>

Agency Description: Provides child protection intake and investigation services, child and family services, child and youth mental health services, services for children and youth with special needs, adoption and guardianship services, youth justice services, and services for children and youth in care.

Mission Friendship Centre Society

Phone: 604-826-1281, Alt. Phone: 1-888-826-1281

Website: <http://www.mifcs.org>

Agency Description: Aims to create better understanding between Aboriginals and non-Aboriginals in the community, and works to meet the needs of people of Aboriginal origin who are making the transition to urban communities. In addition to addiction counselling, offers cultural, social and recreational activities, wellness and parenting programs, employment readiness programs, as well as workshops on mental and physical health issues. Serves a hot lunch at 12 noon on Mondays, Wednesdays, and Fridays.

Youth Services Program

Phone: 604-826-3634

Website: <http://www.missioncommunityservices.com>

Service Description: Reaches out to youth age 19 and under who are living on the street, at risk of street involvement, have had conflicts with the law and/or are experiencing trouble at home, at school, or on the streets.

Mission Association for Community Living (MACL)

Phone: 604-826-9080

Website: <http://www.missionacl.org>

Agency Description: Provides residential supports in homes, apartments, and family settings; education and support in skill building, volunteerism, employment preparation, placement and support; social/recreation/leisure opportunities; consultants to children in child care settings; screened caregivers who can provide respite to families and individuals; advocacy for all related intellectual disability issues.

Child Care Resource and Referral Program

Phone: 604-826-3634

Website: <http://www.missioncommunityservices.com>

Service Description: Provides support, resources, and referral for child care providers and families. Services for parents include information about child care and the child care subsidy, help finding child care, referral to community resources, and educational opportunities.

**PEACE (Prevention, Education, Advocacy,
Counselling and Empowerment) Program for Children
and Youth Experiencing Violence.**

Phone: 604-820-8455 Local 103

Website: <http://www.saraforwomen.ca/services>

Stopping the Violence Counselling (STV) - Mission

Phone: 604-820-8455 Local 605

Website: <http://www.saraforwomen.ca/services>

Service Description: Offers free counselling to female survivors of family violence, sexual assault, or historical abuse of any kind.

24 HOUR CRISIS LINES FOR TEENS

- ✓ **Kids Help Phone at 1-800-668-6868** provides kids and teens access to a professional counsellor by phone to discuss their issue or concern 24 hours a day.

- **Mental Health Support • 310-6789**

- **1-800-SUICIDE • 1-800-784-2433**

- **Online Service for Youth • www.YouthinBC.com**

- **Alcohol & Drug Info & Referral Services (800) 663-1441. All Ages. Hours: 24 hrs**

- **BC Mental Health & Addiction Information / Resources (800) 661-2121 / 310-6789 (24 hour distress line)**

- **Children's Help Line (604) 310-1234 (toll free call) Ages: 19 years and younger (Hours: 24 hrs)**

- **Erase Bullying Website: www.erasebullying.ca**

24 HOUR CRISIS LINES FOR TEENS

- **Fraser Valley Regional Crisis Line 1 (877) 820-7444**

- **Cybertip / Sexual Exploitation Helpline
(866) 658-9022**

- **Problem Gambling Information & Referral Services (888)
795-6111**

- **Youth Against Violence Line (800) 680-4264 / (604) 836-
6381 (text)**
Confidential, multilingual number to report information concerning violence, drug activity or gang actions. This line is also used to alert police of an upcoming crime or fight. Texts and emails are checked every 1/2 hour; all tips are looked into. Ages: All Ages, Hours: 24 hrs

Website: www.youthagainstviolenceline.com

- **Please dial 1-800-784-2433 to connect to the B.C. Mental Health Crisis Line, which operates 24 hours a day.**