

# **DROP-IN COUNSELLING**

**Foundry Virtual BC offers virtual counselling sessions by video, audio and chat options to young people ages 12-24 and their caregivers!**

## **What Is Drop-In Counselling?**

A counsellor has advanced training in a variety of areas related to mental health conditions and human development. Through the use of strategies and by creating a relationship with you, they can facilitate insight, emotional acceptance, change, and growth. A counsellor can support you in developing abilities to manage difficult times and help you recognize personal skills that have worked to overcome challenges in the past. They can be a source of support and hope in times of difficulty. They can help you figure out what you want and need, and the steps to achieve your goals. Counselling is also available for caregivers of youth who are between the ages of 12-24 who are struggling with mental health & substance use challenges.

## **When are Services Available**

- Booked appointments available Monday – Sunday 1:00pm-9:00pm (book up to 14 days in advance)
- Youth drop-in counselling is available Tuesday-Thursday from 2:00pm-6:00pm

## **Who can access these services?**

- BC young people aged 12-24
- Caregivers of youth ages 12-24
- Service providers servicing youth ages 12-24

**Have questions?** To learn more about our services please call us at 1-833-FOUNDRY (with a Zero, not an O or 1-833-308-6379), send us an email at [online@foundrybc.ca](mailto:online@foundrybc.ca) . Our Phone lines are open Monday to Sunday 1:15 to 7:15 pm.

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**A reminder that – this service is connected to our Foundry BC Virtual provincial virtual services, which are separate from Foundry centres. If you are interested in receiving in person supports, visit one of our Foundry centres.**

**TO BOOK AN APPOINTMENT - DOWNLOAD THE FOUNDRY BC APP**

## **DOWNLOAD THE FOUNDRY BC APP**

- 1. Download on the Google Play, Apple App Store or the desktop web portal version**
- 2. Register for your free account \***
- 3. Connect to services\**Please ensure that youth register for a youth account and that caregivers register for a caregivers account.***



If you do not have access to internet please call 1-833-308-6379 or email [online@foundrybc.ca](mailto:online@foundrybc.ca)

Please note the virtual services offered through the Foundry BC app are distinct and separate from our network of Foundry centres.