

Counselling Resources for Surrey / Whiterock

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.**

Child and Youth Mental Health Counselling

Provides free counselling services to children and youth from immigrant and refugee families living in Delta or Surrey who are experiencing mental health issues, including depression, anxiety, suicidality, post-traumatic stress disorder (PTSD), attention deficit hyperactivity disorder (ADHD), and psychosis.

Phone: 604-547-1202, Fax: 604-597-0488

Website: <http://www.dcrs.ca/counselling>

Email: counsellingservices@dcrs.ca

Youth Clinic - Surrey

Provides free confidential information and education regarding sexuality and health to youth age 21 and under.

Phone: 604-585-5999

Address: Shirley Dean Pavilion, 9634 King George Boulevard, Surrey.

Child & Family Services Office for White Rock

Provided Services:

- Child/Youth Mental Health
- Child Protection
- Family Services
- Guardianship
- Youth Justice

Phone: 1-604-542-3900

Address: 15455 Vine Ave., White Rock, BC, V4B 2T3

The Youth Space of South Surrey / White Rock

1845 154 St., Surrey, BC, Canada

Call (778) 545-9188

<https://www.facebook.com/sswryouthspace/>

- The Youth Space is a safe, sober, and inclusive space for youth ages 13-24. We exist to empower and engage youth in our community through: art, music, poetry, film, sports and providing a space for all youth.
- The Youth Space is a safe, sober, and inclusive space for youth ages 13-24

Youth Transitioning Program

Assists Surrey youth (ages 15 to 19) with government care experience in transitioning to adulthood with one-on-one-support. Services include peer and lay counselling, advocacy, and skill development in areas such as education and vocational training, homemaking, and leisure issues. Also assists youth with housing support.

Phone: 604-596-4321...Fax: 604-572-7413

Website:

<http://www.options.bc.ca/program/youth-transitioning-services>

Newton Youth Hub (NYH)

One-stop centre for youth and families to access a drop-in resource room for support, food, laundry, and showers, as well as programming for social, health, education, housing, substance use, employment, and life skills services. Services include addiction counselling and prevention programs, a youth mentorship program, parent-teen mediation, foster parent training, and volunteer opportunities. Hours are 8:30 am to 4:30 pm Monday to Friday.

Phone: 604-592-6200

Website: <http://pcrs.ca/service-types/resource-centres>

Email: nyrcreception@pcrs.ca

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

Provides free individual and group counselling for children and youth ages three to 18 who have been exposed to family violence. Services provided in English or other languages including Farsi, Hindi, Korean, Punjabi, Spanish, Arabic, and Urdu.

Phone: 604-597-0205, Fax: 604-597-0488

Website: <http://www.dcrs.ca/counselling>

The Family Project: PEACE

Provides free individual and group counselling for children and youth ages three to 18 who have been exposed to family violence.

Phone: 604-262-7295, Fax: 604-688-1799

Website:

<http://atira.bc.ca/what-we-do/program/the-family-project-peace>

The Centre for Child Development

Provides services for children with special needs from birth to 19 years of age, and support for their families.

Phone: 604-584-1361, Fax: 604-583-5113

Website: <http://www.the-centre.org>

Email: info@the-centre.org

White Rock Office - Family Services, Child and Youth Mental Health

Provides child and family services, and child and youth mental health services, and youth probation services.

Phone: 604-542-3900, Fax: 604-531-8308

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.**