

## **Counselling Resources for Chilliwack**

### **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.**

## **The Chilliwack Youth Health Centre**

**For VIRTUAL COUNSELLING SERVICES ONLY:**

**Text or call: 604-819-4603**

**Contact Brandi [chilliwackyhc@gmail.com](mailto:chilliwackyhc@gmail.com)**

**<https://chilliwackyhc.com/about/>**

## **The Chilliwack Youth Health Centre**

### **IN PERSON SERVICES**

**The CYHC has modified face-to-face mental health and counselling care at the Neighbourhood Learning Centre (NLC) and STO:LO sites:**

#### **Talk Face-to-Face with a Doctor**

We have a room set up for youth to access the privacy needed and/or the technology to access virtual services during our operating hours.

#### **Stó:lō Primary Health Care Clinic**

**FACE-TO-FACE COUNSELLING**

**The CYMH team works closely with other services to provide mental health services to children, youth and their families.**

**Family doctors are available to provide all aspects of medical, sexual, and mental health care needs.**

**Early Psychosis Intervention (EPI) program for young people ages 13-35.**

**For gender creative children, youth and adults looking for gender affirming services and peer and community supports.**

Information and referrals on gender-affirming care and supports

Drop-in support for families struggling to come to terms with LGBT issues

All ages, families, partners peer led support group.

For ages 12–18, facilitated by a counsellor.

**<https://chilliwackyhc.com/resources/>**

## **Child & Family Services Office for Chilliwack (School St.)**

### **Provided Services:**

- Child/Youth Mental Health
- Family Services
- Child Protection
- Guardianship
- Youth Justice
- Child/Youth Special Needs
- Adoptions

**Address: 8978 School St., Chilliwack, BC,**

**Phone: 1-604-702-2311**

**<https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families/sda-chilliwack-school-st>**

## **Chilliwack Community Services**

**45938 Wellington Ave,**

**Chilliwack, BC**

**Phone: 604.792.4267**

**Fax: 604.792.6575**

**Email: [ccsinfo@comserv.bc.ca](mailto:ccsinfo@comserv.bc.ca)**

**Youth Services Coordinator: Nikki Dionne, 604.702-2903**

### **Youth Leadership & Empowerment Training**

- ✓ Leadership and Empowerment Training Group is for youth aged 14 to 18 who want to learn skills to navigate through their teenage years, craft a stellar resume, and run some fun events.

### **Youth Outreach**

- ✓ Support to vulnerable youth and their families, including "street" youth.

### **Youth Support**

- ✓ Providing youth with an opportunity to address areas of stress, anger, conflict, self-esteem, and other youth related counselling matters.

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### **Youth Housing**

- ✓ Safe, affordable transitional housing for youth who are homeless or at risk of homelessness.

### **Youth Advisory Committee**

- ✓ A representation of youth voices whose purpose is to advocate on behalf of youth through identifying, improving, and increasing services and programs for youth in Chilliwack.

### **Youth Recreation**

- ✓ This program provides healthy recreational based activities to increase physical and emotional health. Activities can include hockey, soccer, hiking, drop-in programming, going to the movies and more.

**Address: 8978 School St., Chilliwack, BC, V2P 4L4**

**Phone: 1-604-702-2311**

## **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](http://www.youthagainstviolenceline.com)**