

Date: \_\_\_\_\_

Mental Wellness Action Plan: \_\_\_\_\_

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**Visit your family doctor**  
Check [www.medimap.ca](http://www.medimap.ca) for  
Walk-In Clinics wait times & hours

Don't have a family doctor & live in  
White Rock-South Surrey?  
Call 604.531.3111



**MCFD / Child & Youth Mental Health  
Walk-In Intake**  
15455 Vine Ave, White Rock

For initial assessment by a Psychologist /  
Clinician  
**Open Tuesdays, 9 am – 5 pm, drop-in**



**Vine Youth Clinic**  
[www.vineyouthclinic.com](http://www.vineyouthclinic.com)  
15455 Vine Ave, White Rock

Mental health — depression, stress,  
anxiety & eating disorders, sexual health,  
birth control, pregnancy tests  
**Open Mondays, 3:30 – 6:30 pm**



**Sources Substance Use &  
Counselling Services**  
[www.sourcesbc.ca](http://www.sourcesbc.ca)  
882 Maple Street, White Rock

Substance use and addiction counselling,  
group interventions



**The F.O.R.C.E. Society in BC**  
[www.forcesociety.com](http://www.forcesociety.com)

Support and resources to families who  
have children / youth with mental health  
challenges



**SPEAC**  
[www.options.bc.ca](http://www.options.bc.ca)  
13520-78 Ave, Surrey

Short term counselling and support for  
suicidal youth 3–18 years



**Alexandra Neighbourhood House**  
[www.alexhouse.net](http://www.alexhouse.net)  
2916 Mc Bride Ave, Crescent Beach

Youth & parent support, youth workers,  
Youth Collective & Reconnect Program



**START**  
Short Term Assessment, Response &  
Treatment

Confidential mental health crisis program  
that can include assessment, safety  
planning, and treatment

**\* Contact numbers on the back**



## HELP LINES

|  |                |
|--|----------------|
| Alcohol and 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<br>Social Service Intake Line/ Child Protection | 1 800 663 9122 |
| Suicide Line (for client, family or friend)  | 1 800 784 2433 |

## LOCAL RESOURCES

|  |                |
|--|----------------|
| Alexandra Neighbourhood House  | 604 538 5060   |
| Child & Youth Mental Health  | 604 542 3900   |
| CYMH Walk-In Intake (Tues 9 – 5 pm)  | 604 542 3900   |
| Sources Substance Use & Counselling  | 604 538 2522   |
| SPEAC (Suicide Prevention & Education)   | 604 584 5811   |
| START (Assessment & Intervention)  | 1 844 782 7811 |
| The FORCE Society  | 604 878 3400   |
| Vine Youth Clinic (Mon 3:30 – 6:30 pm)   | 604 542 3926   |
| White Rock-South Surrey Hospice Society<br>(Free end-of-life and grief support<br>for adults & children) | 604 531 7484   |

## RESOURCE DIRECTORIES

FETCH – Resources in White Rock-South Surrey  
[www.sswr.fetchbc.ca](http://www.sswr.fetchbc.ca)

HealthLink BC – Call 811–24 hour Health Info & Advice Line  
211 (text or call) – For Community, Government & Social  
Services

## WEBSITES

[Keltymentalhealth.ca](http://Keltymentalhealth.ca)

[Anxietybc.ca](http://Anxietybc.ca)

[Mindcheck.ca](http://Mindcheck.ca)

[Fraserhealth.ca/  
health-info/mhsu](http://Fraserhealth.ca/health-info/mhsu)

[Mindhealthbc.ca](http://Mindhealthbc.ca)

[Theforcesociety.ca](http://Theforcesociety.ca)

[Kidshelpphone.ca](http://Kidshelpphone.ca)

[Qmunity.ca](http://Qmunity.ca)

[Teenmentalhealth.org](http://Teenmentalhealth.org)

[Mindyourmind.ca](http://Mindyourmind.ca)

[Heretohelp.ca](http://Heretohelp.ca)

[Youthinbc.com](http://Youthinbc.com)

[Openmindbc.ca](http://Openmindbc.ca)

[AGEDOUT.com](http://AGEDOUT.com)

[BC-counsellors.org](http://BC-counsellors.org)

## APPS

Mindshift App

Calm App

BoosterBuddy App

Optimism App

