



Chilliwack Youth Health Centre

The CYHC
will be **closed** for the holidays
Tuesday, December 27th

Please come see us again in the
New Year! We will reopen on
January 3rd

Stó:lō Wellness Centre

7201 Vedder Road
(#7 - Health Building)
1-844-827-2473

Tuesdays 2-5pm

Neighbourhood Learning Centre

46361 Yale Road
(attached to the Chilliwack
Secondary)
604-819-4603

Tuesdays 1-7pm (Doctors 3-6 only)



CHILLIWACK MENTAL HEALTH AND SUBSTANCE USE RESOURCES FOR CHILDREN, YOUTH AND FAMILIES

CYMH

CHILD AND YOUTH MENTAL HEALTH (ages 0-19)

Location 1: MCFD, 8978 School St.

Walk-in hours: Wednesday, 9am–12pm and 1pm–4pm

Location 2: The Neighborhood Learning Centre

46361 Yale Rd. (at Chilliwack Secondary School)

Walk-in hours: Tuesdays 5:00 - 7:00 pm

Phone: 604-702-2311

CAREGIVER SUPPORT

THE F.O.R.C.E. SOCIETY FOR KID'S MENTAL HEALTH

The F.O.R.C.E. mandate is to support and empower families and work collaboratively with professionals and systems in understanding and meeting the mental health needs of families. www.forcesociety.com

Toll-free: 1-855-887-8004

Leave a message with name and community

YOUTH HEALTH

CHILLIWACK YOUTH HEALTH CENTRE (ages 12-26)

Free, confidential, drop-in medical and counselling clinic for youth in two locations. www.chilliwackyhc.com
Facebook: www.facebook.com/chilliwackyhc

Location #1: Neighbourhood Learning Centre,
46361 Yale Rd. Tuesdays 1–7pm (Doctors on site 3–6pm)

Phone: 604-819-4603

Location #2: Stó:lō Service Agency,
7201 Vedder Rd. Tuesdays 2–5pm

Toll-free: 1-844-827-2473

Everyone is welcome, Aboriginal and non-Aboriginal.

ONLINE RESOURCES

childand youth.com

kelymentalhealth.ca

mindcheck.ca

youthinbc.com

anxietybc.com

heretohelp.bc.ca

bouncebackbc.ca

#TALKTODAY

SUBSTANCE USE

PACIFIC COMMUNITY RESOURCE SOCIETY

Provides a range of services, including education programs, employment, housing, and addiction counselling and prevention programs for youth, adults and families from a variety of backgrounds and orientations. www.pcrs.ca

45921 Hocking Ave. Monday–Friday, 9am–4:30pm

Phone: 604-795-5994

EMOTIONAL SUPPORT

FRASER HEALTH CRISIS LINE (all ages)

Immediate, free, and confidential emotional support, crisis intervention and community resource information, 24 hours a day, every day.

Toll-free: 1-877-820-7444

KIDS HELP PHONE (ages 20 and under)

Free, anonymous, confidential, non-judgemental 24/7 phone and web counsellings. www.kidshelpphone.ca

Toll-free: 1-800-668-6868



ACUTE CRISIS

FRASER HEALTH START TEAM (ages 6-18)

Assessment and intervention services for children and youth who are experiencing an acute mental health crisis in the Fraser Health Region.

Monday–Friday: 9am–9pm, Saturday–Sunday: noon–9pm

Toll Free: 1-844-782-7811

EMERGENCY MENTAL HEALTH SERVICES

For life-threatening situations, please call 9-1-1