

MENTAL HEALTH RESOURCES (Delta – Ladner)

Emergency/Crisis:

Emergency Mental Health Services (After Hours Service)

Provides emotional support for individuals who are experiencing a mental health crisis as well as referrals and linkage with community resources

Phone (South Fraser): 604 – 587 – 4222

Hours: Monday to Friday: 4:30 p.m. to 11 p.m. Weekends and holidays: 1 p.m. to 11 p.m.

Car 67 – address dependent (Surrey residents only)

Through the Mobile Outreach a mental health nurse and a RCMP officer in an unmarked police car respond to urgent cases where it is believed that an individual experiencing mental health difficulties is at risk of harming himself/herself.

Phone: 604 – 599 – 0502

Hours: Mon – Sun, 2 p.m. – 2 a.m. including statutory holidays

Fraser Health 24 hour Crisis Line

Provides 24 - hour telephone support and crisis intervention counselling, seven days a week.

Phone: 604 – 951 – 8855 1 – 877 – 820 – 7440

Suicide 1-800-SUICIDE (1-800-784-2433)

To get help right away, any time of day or night. It's a free call.

Web: www.crisislines.bc.ca

CHIMO Crisis Line

Serves Richmond

Phone (9 a.m. – midnight): 604 – 279 – 7070

Kid's Help Phone

For children and youth aged 5 to 20 to speak to a professional counsellor, 24 hours a day. It's free, confidential, anonymous and available across Canada. They can also refer you to local services and resources.

Phone: 1-800-668-6868

Web: www.kidshelpphone.ca

Community Mental Health Services:

Delta-South Mental Health Centre

Provides many services including adult community support, adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorders services, group therapy and after - hours support.

Phone: 604 – 948 – 7010

Hours: Mon – Fri, 8:30 a.m. – 4:30 p.m.

Early Psychosis Intervention (EPI) Program

Education and referral for persons ages 13-30 with a suspected psychosis who have not previously been treated for a psychiatric illness

Phone: 604 – 538 – 4278 (Fraser South)

Web: www.psychosissucks.ca

Canadian Mental Health Association (CMHA) – Delta Branch

Provides advocacy, counselling, education, resources and support for individuals and their family and friends

Phone: 604 – 943 – 1878

Web: www.cmha.bc.ca

BC Schizophrenia Society – Delta White Rock

Provides support and education services throughout the province to help family members and their ill relatives cope with schizophrenia and other serious mental illnesses

Phone: 604 – 273 – 6504

Delta Alliance for Wellness and Networking Society (D.A.W.N.)

Offers a variety of psychosocial and rehabilitation programs, housing and supported volunteering and employment services, for adults who are 19 years and older, living with a primary diagnosis of a mental illness and who are living in Delta.

Phone: 604 – 596 – 6694

Web: www.dawnsociety.ca

Boys and Girls Clubs of South Coast BC

Counselling services, employment, rehabilitation programs for youth and their families

Phone: 604 – 591 – 9262

Web: www.bgcbc.ca

Housing Services:**Fraser Health Residential Care**

Provides subsidized residential care for adults who can no longer live safely or independently at home due to complex health care needs. By referral only

Web: www.fraserhelath.ca/your_care/residential_care

Delta House

A Supported Housing Program by Fraserside Community Services Society to enable young adults aged 19 to 30 years of age who have a primary mental health diagnosis and who have experienced challenges in maintaining housing.

Web: www.fraserside.bc.ca/mental_health/delta.htm

Financial Resources:**BC Income Assistance (PWD or PPMB)**

www.eia.gov.bc.ca/publicat/pdf/DisabilitiesTrusts.pdf

Registered Disabilities Savings Plan (RDSP)

www.cra-arc.gc.ca/rdsp/

Support Groups:**BCSS – Schizophrenia Family Support Group**

When: second Monday of every month

Where: North Delta Mental Health Centre, #129, 6345 – 120 St. (Sunshine Village)

Contact: 604 – 574 – 1976

CMHA – Family Support Group

For family and friends who are supporting a person living with a mental illness

When: 2nd and 4th Wednesday of every month from 7 – 8:30 pm

Where: Delta Hospital (Education Room) 5800 Mountain View Boulevard, Ladner

Contact: 604 – 943 – 1878

CMHA – Depression/Bi-polar Support Group

For individuals with depression/bi-polar or experiencing symptoms

When: 2nd and 4th Monday of every month from 7 – 9 pm

Where: South Delta

Contact: 604 – 943 – 1878

MPA – Family Support Group

When: 2nd and 4th Wednesday of every month, 7 – 9 pm

Where: Delta Hospital (Education Room) 5800 Mountain View Boulevard, Ladner

Contact: 604 – 943 – 2274

Obsessive Compulsive Disorder Group

For individuals with OCD and friends and family of those with OCD

When: 1st Wed every month, 7 – 9 pm, North Delta

Where: 11715 – 72nd Avenue, North Delta

Contact: 604 – 943 – 1878

Online Resources:

Mind Check

Offers web access to mental health and addiction information for youth and young adults. Site includes information about anxiety, depression, substance use, psychosis and other mental health and addiction issues that challenge young lives.

Web: www.mindcheck.ca

Beautiful Minds Radio

Beautiful Minds seeks to inform people about mental illness, promote mental health in all of us, increase acceptance, and erode the stigma of mental illness. The show includes news, interviews, resources, humour, and events related to mental illness.

When: Airls the second and third Mondays of every month, 7 – 8 pm. Podcasts are available

Web: www.beautifulmindsradio.org

Here to Help

A collaboration of seven mental health and addictions non-profit organizations. It is a web site with up-to-date information, publications and stories on mental health and substance use, as well as resources like life skills and other coping-related “toolkits”. Plus a discussion forum where you can connect with others.

Web: www.heretohelp.bc.ca

eMental Health

Web: www.ementalhealth.ca

Other Resources:

BC Nurse Line – Dial 811 from anywhere in BC

Mental Health Information Line: 604 – 669 – 7600 (Toll Free: 1 – 800 – 661- 2121)

Delta Police – Non –emergency: 604 – 946 – 4411

Delta Police Victim Services: 604 – 940 – 5019

Delta Public Health Units – Delta South: 604 – 952 – 3550

Ladner Leisure Centre: 604 – 946 – 3310

Deltaassist Family and Community Services

Provides information and referral regarding community and social services in Delta. Runs income tax clinics and operates a free goods registry for low-income families. Also provides seniors, counselling and mental health services for children and youth. Christmas programs for low - income Delta residents includes the Christmas Hamper Project and a Toy Depot.

Web: www.deltassist.com

Phone: 604 – 946 – 9526

Home Care Nursing Services

Home Care Nursing provides professional nursing care at home to eligible British Columbia residents of all ages. The cost is covered by the BC Medical Plan, A request for service many originate from the physician, patient, family, hospital, hospice or other community agency.

Intake number: 604 – 952 – 3552 (Ladner/Tsawwassen)

Meals on Wheels

Hot low-cost meals are delivered by volunteers to those unable to prepare adequate meals for themselves.

Phone: 604 – 946 – 9526 (Ladner)

Food Bank (South Delta)

Web: www.ladnerlife.com/?page_id=504

Community Kitchen (Ladner)

Web: <http://www.jinisgourmet.com/about-jini/community-kitchen>

Faith-based Resources:

Information related to spiritual congregations and mental health:

Mental Health Ministries – www.mentalhealthministries.net
Pathways to Promise – www.pathways2promise.org
Faith and Hope Ministries – www.faithandhopeministries.net
NAMI Faithnet – www.nami.org/namifaithnet
Sanctuary Mental Health Ministries – www.sanctuary-ministries.com

Faith-based mental health support group:

Living Room Mood Disorder Support – www.livingroomsupport.org

British Columbia Mental Health Organizations:

BC Partners for Mental Health and Addictions Information

A collaboration of seven mental health and addictions non-profit organizations. It is a web site with up-to-date information, publications and stories on mental health and substance use, as well as resources like life skills and other coping-related “toolkits”. Plus a discussion forum where you can connect with others.

Web: www.heretohelp.bc.ca
Email: bcpartners@heretohelp.bc.ca
Phone: 604 – 669 – 7600 (Toll free: 1 – 800 – 661 – 2121)

Anxiety Disorders of British Columbia

Web: www.adabc.org
Email: info@anxietybc.com
Phone: 604 – 681 – 3400

British Columbia Schizophrenia Society

Web: www.bcscs.org
Email: bcscs.prov@telus.net
Tel: 604 – 270 – 7841 (Toll free: 1 – 888 – 888 – 0029)

Canadian Mental Health Association BC Division (CMHA)

Web: www.cmha.bc.ca
Email: info@cmha.bc.ca
Tel: 604 – 688 – 3234 (Toll free: 1 – 800 – 555 – 8222)

The F.O.R.C.E. Society for Kid’s Mental Health

Web: www.bckidsmentalhealth.org
Email: theforce@bckidsmentalhealth.org
Tel: 604 – 878 – 3400 (Toll free: 1 – 800 – 665 – 1822)

Kelty Mental Health Resource Centre

BC’s Information Source for Children, Youth and Families
Web: www.keltymentalhealth.ca
Email: keltycentre@bcmhs.bc.ca
Tel: 604 – 875 – 2084 (Toll free: 1 – 800 – 665 – 1822)

Mood Disorders Association of BC

Web: www.mdabc.net
Email: info@mdabc.net
Tel: 604 – 873 – 0103

BC Family Education and Support

Web: www.familyed.bc.ca

