



Pastor / Leader Resource Guide

For Pastors & Churches

You don't need to fix everything — your role is safe presence, bridge to care, partner in healing.

Collaboration = Health System + Family + Church + Clinician

Emergency Contacts

In case of an immediate crisis, please contact:

- **911:** For all emergencies requiring police, fire, or medical assistance.
- **988:** National Suicide Prevention and Mental Health Crisis Lifeline.
- **BC Crisis Line:** 24/7 support for crisis intervention.
- **KUU-US Crisis Line:** 24/7 support for Indigenous peoples in crisis.

Mental Health and Substance Use - Vancouver Coastal Health (VCH)

For Adults in Vancouver

- **Access & Assessment Centre (AAC):** 604-675-3700 | 803 W 12th Ave (near VGH). Walk-in available daily from 7:30 am to 9:30 pm.
- **Central Addiction Intake Team (CAIT):** 604-675-2455 or 1-866-658-1221.
- **Older Adult Mental Health Intake (65+):** 604-709-6785.

For All Ages in Richmond

- **Central Intake:** 604-204-1111 (available in English, Cantonese, and Mandarin).
- **Older Adult Intake:** 604-675-3975.

Children and Youth Services

Vancouver

- **Child & Youth Mental Health (CYMH):** Free counseling and support without a doctor referral. Visit the VCH website to find the right CYMH office. <https://www.vch.ca/en/service/how-access-mental-health-and-substance-use-services#overview>

Richmond

- **Integrated Child & Youth (ICY) Team:** Accessible via Richmond Central Intake at 604-204-1111.

Outside of Vancouver / Richmond:

- **Child & Youth Mental Health (CYMH) for intakes:** <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics>
- **Crisis team for Child & Youth:** <https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---child-and-youth-services/start-team---short-term-assessment-response-treatment>
- **Fraser Health Mental Health Centres** – 1-833-866-6478.



Christian Services

Sanctuary Mental Health Ministries: Offers faith and mental health resources. Visit <https://sanctuarymentalhealth.org>.

Chinese Christian Mission (CCM): Provides community programs and supports. Visit ccmcanada.org.
<https://centre.vancouver.ccmcanada.org/linkage-en/>

Shared Youth Resources

- **Foundry BC:** Walk-in and virtual supports for youth aged 12–24. Visit <https://foundrybc.ca/>
- **Kelty Mental Health Resource Centre:** 1-800-665-1822. Visit <https://keltymentalhealth.ca/>
- **YouthInBC.com:** Online chat support for youth in crisis available daily from 12 pm to 1 am. <https://www.youthinbc.com/>
- **Kids Help Phone:** 24/7 mental health support across Canada. Call 1-800-668-6868 or text CONNECT to 686868.

Community and Non-Profit Supports

- **SUCCESS Counselling & Crisis Support:** Free with VCH referral. Multilingual support available at 604-408-7266. <https://successbc.ca/counselling-crisis-support/services/help-lines/>
- **Canadian Mental Health Association (CMHA):** Offers groups and peer support. Visit <https://cmha.ca/>
- **FamilySmart:** Provides peer support for parents and caregivers. Visit <https://familysmart.ca/>

Elder Abuse

- **DVACH – Vancouver Police Department:** 604-717-2653 | vpd.dvach@vpd.ca.
- **211 BC Services:** Confidential support for elder abuse. Call 211 or <https://bc.211.ca/>

Victim Services

- **Crime Victim Assistance Program:** 604-660-3888 | 1-866-660-3888 | cvap@gov.bc.ca.
- **MOSAIC Multicultural Victim Services:** 604-254-9626.
- **Vancouver Rape Relief & Women’s Shelter:** Crisis Line: 604-872-8212.

Shelters and Safety

- **Sheltersafe.ca:** Connect with nearby shelters through a clickable map. <https://sheltersafe.ca/get-help/>
- **iHEAL App:** A free, secure app for women experiencing abuse.
- **Support for Men:** Resources for men and boys facing intimate partner violence. <https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/intimate-partner-violence-against-men-boys-information-resources.html>

You might consider requesting Cantonese, Mandarin, and other language interpreters for public services.

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