

Community Programs for Youth		
Community Centres	Youth Development Coordinators are in Community Centres, as well as support workers. Various activities provided.	Call or drop-in to a Richmond Community Centre near you
Connections Community Services	Supports and empowers youth to acquire education and skills needed for future stability and employment opportunities. Youth programs are designed to help with career, employment, and housing related concerns for ages 16-29.	Email youthworks@ccssociety.ca
Pathways Clubhouse	Provides community-based mental health services through their Youth (13-18) and Young Adult (19-30) Programs. Their non-clinical setting supports youth in their path to recovery, to share voices, and to create a culture of peer support.	(604) 276-8834 Email info@pathwaysclubhouse.com

Counselling / Mental Health		
Foundry	<p>Counselling Offers counselling, youth peer support, family peer support, and mental health and substance use supports. Both in-person and virtual. No doctor referral required.</p> <p>Youth Clinic Sexual Health Services (formerly Richmond Youth Clinic) include: birth control/emergency contraception, STI testing and treatment, pregnancy testing and counselling, etc.</p>	<p>Unit #101, 5811 Cooney Road Richmond, BC</p> <p>(604) 674-0550</p> <p>Make an appointment online or walk-in</p>
Richmond Schools	Individual counselling and referrals as required.	In Person
Integrated Child and Youth Program (offered by Vancouver Coastal Health)	Provides mental health assessment and treatment at school and in the community for children and youth experiencing mental health and substance use challenges. Youth can self-refer via the central intake phone number, no doctor or guardian permission required for intake.	(604) 204-1111
SAIP - Sexual Abuse Intervention Program (offered by Family Services of Greater Vancouver)	<p>Provides counselling for children and youth (up to the age of 19) who have experienced sexual abuse and their supportive family members.</p> <p>Services may include individual counselling, therapeutic play sessions, family sessions, and referrals to other community agencies/resources.</p>	<p>604 874 2938 ext. 4141</p> <p>Email traumaservices@fsgv.ca</p>
Kelty Mental Health	A mental health resource for children, youth, and families in BC.	604-875-2084 1-800-665-1822
Richmond Eating Disorders Program	Offers community-based assessment and treatment for youth, adults and families with eating disorders. Treatment may	Doctor referral required.

(offered by Vancouver Coastal Health)	include individual, group and/or family counselling, medical monitoring and nutritional support.	
Richmond Addiction Services (RASS)	Offers counselling and prevention services designed for youth and families in Richmond (“Youth” is anyone under 24 years old). RASS offers support, education, and counselling.	604-270-9220

Help Lines		
9-8-8	National distress, suicide, and crisis intervention hotline. Help is available 24 hours, 7 days a week, through phone and text. Available in English and French.	Call or text 988 (no area code needed)
Chimo Community Services	Crisis Line - 8 AM- 12 AM (midnight), 7 days a week. Free confidential phone line to provide you with emotional support, no matter the issue. Note: while Crisis Lines are not considered official counselling, they are a great way to get things off your chest and receive immediate support.	604-279-7070
Crisis Centre of BC	Provides free confidential online or telephone help for youth and adults in crisis or distress. Telephone hours are 24 hours a day, 7 days a week.	youthinbc.com Online chat (noon – 1 am) 24-hour distress line 604.872.3311
Youth Against Violence	A safe and anonymous way for youth to report violence and criminal activity, or get assistance with other problems such as bullying, gangs, harassment, intimidation, abuse or sexual exploitation. Caregivers, teachers, service providers and others may also call for information and assistance.	24-hour Phone 1-800-680-4264
Kids Help Phone	A confidential, anonymous, and multilingual 24-hour phone counselling, web counselling, and referral service for children and youth.	Call 1-800-668-6868 Text CONNECT to 686868
S.U.C.C.E.S.S 中僑互助會	Provides information and emotional support in Mandarin and Cantonese. Open 7 days a week, 10 am – 10 pm. 以普通话和粤语的方式提供信息和情感方面的支持 上午10点至晚上10点, 危机心理辅导热线电话	1-888-721-0596 ext 1 for Mandarin (普通话) Ext 2 for Cantonese (粤语)

Woebot	A free therapy chat bot that uses cognitive behavioural therapy (CBT). It is helpful for managing stress and anxiety.	Free to download through App Store and Google Play .
Insight Timer	A free app with over 100k guided meditations to help you with sleep, anxiety, and/or stress.	Free to download through App Store and Google Play .
Mindshift CBT	A number of stress-release activities for anxiety and stress. These include calming activities, though shifting exercises, ways to cope, and ways to face your fears.	Free to download through App Store and Google Play .

Suicide

Canadian Association for Suicide Prevention	<p>Provides information and resources for people of all ages across Canada, aimed at reducing the suicide rate. Services include advocacy, communication, and resources.</p> <p>Help is available for both those experiencing thoughts and those who are trying to support a close friend who is having thoughts.</p>	Check out their resource centre or visit their website.
Jack.org	A charity that trains and empowers youth to become mental health advocates. They help youth identify and dismantle barriers to positive mental health in their communities. They offer many initiatives, including the BeThereCertificate , a self-paced training to educate youth on how to be a better support person for someone struggling with mental health.	General website BeThere.org website

Anti-Violence

Battered Women Support Services	<p>Provides education, advocacy, and support services to assist all women in its aim to work towards the elimination of violence. Services include a distress line, workshops, as well as eco-thrift boutiques (2 in Vancouver, and online store).</p> <p>You can support them by volunteering as a retail member in their boutiques, or purchasing from their store(s). All proceeds go towards providing services for survivors of violence.</p>	<p>Crisis and intake line: 1-855-687-1868</p> <p>Online Store</p>
Chimo Community Services	<p>Our Counselling services aid children, youth, women and adults to overcome challenges, including abuse, sexual assault, grief and gender-based violence.</p> <p>We also provide shelter and support for women and children experiencing violence at Nova Transition House.</p>	604-279-7077 or learn more about our counselling programs
Futures Without Violence	Offers education, resources, and support services for anyone experiencing any form of violence (domestic violence, sexual violence, bullying etc...).	Check out their website for a complete list of services

	Offers special focus on <i>Teen Dating Violence</i> as well as <i>General Online Safety</i> for children and teens.	
Need Help Now	A website dedicated to helping you understand your privacy rights online. Also a way for you to report any unwanted explicit/sexual photos of you that are online.	Visit their website to make a report
Salal Sexual Violence Support Centre	Provide support services to survivors of sexualized violence. Services include a 24-hour crisis line, hospital accompaniment, finding medical and legal help, and counselling and support groups.	604-255-6344 Text and online chat
VictimLink BC	Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services. Services are confidential and available across British Columbia 24 hours a day, 7 days a week in more than 100 languages, including a number of North American Indigenous languages.	Phone or text 1-800-563-0808 Email VictimLinkBC@bc211.ca