

# Support and Counselling Resource List

## Where to get Support and Counselling?

### **Family Services of Greater Vancouver - Counselling Services**

1638 E Broadway (at Commercial Drive)  
604-874-2938

### **Adler Center: Counselling Services**

440-2184 W. Broadway  
call: 604.742.1818 or  
email: [apabc@adler.bc.ca](mailto:apabc@adler.bc.ca)

### **Indian Residential School Survivors Society (IRSSS)**

To book a counselling session: 604-985-4464  
24-hour crisis toll-free line: 1-866-925-4419

### **First Nations Health Authority**

Professional Counselors registered with the FNHA. Please call: 1-877-477-0775 to request a counselor. For immediate crisis help call, 1-800-SUICIDE

### **Native Courtworker and Counselling Association of BC**

Phone: 604-985-5355 within Greater Vancouver (open during office hours)  
Outside the Vancouver area Toll Free: 1-877-811-1190  
E-mail: [nccabc@nccabc.net](mailto:nccabc@nccabc.net)

### **Vancouver Aboriginal Friendship Centre Society: Elder's Wisdom Program**

The Elder's Program provides a nourishing environment for elders to apply and maintain their traditional practices in a social environment  
For more information call: 604-251-4844 Ext.314 or email: [elders@vafcs.org](mailto:elders@vafcs.org)

### **Mental Health Information Line**

24-hour emotional support line and referral information (in many different languages)  
Phone number: 310-6789 (no area code necessary)  
Website: [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

### **Native Youth Crisis 24-hour Hotline**

Phone number: 1-877-209-1266

### **Youth in BC: 24 hotline**

Phone number: 604-872-3311  
Website: [www.youthinbc.com](http://www.youthinbc.com)