

## Community Services – Westshore & Sooke

| Suicidal Crisis Concerns                             | Child Protection Concerns                   | Housing Concerns                          | Mental Health Concerns   | Substance Use Concerns                  |
|--|---|---|--|---|
| CYMH High Risk Services<br>Team MCFD<br>250-952-5073 | Intake Social Worker MCFD<br>1-800-663-9122 | Youth Empowerment Society<br>250-383-3514 | MCFD Westshore 250-391-2223<br>WS Intakes Tues 9-12 / Thurs 12-3<br>Sooke Intakes Thurs 9-11am<br>Aboriginal Team 250-952-4073 | Island Health Discovery<br>250-519-5313 |

| Resource  | Phone          | Brief Description  |
|---|----------------|--|
| <b>Beacon Community Services</b>  | 250-658-6407   | Support, advocate and education for children, youth and families with learning and/or behavioural <a href="http://ldasvi.bc.ca">ldasvi.bc.ca</a>   |
| <b>Big Brothers Big Sisters</b>   | 250-475-1117   | Offers a range of mentoring programs including teen mentors, in-school mentoring programs and healthy lifestyle related programs <a href="http://victoria.bigbrothersbigsisters.ca">victoria.bigbrothersbigsisters.ca</a>  |
| <b>Boys and Girls Club</b>  | 250-384-9133   | Wide range of programs for children, youth & families including youth justice, supportive care homes, youth leadership and youth drop-in. <a href="http://www.bgcvic.org">www.bgcvic.org</a>   |
| <b>CYMH High Risk Services Team (MCFD)</b>  | 250-952-5073   | Urgent assessment and support for youth under age 19 at high risk for suicide or who are experiencing high risk mental and emotional stress.   |
| <b>Early Psychosis Intervention (EPI) – Ledger House</b>                          | 250-519-6794   | Prompt support, collaboration, education and assessment for South Island children up to their 17 <sup>th</sup> birthday who experience a decline in function and have auditory/visual hallucinations and/or delusions. <a href="http://www.viha.ca/cyf_mental_health/crisis_svcs/cyf_mentalhealth_epi.htm">www.viha.ca/cyf_mental_health/crisis_svcs/cyf_mentalhealth_epi.htm</a>  |
| <b>FamilySmart (formerly “The Force”) Kids Mental Health</b>                      | 250-818-4810   | Provides families an opportunity to talk with other families who understand and may be able to offer support or advice. Promotes prevention, early identification and appropriate interventions. <a href="http://www.familysmart.ca">www.familysmart.ca</a>  |
| <b>Foundry (Formerly Victoria Youth Clinic)</b>                                   | 250-383-3552   | For youth & young adults age 12–24. Health & wellness resources, services and supports – online & through an integrated service centre. Monday-Thursday 11am-5pm / Friday 11am-4pm <a href="http://www.foundrybc.ca/victoria">www.foundrybc.ca/victoria</a>  |
| <b>Hope House –Teen Male Addictions Rehab Centre</b>                              | 250-381-9474   | Supportive residential addictions recovery facility for male youth age 13-19. Outpatient and inpatient programs available.   |
| <b>Integrated Mobile Crisis Response Team (IMCRT) via Van. Island Crisis Line</b> | 1-888-494-3888 | A collaboration between Child, Youth & Family Mental Health, Adult Mental Health & Substance Use and Greater Victoria Police forces. Interdisciplinary clinicians work alongside plain-clothes police officers to provide a rapid and mobile response to those experiencing urgent/emergent mental health and substance use issues.  |
| <b>Island Health - Discovery Youth &amp; Family Services (Substance Use)</b>      | 250-519-5313   | For youth age 13 to 19 and their families/caregivers/friends and anyone in the community directly or indirectly negatively impacted by substance use. Services are free and include individual planning, individual and family counselling, outreach, withdrawal management, supported residence and education/information. <a href="http://www.viha.ca/youth-substance-use/discovery">www.viha.ca/youth-substance-use/discovery</a>             |
| <b>Island Health - Public Health Professionals</b>                                | 250-519-3490   | Information, support & resources regarding health-related issues and healthy schools, for youth, families, school staff & community agencies. Free of charge. <a href="http://www.viha.ca/children/school_years/healthy_schools">www.viha.ca/children/school_years/healthy_schools</a><br>Westshore Health Unit 250-519-3490 / Sooke Health Unit 250-519-3487<br>Email: <a href="mailto:wssookeschoolteam@viha.ca">wssookeschoolteam@viha.ca</a> |

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| <b>Island Sexual Health Society</b>  | 250-592-3479                 | Pro-choice and comprehensive sexual health clinics, education programs and products for people of all genders, orientations, identities, abilities and ages in Greater Victoria. Outreach clinic at Royal Bay Secondary on Wednesdays, open to all SD62 youth. <a href="http://www.islandsexualhealth.org">www.islandsexualhealth.org</a>   |
| <b>John Howard Society</b>   | 250-386-3428                 | Individuals and families, youth and adults with programs and services ranging from employment, housing, mentorship and restorative justice<br><a href="http://www.johnhowardbc.ca/regions/victoria/welcome">www.johnhowardbc.ca/regions/victoria/welcome</a>  |
| <b>Kiwanis Youth Shelter - Vancouver St</b>  | 250-386-8282                 | Ten bed emergency shelter for youth age 13-18. Open 24/7. Youth-friendly counsellors provide support and meals. Referrals accepted from anyone in the community. Call ahead to check availability.  |
| <b>Learning Through Loss</b>   | 250-413-3114                 | Grief and loss education and supportive programs for youth.<br><a href="http://learningthroughloss.weebly.com">learningthroughloss.weebly.com</a>   |
| <b>MCFD Child &amp; Youth Mental Health (CYMH) Services - Westshore</b><br><b>CYMH - Sooke</b> | 250-391-2223<br>250-642-7748 | Intake Clinics Tuesdays 9-12 and Thursdays 12-3 at 345 Wale Rd, 2 <sup>nd</sup> floor.<br><a href="http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health">www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health</a> Aboriginal Team 250-952-4073<br>Sooke Walk-in Intake Clinic, Thursdays 9-11 (hours will be extended in future) at 108-6672 Wadams Way, Sooke |
| <b>Military Family Resource Centre</b>   | 250-363-2640                 | For military members and their families. Counselling and programs for individuals and families; urgent family support services.<br><a href="http://www.esquimaltmfrc.com">www.esquimaltmfrc.com</a>   |
| <b>Mobile Youth Services Team (MYST)</b>   | 250-995-7517                 | One-to-one support for youth and their families in the areas of sexual exploitation and substance use. Connect youth with community resources such as the Youth Empowerment Society, Boys and Girls Club and street/outreach or school counsellors.   |
| <b>Need2 Suicide Prevention, Education &amp; Support and YouthSpace</b>                        | 250-386-6328                 | Training programs to strengthen community capacity to respond in cases of mental health crisis and suicidal ideation. <a href="http://need2.ca">need2.ca</a> Also, online support 6pm to midnight for youth and people under age 30 at <a href="http://youthspace.ca">youthspace.ca</a>   |
| <b>NILTU,O Child &amp; Family Services Society (Aboriginal)</b>                                | 250-544-1400                 | First Nations Social Services for children, youth & families living on reserve. Programs include guardianship of children in continuing to custody, support services to families, voluntary care and special needs agreements and resources for children in care. <a href="http://www.niltuo.ca">www.niltuo.ca</a>  |
| <b>Out of the Rain Youth Shelter</b>   | 250-415-3856                 | Shelter and food for youth 15-25 years. 1450 Elford St, Victoria Oct 15-Apr 15, 9pm-8am <a href="http://outoftherainvictoria.ca">outoftherainvictoria.ca</a>  |
| <b>Pacific Centre Family Services Association</b>  | 250-478-8357                 | Free services for children and youth under age 19 years living in West Shore who are having difficulty at home, school or in the community. Services include individual and family counseling, group work and crisis intervention. Lego Drop-in Group for LGBTQ2S youth age 13-18 on Fridays 3-4:30pm.<br><a href="http://www.pacificcentrefamilyservices.org">www.pacificcentrefamilyservices.org</a>  |
| <b>Phoenix Human Services (Youth Services)</b>   | 250-383-4821                 | For youth 12-19 and their parents who have an open file with MCFD through its protection or youth agreement mandates. Services include skill development of parents, mediation to support family reunification, youth guardianship, skill development for youth re mental and overall well-being. Also offer a Mental Health Outreach Program, designed to address the needs  |

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|  |                | of high risk, emotionally troubled children/youth who present a significant challenge to their families and caregivers. The program provides in-home based and community outreach services that are goal-oriented, strengths-based and solution-focused. <a href="http://www.phoenixhumanservices.org">www.phoenixhumanservices.org</a>   |
| <b>Sooke Family Resource Society</b>   | 250-642-5152   | Many programs including Youth Outreach Navigator who can help youth who are struggling, particularly with mental health or addictions (managing crisis, connecting to resources, coping skills, navigating mental health system, transportation, advocacy). <a href="http://www.sfrs.ca">www.sfrs.ca</a>  |
| <b>South Van. Island Eating Disorders Program</b>                                | 250-387-0000   | Services for children, youth & families including assessment, counselling and education. Can be accessed by anyone including youth, parents, school staff & health professionals. No referral needed. Free. 302-2955 Jutland Rd.  |
| <b>Surrounded by Cedar – Child &amp; Family Services (Aboriginal)</b>            | 250-383-2990   | Mental health services for Aboriginal children & youth in custody. High-risk youth outreach service and programming. Guardianship, resources & family development services. <a href="http://www.surroundedbycedar.com">www.surroundedbycedar.com</a>  |
| <b>Threshold Housing Society</b>   | 250-383-8830   | Semi-independent transitional houses and supported independent program for youth age 16-22 years who are at risk of homelessness; life skills programming and transition planning to connect youth with community resources. Youth/families responsible for part of the rent; other services are free. <a href="http://www.thresholdhousing.ca">www.thresholdhousing.ca</a>   |
| <b>Together Against Poverty (TAPS)</b>   | 250-361-3521   | Free, face-to-face legal education, advocacy and representation for people with income assistance, disability benefits & tenancy issues. <a href="http://www.tapsbc.ca">www.tapsbc.ca</a>   |
| <b>Vancouver Island Crisis Line</b>  | 1-888-494-3888 | Free, 24/7 emotional support, crisis intervention, suicide prevention, information, referrals and access to IMCRT. Crisis Text 6-10pm daily (250-800-3806) or Crisis Chat 6-10 pm daily. <a href="http://www.vicrisis.ca">www.vicrisis.ca</a>   |
| <b>Victim Services</b>   | 250-995-7351   | Free services for victims of crime and trauma. Emotional and practical support, plans for safety, referrals to services, legal information, education on rights and services, accompany to court. Monday to Friday 9am-4:30pm. After hours & weekends call 1-800-563-0808<br><a href="http://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc">www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</a> |
| <b>Victoria Child Abuse Prevention &amp; Counselling (Formerly Mary Manning)</b> | 250-385-6111   | Support for children, youth and families who are affected by abuse in all forms, including abuse related trauma. Services include victim services, counselling, prevention and education. <a href="http://www.vcapcc.com">www.vcapcc.com</a>  |
| <b>Victoria Immigrant &amp; Refugee Centre Society</b>                           | 250-361-9433   | Helps immigrants, refugees, new Canadians and visible minorities settle and adapt. Wide range of services including help with academic, social and emotional needs. Services are free, except English classes are \$85 for 12 classes for permanent residents and citizens.<br>1004 North Park Street, Victoria <a href="http://www.vircs.bc.ca">www.vircs.bc.ca</a>  |
| <b>Victoria Sexual Assault Service Access Line</b>                               | 250-383-3232   | Counselling and victim services for teen girls, trans-gender and gender non-conforming people who have experienced sexual assault or childhood sexual abuse, age 13 and up; emotional support and information for people of all genders who have been sexually assaulted within past 7 days. Office hours Monday to Friday <a href="http://www.vsac.ca">www.vsac.ca</a>   |
| <b>Victoria Single Parent Resource Centre (1Up)</b>                              | 250-385-1114   | Practical support, opportunities for growth and a sense of hope for one-parent families, such as counselling sessions and life-skills workshops.  |

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|  |                | <a href="http://www.singleparentvictoria.ca">www.singleparentvictoria.ca</a>   |
| <b>Wellness Centres for Youth at Belmont, Edward Milne &amp; Royal Bay Secondary Schools</b> | 250-519-3580   | Health services for all youth living in Westshore/Sooke including physical, sexual and mental health. <ul style="list-style-type: none"> <li>• Belmont: Public health nurses, nurse practitioners, physicians and mental health/substance use counsellors; Monday to Friday. <a href="http://Belmont.web.sd62.bc.ca/nlc/wellness-centre-at-belmont">Belmont.web.sd62.bc.ca/nlc/wellness-centre-at-belmont</a></li> <li>• Edward Milne: Physician services on Wednesdays</li> <li>• Royal Bay: Physician services on Thursdays</li> </ul> |
| <b>West Shore Childcare Resource Referral</b>  | 250-940-4882   | Assistance on selecting quality child care and completing/submitting Child Care Subsidy Application paperwork. <a href="http://www.sfrs.ca/ccrr-services-for-parents.html">www.sfrs.ca/ccrr-services-for-parents.html</a>  |
| <b>Youth Advocate (BC Representative for Children &amp; Youth)</b>                           | 1-800-476-3933 | Advocate for the rights of children and youth (e.g. help youth and families find resources, communicate with MCFD if they feel they are not being heard). <a href="http://www.rcybc.ca">www.rcybc.ca</a>   |
| <b>Youth Empowerment Society (YES) – Youth detox</b>   | 250-383-3514   | Services include: counselling for youth and families, community outreach, after-hours access, assessment, interventions, referrals, food, shelter, life-skills training, assistance with issues related to addictions, mental health employment, housing and education. <a href="http://www.vyes.ca">www.vyes.ca</a>   |
| <b>Youth Probation Services (MCFD)</b>   | 250-953-3711   | For young offenders age 12-17. Services related to school, substance use, preventing violence, sexual offender counselling and life skills. <a href="http://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/youth-justice">www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/youth-justice</a>   |

| Helpful Websites                                       |  |
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| <b>Anxiety BC</b>                                      | Support and resources for youth, parents and professionals, including tools such as “My Anxiety Plan” and Mindshift App. <a href="http://www.anxietybc.com">www.anxietybc.com</a>  |
| <b>BC 211</b>  | 24/7 confidential, multilingual telephone and texting helpline and website that connects people to the help they need. Information and referral to government and community services/resources. Includes Alcohol & Drug Information & Referral Service, Problem Gambling Line, VictimLink BC and Youth Against Violence Line. Call 211 or <a href="http://www.bc211.ca">www.bc211.ca</a> |
| <b>CRD Community Map</b>                               | Community resources and affordable transportation options. <a href="http://maps.crd.bc.ca/Html5Viewer/?viewer=community">maps.crd.bc.ca/Html5Viewer/?viewer=community</a>  |
| <b>Families Change</b>                                 | Helps kids, teens and parents cope with a family breakup and move beyond the grief. <a href="http://bc.familieschange.ca">bc.familieschange.ca</a>   |
| <b>FetchBC</b>   | Searchable database of local community health resources, supported by South Island Division of Family Practice. <a href="http://fetchbc.ca">fetchbc.ca</a>   |
| <b>HealthLinkBC</b>                                    | Free, 24/7 evidence-based health information. <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a> or call 811   |
| <b>Island Health Mental Health &amp; Substance Use</b> | Island Health mental health and substance use resources, information and links (all ages) <a href="http://www.viha.ca/mhas">www.viha.ca/mhas</a>   |
| <b>Kelty Mental Health</b>                             | Provincial resource centre that provides mental health & substance use information, resources & peer support for children, youth & families, plus resources for school professionals. <a href="http://keltymentalhealth.ca">keltymentalhealth.ca</a> or call 1-800-665-1822  |

## Community Services – Westshore & Sooke

| My Contacts |  |
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