

Mood Disorders Centre – Resource Listings 2007

INFORMATION AND REFERRAL

B.C. Psychological Association, 1-800-730-0522

Provides public referral service to registered psychologists in B.C.

Canadian Mental Health Association - Vancouver/Burnaby Branch, 604-872-4902

Provides information about mental health and mental illnesses directs people to appropriate resources in the community and provides services for people with a mental illness.

College of Physicians and Surgeons of B.C., 604-733-7758 (1-800-461-3008)

People requiring the services of a doctor may inquire for the names of doctors accepting patients in their area.

Vancouver Coastal Health Authority, 604-874-7626

Assessment and treatment for chronic/serious mental illnesses.

Information and Referral Enquiry Service Information Services, Vancouver, 604-875-6381

Provides information on and referral to all public services.

Mental Health Information Line, 604-669-7600

Provides information on treatment and support groups. Pre-recorded taped messages.

Mood Disorders Association of B.C., 604-873-0103

Offers self-help and support groups and information on mood disorders, including depression.

COUNSELING

Employee Assistance Programs (EAP)

Many companies and businesses provide confidential counseling services for employees – check with yours.

Family Services of Greater Vancouver, Family Therapy Department, 604-731-4951

Offers family, marital and individual therapy to people experiencing family breakdown, couple/relationship problems and parent-child conflict. Full fee and sliding scale based on family income available.

Interelements, 604-730-8944

Group therapy and consultation, sliding scale private fees.

Living Through Loss Counseling Society of B.C., 604-873-5013

Provides professional grief counseling to people who have experienced a traumatic loss. Fees charged.

Women's Counseling Service of Vancouver, 604-738-4298

Provides professional, individual counseling to women in need of psychiatric care.

Oak Counseling Services Centre, Unitarian Family Life Centre, 604-266-5611

Provides professionally supervised lay counseling. Fee depends on ability to pay.

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Anxiety Disorders Clinic, UBC Hospital, 604-822-1788

Provides professional counseling for Panic Disorder, Obsessive Compulsive Disorder, and some specific phobias (i.e. Blood Injection Injury Phobia). Must be referred. Waitlist time is approximately 4 months.

Speakeasy Peer Counseling and Information Student Helpline: 604- 822-3700;

Info. line: 604-822-3777

Telephone and drop-in counseling for UBC students.

CRISIS SERVICES

Crisis Intervention and Suicide Prevention Centre of Greater Vancouver, 604-872-3311

24-hour telephone counseling by professionally trained volunteers for people experiencing emotional distress.

Psychiatry Outpatient Clinic, Vancouver General Hospital, 604- 875-4794

Assessment of people aged 18-65 who live in the Vancouver area and are in psychiatric crisis. Group psychotherapy for referred and self-referred people.

St. Paul's Hospital Emergency, 604-682-2344

Urgent Psychiatric Assessments/Consultations.

St. Vincent's Heather Hospital, 604-876-7171

Geriatric and adult psychiatric outpatient and outreach services.

ALCOHOL AND DRUG SERVICES

Alcohol and Drug Information and Referral Services provided by "Informed Vancouver", 604-875-6381 (1-800-663-1441)

Includes information on and referral to education, prevention and treatment services within the province of BC.