

## Other Resources:

Anywhere in BC 1-800-SUICIDE (1-800-784-2433)

Mental Health Support line: 310-6789

Hope for Wellness Indigenous Help Line:  
1-855-242-3310

Vancouver Coastal Regional Distress Line: 604-872-3311 or Sunshine Coast/Sea to Sky: 1-866-661-3311

Seniors Distress Line: 604-872-1234

### Online Chat Service for Youth:

[www.YouthInBC.com](http://www.YouthInBC.com) (Noon to 1am)

Kids Help Phone (24h): 1-800-668-6868

### Online Chat Service for Adults:

[www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca)

Women's Counselling Services 604-865-0105

Regional Access Central (Detox Referral Line):  
1-866-658-1221

Virtual services available for British Columbians who are experiencing anxiety, depression or other mental health challenges:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports>

Pacific Postpartum Anxiety and Depression Support (Support groups and telephone counselling for postpartum distress, depression and anxiety – Mothers & Partners):

<http://postpartum.org/services/>

CMHA Sunshine Coast – Low Cost Counselling and SMART Recovery:

<https://northwestvancouver.cmha.bc.ca/programs-services/sunshine-coast/>

## Location

**Sunshine Coast Mental Health & Substance Use Services** are in the Mental Health Buildings on Sechelt Hospital Grounds.

5542 Sunshine Coast Hwy, PO Box 949  
Sechelt, BC V0N 3A0  
Phone (604) 885-6101  
Fax (604) 885-5842

**HOURS** Office hours are from **8:30 am to 4:30 pm**  
**Monday through Friday.**

### **COST**

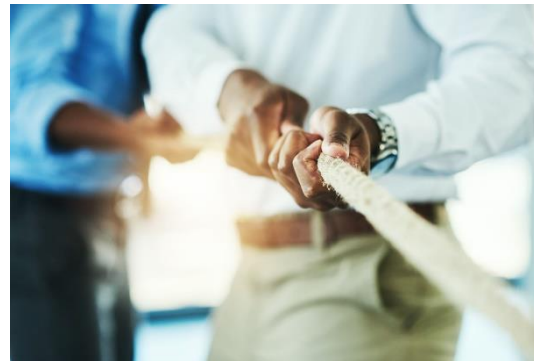
There is no cost. This is a public service funded by Vancouver Coastal Health Authority.

### **REFERRAL**

Adults, 19 years and older, can refer themselves, or be referred by someone else, either by writing, phoning, or dropping by the Centre.

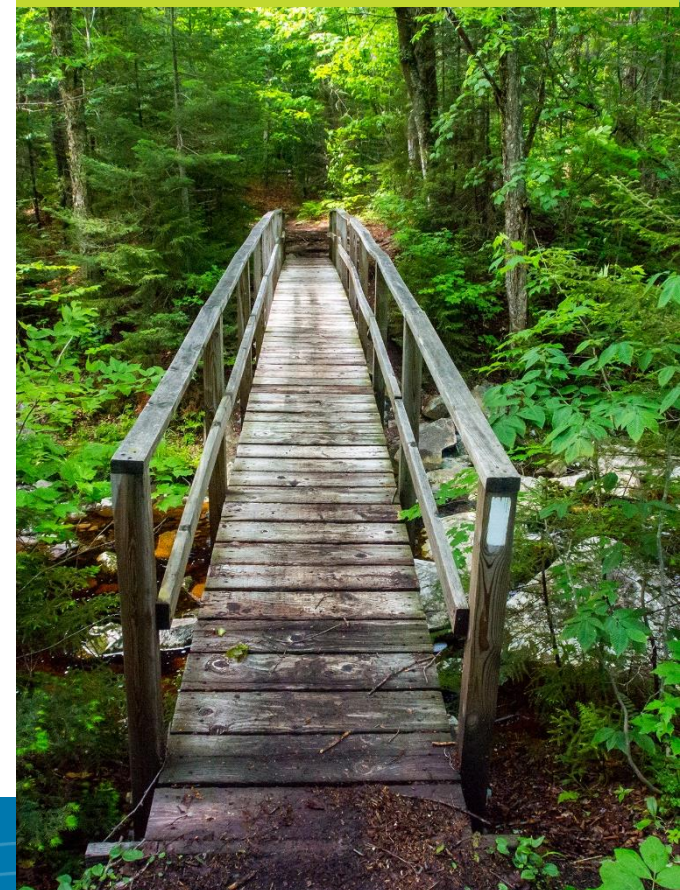
### **Sechelt Hospital**

5544 Sunshine Coast Hwy.  
(604) 885-2224



# Sunshine Coast Mental Health & Substance Use Services

Adult services for 19 years  
and older



## Clinical Services

### Adult Community Support Services (ACSS)

Nurses, community outreach workers, and psychiatrists provide services to adults with serious and persistent mental health concerns. These services focus on assessment, case management, clinical intervention, support, advocacy, rehabilitation, and community integration.

### Vocational Work Program

Working in partnership with ACSS, this program helps people gain experience, skills and confidence in preparation for employment.

### Adult Short-Term Counselling (19 yrs and older)

Mental Health and Substance Use Counsellors provide individual (8-10 sessions) and group therapy for adults with moderate to severe Mental Health and substance use concerns. These services are time limited with the goal of reducing problematic symptoms, improving self-management skills, and increasing quality of life.

### SSWIS – Single Session Walk-In Service

Single Session Walk-In Services are available for individuals who are 19 years of age and older who are seeking mental health support. Individuals who are already attached to a MHSU team/clinician are also welcome to access SSWIS as an opportunity to have added support in addition to the services they are already receiving.

Call for availability - Phone (604) 885-6101

### Psychiatry

Psychiatrists provide assessment, treatment, and consultation services. **Physician referrals only** to access consult services.

### Opioid Agonist Treatment Clinic (OAT)

Open Monday to Friday, the clinic provides evidence based substance use stabilization care on an outpatient basis.

### Intensive Case Management & Complex Care Housing Supports

Wrap around services for people experiencing mental health and substance use challenges, to help establish and maintain connection to social, health & mental health services, increase community connection & improve housing stability. The program takes a harm reduction approach to support individuals in meeting their goals. Further, it aims to stabilize individuals and then transition them back to less intensive supports when possible.

### Peer Operations and Harm Reduction

Harm reduction based outreach, overdose prevention education, and delivery of harm reduction supplies including naloxone for the lower Sunshine Coast. Peer program engagement and coordination with relevant community programs.

### Sunshine Coast Overdose Outreach Team

Outreach to individuals who have recently experienced an overdose, or who are high risk of overdose. This team assists with navigation to appropriate services, supports access to substance use stabilization and treatment services, supports with engagement and retention in services. Offers harm-reduction supplies including naloxone and overdose prevention education.

### Sunshine Junction

Provides recovery-oriented programming for adults with lived or living experience of substance use who are interested in recovery. Programs and services are free and in person, and include yoga, mindfulness, SMART, Refuge Recovery, art and music. Individual counselling and case management are available to support and facilitate the recovery journey.



## Other services available

- **Sunshine Coast Youth Program (12-24yrs)**  
(604) 885-6101  
SCYP@vch.ca
- **Older Adult Mental Health (65+ with neurocognitive disorder)**  
(604) 924-8370
- **Sunshine Coast Junction**  
(604) 813-9072/(604) 741-1528  
Sunshinecoastjunction@vch.ca
- **Substance Use - OAT Clinic**  
Phone (604) 885-8678  
Fax (604) 885-8677

### CRISIS

If you are in crisis, please go to your closest hospital emergency department or call:

- **Suicide Help line, dial 9-8-8**
- **Crisis Help line, dial 1-866-661-3311.**
- **9-1-1 for Police, Fire or Ambulance**