| **Organization** | **Service Provided** | **Eligibility** | **Hours of operation** | **Contact** |
| --- | --- | --- | --- | --- |
| **Crisis Lines** | | | | |
| **BC 310Mental Health Support Line** | Emotional support, information and resources | All ages | 24 hours a day, 7 days/week | 310-6789 (no need to dial area code) |
| **BC Crisis Centre** | Emotional support, information and resources | All ages | 24 hours a day, 7 days/week | 604-872-3311 or  1-800-SUICIDE |
| **Chimo Crisis Line** | Emotional support, and direct links to Richmond Mental Health Emergency Services, when needed | All ages | 8:00am-12:00pm  Daily | 604-279-7070 |
| **Community Mental Wellness Association of Canada (English and Mandarin)** | CoVid-19 Pandemic Coping Support Line | Youth and adults | 9:30am-11:00pm  Wednesdays | [Info.cmwac@gmail.com](mailto:Info.cmwac@gmail.com)  604-721-3022 |
| **First Nations and Inuit Hope for Wellness Help Line** | Emotional support and crisis intervention to all Indigenous peoples across Canada | All ages | 24 hours a day, 7 days/week | 1-855-242-3310 |
| **Kids Help Phone** | Counselling, information, and referrals, and text-based support in English and French | Children and youth | 24 hours a day, 7 days/week | 1-800-668-6868  or text: 686868 or  <https://kidshelpphone.ca/live-chat/>  Available: 3:00-9:00pm |
| **S.U.C.C.E.S.S.** | Emotional support, information and resources to the Chinese community in Mandarin and Cantonese | All ages | 11:00am to 8:00pm  Daily | 604-270-8222 (Mandarin)  604-270-8233 (Cantonese) |
| **Seniors Abuse and Information Line (SAIL)** | Information and support on issues of abuse and mistreatment | Seniors | 8am-8pm  Daily | 1-866-437-1940 or  604-437-1940 |
| **Youth In BC** | Emotional support, and information | Youth | 24 hours a day, 7 days/week | 604-872-3311  <https://youthinbc.com/>  Available: 12:00pm-1:00am |
| **YouthSpace** | Emotional support and crisis intervention service | Youth under 30 | 6pm to midnight  Daily | Chat or text to  778-783-0177 |
| **Counselling** | | | | |
| **BC Registered Psychologists** | Mental health support that is free during pandemic only | All ages | 24 hours a day, 7 days/week | 604-827-0847  [www.psychologists.bc.ca](http://www.psychologists.bc.ca) |
| **CHIMO Community Services** | Counselling programs & services | All ages | 9:00am to 4:30pm M-F | 604-279-7077 |
| **Community Mental Wellness Association of Canada (English and Mandarin)** | Daily mindfulness program via Zoom | Youth and adults | 8:30am to 9:00pm  Daily | 604-721-3022 |
| **Child and Youth Mental Health (CYMH) - Richmond** | Provides a range of mental health assessment and treatment options | Children, youth (0-18 years) and their families | Intake day: Thursday 9:30am–3:30pm, closed 12:00–1:00pm | 604-207-2511  <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health> |
| **Family Services of Greater Vancouver** | Fee-based and subsidized counselling as well as specialized trauma programs by referral. |  |  | 604-874-2938 x4141  [counseling@fsgv.ca](mailto:counseling@fsgv.ca) |
| **Foundry** | Virtual drop-in counselling sessions by voice, video and chat to youth and caregivers | Youth 12-24 years | M & W:  1pm-8pm  T, Th & F:  1pm-7pm | Province-wide call  1-833-FØUNDRY  (1-833-308-6379) or in Vancouver call  604-283-2234 to book an appointment |
| **Here2Talk** | Mental health counselling and referral service by app, phone or online chat in English, French, Punjabi and Chinese | Post-secondary students | 24 hours a day, 7 days/week | 1-877-857-3397 or direct 604-642-5212  [www.here2talk.ca](http://www.here2talk.ca) |
| **Richmond Addiction Services** | Addiction counselling and support services | All ages | 8:30am to 4:30am M-F | 604-270-9220 |
| **Richmond Mental Health and Substance Use Services** | Connections to mental health and substance use programs and services in English, Cantonese and Mandarin | All ages | 24 hours a day, 7 days/week | 604-204-1111 |
| **S.U.C.C.E.S.S.** | Clinical counselling | For clients who speak Chinese, Korean, Farsi and English | 9:00 am to 5:00 pm  M-F | 604-408-7266 (Intake) |
| **Touchstone Family Association** | Counselling services | All ages | 9:00am to 4:30pm M-F | 604-279-5599  Cantonese and Mandarin Inquiries: 604-207-5034 |
| **Additional Resources** | | | | |
| **EASE (Everyday Anxiety Strategies for Educators) at Home program** | Activities, tips and strategies to create calming routines, talk about difficult emotions and manage anxiety | Parents of school age children (grades K-7) | 24 hours a day, 7 days/week | <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease> |
| **WE Well-being program** | Virtual educational programs to support social and emotional well-being in English and French | Students (grades K-12), parents and educators | 24 hours a day, 7 days/week | [www.we.org](http://www.we.org) |