

Mental Health & Counselling Resources



April 3, 2020

Janice Cross, Mental Wellness

604-250-2913

Monday - Friday, 9am - 4pm

Meghan Hajash, Grief Counselor

604-671-1258

Tuesday - Friday, 11am - 7pm & special circumstances

Ellen Yang, Therapeutic Counsellor

604-240-7879

Sunday - Friday, 10am - 7pm & special circumstances

Janice Carroll, Therapist

778-829-0242

Monday - Thursday, 8:30am - 2:30pm
Friday, 8:30am - 12:30pm

Brad Morin, NNADAP (Alcohol & Drug)

604-652-1368

Monday - Friday, 5pm - 9pm
Saturday & Sunday, 10am - 5pm

Nicolette Moore, NNADAP (Alcohol & Drug)

Monday - Friday, 9am - 5pm
Except Thursday, 1pm - 8pm
236-558-8482

Brenda Barton, Counselling Services

604-738-7957

Monday, Tuesday, Thursday 10am - 8pm
Wednesday 10am - 5pm
Friday 10am - 3pm

Distress Line Numbers:

- Aboriginal Crisis Line: 1-800-588-8717
- Greater Vancouver: 604-872-3311
- Toll-free Lower Mainland & Sunshine Coast: 1-866-661-3311 TTY 1-866-872-0113
- BC-wide: 1-800-SUICIDE (1-800-784-2433)
- Online Distress Services:
 - <https://youthinbc.com/>
 - <https://crisiscentrechat.ca/>
- Seniors' Distress Line: 604-872-1234
- BC-wide Mental Health Support: 310-6789

Please remember to have all family members stay home and practice physical distancing.

