

Surrey: Gateway Station Tower, 11th Floor 13401 - 108th Ave.
Tel: 604-953-4900

White Rock/South Surrey: Peace Arch Hospital - Russell Annex
15521 Russell Ave White Rock

Tel: 604-541-6844

Provides community mental health and substance use services to individuals 19 or older. Wide range of services.

Fraser Health—Adult Outpatient

Substance Use Services

Offers outpatient support recovery programs to individuals coping with drug and alcohol addictions. Also offers support to affected friends and family. Trained professionals offer free, confidential information, assessment, counseling and referral. Day and evening programs available. 76th ave location offers program in Punjabi, Hindi, Urdu and Spanish only.

#102- 13670 94A Avenue, Surrey 13455 76 Ave, Surrey

Tel: 604-580-4950

Tel: 604-547-1202

Lookout Mobile Health Van

10697 135A St. Surrey BC

Tel: 604-328-7610 positivepoint@lookoutsociety.ca

Mobile harm reduction outreach program. Harm reduction supplies, naloxone training and kits. Mobile Van runs 7 days a week, 8:00 AM to 11:00 PM. Positive Point distributes clean needles from the address listed. Seven days a week, noon to 4:00 PM.

Mental Health Consumer Advocacy Program

#105-13771 72A Avenue, Surrey, B.C. V3W 9C6

Tel: 604-547-0111 www.sourcesbc.ca

Help for people self-identifying as having a mental illness. Provides advocacy services in dealing with income assistance, disability benefits, housing and CPPD.

Phoenix Society

13686-94A Avenue, Surrey, BC, V3V 1N1

Tel: 604-583-7166 www.phoenixsociety.com

Wide range of services to help men and women exit the cycle of addiction, unemployment and homelessness.

Roshni Clinic

Suite 102 13670 94 A Ave. Surrey BC

Tel: 604-580-4950 bit.ly/2uzhhGd

Supportive adult (19 years and older) program for men and women of the South Asian community. Helps with issues involving alcohol and drug use. Services are provided in English, Punjabi and Hindi by health care providers who specialize in substance use disorder. Located within the Quibble Creek site.

Safepoint Supervised Consumption Site

2-10681 135A Street Surrey, BC V3T 4E3

Tel: 604-587-7898

Supervised consumption site monitored by a health care professional who can immediately treat overdoses. Provides harm reduction supplies, education and referrals to other social supports. Needle exchange; disposal of used needles. Open 7 am to 1 am daily.

Sobering & Assessment Centre @ Quibble Creek

Suite 101 13670 94 A Ave. Surrey BC

Tel: 604-580-4965

A 24/7 client-centered program that addresses immediate needs for a safe environment to sober up. Maximum stay 23 hours. 20 individual mats for males, 4 mats for females, and 1 mat for

youth (16+) available. Connects clients with services. Has a safe injection site for clients from 7:00AM to 7:00PM daily. Used needle drop off site. Safe injection kits and safe sex resources.

Suicide Help Line

Tel: 1-800-Suicide or 1-800-784-2433 crisiscentre.bc.ca

Trained volunteers provide emotional crisis support, 24 hours a day, 7 days a week in over 140 languages. Also chat services available online as well as other crisis lines.

Counselling

British Columbia Bereavement Helpline

Tel: 1-877-779-2223 contact@bcbh.ca

www.bcbereavementhelpline.com/

Free and confidential grief support via phone or email. Provides compassionate listening and local referrals. Available Monday to Friday 9:00 AM to 5:00 PM, excluding holidays.

The Care Centre @ NightShift

10635 King George Boulevard, Surrey, BC V3T 2X6

Tel: 604-953-1114 confidential @ TheCareCentre.org

nightshiftministries.org/counselling-care-program

Access to affordable, confidential, professional counselling for individuals, couples or groups. Free, no-obligation intake interview and sliding-scale rates based on income.

Child and Youth Mental Health Intake Clinic

tinyurl.com/yyvlhbg

Cloverdale/Fleetwood Wednesday, 9 am-3:30 pm
15405 - 88 Avenue Tel: 604-951-5701

Guildford Wednesday, 8:30-3:30pm
Unit 8, 15355 - 102A Ave Tel: 604-586-2685

Newton Wednesday, 9 am - 3:30 pm
200, 13630 - 72nd Avenue Tel: 604-501-3122

Surrey North Wednesday, 9 am-3:30 pm;
201, 13680 - 105A Avenue. Tel: 604-951-5960

White Rock/South Surrey Tuesday, 9 am-5 pm
15455 Vine Avenue, White Rock, BC Tel: 604-542-3900

Intake clinics around Surrey. Program includes individual therapy, group therapy, parenting programs and referrals to community agencies. Common issues addressed are anxiety, mood problems like depression or psychosis, severe behaviour problems, eating disorders and chronic suicidality & self-harm.

Counselling Programs @ DiverseCity

Tel: 604-547-1202 counsellingservices@dcrs.ca

www.dcrs.ca/our-services/counselling-services/

Offers a variety of counselling services to immigrants and refugees in Punjabi, Hindi, Urdu, Arabic, Spanish, Mandarin, Farsi and English. Services including family, child and youth mental health, sexual or family violence, and substance use counselling. Also offers a parenting group, a father's group, and help for newcomer youth needing overcoming mental health challenges.

Counselling Services @ SourcesBC

882 Maple St., White Rock BC

Tel: 604-538-2522 (Heather) counsellingservices@sourcesbc.ca

www.sourcesbc.ca/our-services/counselling-services/

Offers counselling on a variety of topics. Fees may be subsidized through Sources Foundation, donations, or specialized funding programs. Please inquire for more information. Also offers free Substance use services.

Family Counselling @ Options

Tel: 604-660-4927 (Ministry of Children and Family Development)

www.options.bc.ca/program/family-counselling

Free if you qualify. Must be a resident of Surrey with children under 18 years of age. Self-referral (families must be referred by Ministry of Children and Family Development, but must call MCFD to request referral) MCFD intake line: 604-660-4927.

Moving Forward Family Services

Tel: 778-321-3054 movingforwardfamilyservices.com

Offering online and telephone counselling options. Free telephone support provided by supervised interns for anyone who may be struggling emotionally while in self-isolation. Services for all ages and any concerns including addictions, mental health, trauma, violence, parenting, relationships and more. Sliding scale fees and no one is turned away due to financial circumstances. Staff speak a variety of languages.

Sexual Abuse Counselling Centre @ Options

9815 140th St. Surrey BC

Tel: 604-584-5811 ext. 1301 nancy.orlikow@options.bc.ca

www.options.bc.ca/program/sexual-abuse-counselling-centre

Short and long-term counseling to Surrey children and youth (ages 3-18) who have experienced or been exposed to sexual abuse. Also offers support and psycho-educational information to non-offending family and caregivers. Self referral welcome.

SFU Surrey Counselling Centre

9484 122nd St. Surrey BC (L.A. Matheson Secondary)

Tel: 604-587-7320

www.surreyschools.ca/ParentServices/FreeFamilyCounselling/

Currently suspended due to COVID-19. Students in the Surrey School District and their parents or guardians have access to free counselling through Simon Fraser University. Counselling available for a range of issues, including parenting, grief, depression, anxiety, bullying and sexual orientation.

Suicide Prevention, Education and Counselling

9815 140th St. Surrey BC

Tel: 604-584-5811 and ask for a SPEAC intake worker.

www.options.bc.ca/program/suicide-prevention-education-and-counselling

For children and youth, 18 and under, who are at moderate to high risk of suicide. Free and open to residents of Surrey, White Rock and Langley. Provides suicide risk assessment, crisis intervention and short-term counseling. Also presents suicide prevention workshops to schools and other groups.

Looking for services not covered in this brochure?

Please ask at your local library. We are here to help. Visit us, call 604-598-7300 or at www.surreylibraries.ca/lowcost.

You can also call 211 for a free, confidential, multilingual help. Available 24 hours a day, 7 days a week. Online at bc.211.ca.

If you would like more information or if you spot correction email us at lowcost@surrey.ca

Surrey Libraries does not endorse or promote particular resources or programs, and inclusion here does not imply the Library's endorsement.

HEALTH SERVICES



Low cost and free

Dental Care

Help Finding A Dentist

www.yourdentalhealth.ca/visiting-your-dentist/find-a-dentist/
Online tool to help you find a dentist. Lets you search by location and other criteria including language, Ministry dental plans, types of services and more.

Lookout Dental Clinic

10697 - 135 A Street Surrey, B.C. V3T 4E3

Tel: 604-545-4012 dental@lookoutsociety.ca

lookoutsociety.ca/project/dental-clinic/

Offers low cost dental care for those who are unable to access treatment otherwise. Call for more information or to make an appointment. Ministry and NIHB clients accepted.

Pacific Oral Health Centre

Suite 300, 15850 24th Ave Surrey BC

Tel: 604-536-2700 www.pohs.ca info@pohs.ca

Offers discounted services for those who demonstrate financial need. Phone ahead for more information and to book an appointment. Services provided by students. Fully qualified dentists are also on staff.

Peach Arch Free Dental Clinic

882 Maple St. White Rock BC V4B 4M2

Tel: 604-542-4357 help@sourcesbc.ca

www.sourcesbc.ca/our-services/volunteer-services-dental-clinic/
Currently suspended due to COVID-19. Offers services to low income individuals living in White Rock or South Surrey who do not have dental benefits. Appointments available Mondays and Fridays only.

Strive Dental Clinic

101-12837 88 Ave, Surrey, BC V3W 3K2

Tel: 604-503-5710 strivedental.ca

Non-profit dental clinic. Uninsured and low-income families qualify for a 20% discount off of general dental treatment. Insured patients with financial hardship may also qualify for discount.

UBC Dental Clinic

Faculty of Dentistry 2151 Westbrook Mall Vancouver BC
Tel: 604-822-2112 www.dentistry.ubc.ca/treatment/about/
Dental services by supervised students of the UBC Dental Clinic at reduced rates. Length of treatment varies. By appointment only.

VCC–Hygiene

250 West Pender St. Vancouver BC V6B 1S9
Tel: 604-443-8499 www.vcc.ca/services/eat-shop-more/dental-clinic/
Currently suspended due to COVID-19. \$5, 30-45 minute screening appointment required. Patients are selected based on dental learning needs. Cleaning services are \$30. Work by students and supervised by professionals. Usually Sept. to May.

Health Services

BC Healthy Kids Program

Tel: 1-866-866-0800 tinyurl.com/cmrx3bz
Basic dental care, hearing care and eye glasses for children under 19. Families approved for MSP premium assistance will be enrolled in the program. Coverage begins at the start of the next month.

Better at Home

Tel: 604-536-9348 (Central Intake) www.betterathome.ca
www.comeshare.ca/our-services/better-at-home/
simren.dhillon@comeshare.ca
For seniors, 65 years and older and aimed at helping individuals stay in their homes. Will offer transportation to appointments, light house-keeping, yard work, social programs, friendly visitors and grocery shopping. A small fee for some services, on a sliding scale depending on income. Services vary somewhat depending on region so call the central intake number for further details.

Canadian Red Cross Health Equipment Loans

109-14727 108 Ave. Surrey, BC V3R 1V9
Tel: 604-930-9049
Arranges loans of 3 to 6 months of health equipment. Requires a referral from a medical professional.

The Care Bus @ NightShift

10635 King George Boulevard, Surrey, BC V3T 2X6
Tel: 604-953-1114 confidential @ TheCareCentre.org
nightshiftministries.org/counselling-care-program
Free resources including counselling, basic nursing and referral. Services offered by volunteer professional counselors and nurses when available. Tuesday and Friday evenings (7-8pm) in the parking lot.

Fraser Health

Tel: 604-587-4600 www.fraserhealth.ca
Regional public funded health care region covering Surrey and the surrounding area. Wide range of services and supports.

Health Information Line

Tel: 811 www.healthlinkbc.ca/services-and-resources/about-8-1-1
Speak to a nurse for non-emergency health information and services. Translation services available for more than 130 languages.

Healthiest Babies Possible: Pregnancy Outreach

#100 - 6846 King George Boulevard
Tel: 604-583-1017 tinyurl.com/ybqrcicw hbp@options.bc.ca
Individual and group sessions for pregnant and new parents

experiencing health or lifestyle challenges, living in Surrey, Delta, or White Rock. Service is free, confidential and lasts from pregnancy until baby is 6 months old. They are offering ongoing phone and virtual perinatal support for eligible clients. Inperson services dependent on government guidelines regarding the pandemic. Free prenatal vitamins and donated baby clothing available. Referrals to other community resources available for those in need.

Helpline for Children in BC

Tel: 1-800-663-9122
www.mcf.gov.bc.ca/getting_help/help.htm

Free 24-hour service for children, parents, or community members to call if they think a child (anyone under 19) will be or has been abused.

Home and Community Care

Tel: 1-855-412-2121
www.fraserhealth.ca/Service-Directory/Services/home-and-community-care/
Offers both short and long-term health care services at home. Short-term support helps you recover from a hospital procedure or condition. Long-term programs provide ongoing care. Can also connect you to palliative care services at home, and assess you for subsidized residential care, assisted living, and respite services for caregivers. Some services are free of charge and others include a fee based on income. Translation services available.

Indigenous Health and Wellness Clinic

A101 - 10095 Whalley Boulevard, Surrey BC, V3T 4G1
100-10233 153 St Surrey BC
Tel: 604-923-1166 www.frafca.org IPHWH@fraserhealth.ca
This clinic connects First Nations, Métis and Inuit patients with a team of healthcare and wellness providers to help improve and manage health and wellness. Booked and walk-in appointments available. Call 604-283-3293 for appointments. Based out of two locations.

Infant Development Program Surrey/White Rock

Serves children who are at risk for, or who already have a delay in development. Once you are referred a consultant will contact you. Together, you will plan activities that best meet both your family's needs. If your child has a disability (special need), up-to-date information will be available to you. Covers birth to 3 years old. Also offers an Aboriginal specific program (covers ages birth to 6 years). The program is free and voluntary. Parents can self refer.

SOURCES: 301A 8352 130th Street Surrey, BC V3W 8J9

Tel: 604-590-7302 tinyurl.com/y2jo6zem

Fraser Region Aboriginal Friendship Centre Association

A101 10095 Whalley Blvd. Surrey BC
Tel: 604-923-1166 www.frafca.org

Lend an Ear Program

Tel: 604-736-7391 www.wavefrontcentre.ca/services/hearing-clinic1/more-than-just-hearing-aids/
Provides the permanent loan of one hearing aid for a low fee of \$140 to those who cannot afford to purchase a hearing aid. Includes a hearing test, an earmold, one hearing aid and a year of repair service.

Maxxine Wright Community Health Centre

Maxxine Wright Place (2nd Floor), 13733 - 92nd Ave. Surrey
Tel: 604-587-3835 maxxwright@atira.bc.ca
Supports women who are pregnant or who have children under 6 months at the time of intake who are also impacted by substance use and/ or violence and abuse. The Centre provides a wide range

of women-centered health and social supports, including a daily hot lunch program, medical services, and drug and alcohol counseling.

Positive Haven

Main office: 10667 135A Street - Surrey, BC
Health services building: 10697 135A St. Surrey BC.
Tel: 604-588-9004

For HIV or Hep C positive people living in the Fraser Health region. Includes workshops, counselling, referrals and support groups.

Public Health Units:

Public health units offer a range of nursing services. This includes things like immunization, pregnancy care, early childhood development, hearing clinics or harm reduction. Answers by phone or in person. Open Mon - Fri, 8:30 a.m. - 4:30 p.m. Call 604-476-7087 to make an appointment for immunizations, dental fluoride, or prenatal breastfeeding classes. tinyurl.com/y38evzyu

Cloverdale Public Health Unit

Suite 205 17700 56 Avenue Surrey Tel: 604-575-5100

Guildford Public Health Unit

Unit 100 10233 153 Street Surrey Tel: 604-587-4750

Newton Public Health Unit

Suite 200 7337 137 St Surrey Tel: 604-592-2000

North Surrey Health Unit

Unit 220 10362 King George Blvd. Surrey Tel: 604-587-7900

White Rock/South Surrey Public Health Unit

15476 Vine Avenue White Rock, B.C. Tel: 604-542-4000

Seniors Come Share

—Community Support Program

15008 26 Ave Surrey BC V4P 3H5
Tel: 604-531-9400 www.comeshare.ca
Providing access to information and resources by phone. If we can't help you over the phone, we can arrange for one of our trained Senior Connector volunteers to meet you at one of the 9 community sites we support. We offer Caregiver Support services including support groups, and cafés where caregivers can meet and socialize. Also offers education sessions, computer classes, Law Clinics, home supports, community meals, telephone assurance, visits and lots of volunteer opportunities.

Sex Sense Line

Tel: 1-800-739-7367 www.optionsforsexualhealth.org/sex-sense
Provides non-judgmental information and resources about anything to do with sex, sexuality, and sexual health. Available Monday- Friday, 9am- 9pm via phone or email. Free and confidential.

Surrey North Community Health Centre

10697- 135A St. Surrey BC
Tel: 604-583-5666

Provides confidential general health services for people without medical coverage. The clinic also offers testing and counseling for sexually transmitted diseases, pregnancy, hepatitis, and HIV/AIDS, by a physician and nurse. On-site syringe exchange and safe injection site.

Surrey Youth Clinic

Shirley Dean Pavilion—9634 King George Boulevard, Surrey, BC
Tel: 604-585-5999

Provides free confidential information and education regarding sexuality and health to youth 21 and under. This includes birth control education, pregnancy testing and decision making, STI information, exams and treatment and HIV education and testing.

Vine Youth Clinic

15455 Vine Avenue White Rock, BC V4B 2T3
Tel: 604-542-3926 www.vineyouthclinic.com vineyouthclinic@gmail.com
Currently closed due to COVID-19. Provides free and confidential health care for youths aged 12 to 21. Provides general health, sexual health, mental health and addictions services. Medical clinic is open Mondays 3:30PM to 6:30PM. Walk in or appointment.

Mental Health & Substance Use Services

310—Mental Health Support Line

Tel: 310-6789 www.crisislines.bc.ca
Provides emotional support, information and resources specific to mental health. Can call 24 hours a day. Simply dial 310-6789 w/o putting 604 or 778 in front of the number. Also have resources on web.

Alcohol and Drug Counselling @ Native Courtworker and Counselling Association of BC

10757 - 138 St., Surrey, BC V3T 4K8
Tel: 604-221-6155 www.nccabc.ca
Counselling services that help aboriginal people achieve a healthy and satisfying lifestyle free from alcohol and drug use and misuse.

Clubhouses

www.options.bc.ca/program/clubhouse-program
The clubhouse program serves adults living with a mental illness. Provides a safe, supportive environment where you can socialize, participate in fun recreational activities, learn employment skills, and increase community involvement. Referrals through Surrey Mental Health and Substance Use, White Rock Mental Health and Substance Use. Call Surrey Mental Health at 604-953-4900 for registration.

Surrey Clubhouse—New Frontier 9803-140 St. Surrey, BC

Tel: 604-581-6177 emily.tanasichuk@options.bc.ca

Delta Clubhouse—The Roost #102 - 11950 80 Ave. Delta, BC

Tel: 604-597-8610 preetika.royal@options.bc.ca

The Whale House 15877 Pacific Avenue, White Rock, B.C.

Tel: 604-536-3480 leeann.gardiner@options.bc.ca

The Easy Does It Club

7277 King George Surrey BC
Tel: 778-564-7277 easydoesitclub.org
Hosts 12 step based programs for a variety of addictions.

Foundrybc.ca

Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC.

Fraser Health Crisis Line

Tel: 604-951-8855 Toll Free: 1-877-820-7444
Offers 24 hour support, crisis intervention and resource information.

Fraser Health—Mental Health & Substance Use Services

tinyurl.com/y2tfk2gh

Delta North: 129-6345 120th Street Delta

Tel: 604-592-3700