

## Lookout Mobile Health Van

Tel: 604-328-7610  
Harm reduction supplies, naloxone training and kits.

## Mental Health Consumer Advocacy Program

#102-13771 72A Ave Surrey BC V3W 9C6  
Tel: 604-596-2311 [www.sourcesbc.ca](http://www.sourcesbc.ca)  
Assistance for people self-identifying as having a mental illness can access 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](http://www.phoenixsociety.com)  
Wide range of services to help men and women exit the cycle of addiction, unemployment and homelessness.

## 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 as well as five separate care rooms. Separate mat rooms for men, women and youth (16+). Connect clients with services. Has a safe injection site for clients. Used needles dropped off.

## Substance Use Services—Adult Outpatient

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.  
13670 94A Avenue, Surrey BC      13455 76 Ave, Surrey, B.C.  
Tel: 604-580-4950      Tel: 604-597-0205

## Suicide Help Line

Tel: 1-800-Suicide or 1-800-784-2433 [crisiscentre.bc.ca](http://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.

## Surrey Mental Health & Substance Use Services

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

## White Rock/South Surrey Mental Health Centre & Substance Use Services

Peace Arch Hospital - Russell Annex 15521 Russell Ave White Rock  
Tel: 604-541-6844 Fax: 604-541-6870  
Provides community mental health and substance use services to White Rock/South Surrey area.

## Counselling

### British Columbia Bereavement Helpline

Tel: 1-877-779-2223 [contact@bcbh.ca](mailto:contact@bcbh.ca)  
[www.bcbereavementhelpline.com/](http://www.bcbereavementhelpline.com/)  
Free and confidential service via phone or email that connects the public to grief support services within the province of BC. Provides compassionate listening and local referrals.

### The Care Centre @ NightShift

10635 King George Boulevard, Surrey, BC V3T 2X6  
Tel: 604-953-1114 confidential @ TheCareCentre.org  
[nightshiftministries.org/counselling-care-program](http://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

<b>Cloverdale/Fleetwood</b>	Wednesday, 9 am-3:30 pm
15405 - 88 Avenue	Tel: 604-951-5701
<b>Guildford</b>	Wednesday, 8:30-3:30pm
8, 15355 - 102 Avenue	Tel: 604-586-2629
<b>Newton</b>	Wednesday, 9 am - 3:30 pm
200, 13630 - 72nd Avenue	Tel: 604-501-3225
<b>Surrey North</b>	Wednesday, 9 am-3:30 pm;
201, 13680 - 105A Avenue.	Tel: 604-951-5962

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

### Community Counselling Clinic @ PCRS

City Centre Youth Hub: 10453 Whalley Blvd Surrey  
Tel: 604-587-8100 [pcrs.ca/our-services/community-counselling](http://pcrs.ca/our-services/community-counselling)  
Newton Youth Resource Centre: #114 - 13479 76th Ave Surrey, BC  
Tel: 604-592-6200  
Provides Surrey residents with free counselling. Offers individual and family counselling. Call the Newton location at 604-592-6200 for more information or intake.

### Counselling Programs @ DiverseCity

Tel: 604-547-1202 [counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)  
[www.dcrs.ca/services/family-services/](http://www.dcrs.ca/services/family-services/)  
Provide short-term, solution-focused counselling and support services to immigrant and refugee clients. Offers a variety of counselling programs for children, for women to have experienced abuse or violence and newcomer youth needing to overcome mental health challenges that effect employment.

### Counselling Services @ SourcesBC

882 Maple St., White Rock BC  
Tel: 604-538-2522 (Heather) [counsellingservices@sourcesbc.ca](mailto:counsellingservices@sourcesbc.ca)  
[www.sourcesbc.ca](http://www.sourcesbc.ca)  
Offers counselling on a variety of topics. Flexible fees are available. Also offers free Substance use services. Call the same number or email [suservices@sourcesbc.ca](mailto:suservices@sourcesbc.ca)

### Family Counselling @ Options

Tel: 604-660-4927 (Ministry of Children and Family Development)  
[www.options.bc.ca/program/family-counselling](http://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](http://movingforwardfamilyservices.com)  
Services for all ages and any presenting 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  
[www.options.bc.ca/program/sexual-abuse-counselling-centre](http://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 are exposed to sexual abuse. Also offers support and psycho-educational information to non-offending family members 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/](http://www.surreyschools.ca/ParentServices/FreeFamilyCounselling/)  
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, bereavement, 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](http://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.  
[www.surreylibraries.ca](http://www.surreylibraries.ca) or 604-598-7300.

You can also call 211 for a free, confidential, multilingual information and referral line to a full range of community, social, and government services. Available 24 hours a day, 7 days a week.

Interested in some more resources or information? Ask library staff or check us out on the web here:  
[www.surreylibraries.ca/lowcost](http://www.surreylibraries.ca/lowcost)

If you would like further information or if you spot a change that is needed you can email us at [libraryinfo@surrey.ca](mailto:libraryinfo@surrey.ca)

## Low Cost and Free

# Health Services



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

## Dental Care

### Help Finding A Dentist

[www.bcdental.org/YourDentalHealth/](http://www.bcdental.org/YourDentalHealth/)  
Online tool to help you find a dentist. Lets you search by location and a number of other criteria including language, Ministry dental plans, types of services and other concerns.

### Lookout Dental Clinic

10697 – 135 A Street Surrey, B.C. V3T 4E3  
Tel: 604-545-4012 [dental@lookoutsociety.ca](mailto:dental@lookoutsociety.ca)  
Dental emergency and cleaning. Appointments required, though emergencies can be accommodated. 20% off on most procedures but must pay 100% of all lab fees. Appointments not confirmed 24 hours before will be cancelled. Accepts Ministry clients.

### Pacific Oral Health Centre

Suite 300, 15850 24th Ave Surrey BC  
Tel: 604-536-2700 [www.pohs.ca](http://www.pohs.ca) [info@pohs.ca](mailto:info@pohs.ca)  
Offers 30% discount for people whose income is below \$35,000. Phone ahead for an appointment and bring your notice of assessment. Services provided by students. Fully qualified dentists are also on staff.

### Peach Arch Free Dental Clinic

882 Maple St. White Rock BC V4B 4M2 [www.sourcesbc.ca](http://www.sourcesbc.ca)  
SOURCES BC Dental Clinic offers dental services to low income individuals living in White Rock/South Surrey who do not have dental benefits. Please call 604-542-4357 for additional info.

### UBC Dental Clinic

Faculty of Dentistry 2151 Westbrook Mall Vancouver BC  
Tel: 604-822-2112 [www.dentistry.ubc.ca/Treatment/default.asp](http://www.dentistry.ubc.ca/Treatment/default.asp)  
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/](http://www.vcc.ca/services/eat-shop--more/dental-clinic/)

Cleaning services are \$30 but a time commitment is required. Work done by students and supervised by professionals. Usually available September to May.

## Health Services

### BC Healthy Kids Program

Tel: 1-866-866-0800 [tinyurl.com/cm3xr3bz](http://tinyurl.com/cm3xr3bz)

Basic dental care and eye glasses for children. Families who have been approved for MSP premium assistance will be signed up with the program. Coverage begins at the start of the next month.

### Better at Home

Tel: 604-536-9348 (Central Intake) [www.betterathome.ca](http://www.betterathome.ca)

[www.comeshare.ca/our-services/better-at-home/](http://www.comeshare.ca/our-services/better-at-home/)

[bhintake@comeshare.ca](mailto:bhintake@comeshare.ca)

For seniors, 65 years and older and is 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 Medical Equipment Loan service

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](http://nightshiftministries.org/counselling-care-program)

Free resources including counselling, basic nursing and referral services offered by professional counsellors and nurses volunteering their time on Tuesday and Friday evenings (7-8pm) in the parking lot of 10635 King George Boulevard.

### Family & Friend Caregivers Resource Handbook

[www.uwlm.ca/wp-content/uploads/2015/06/Caregivers-Guide-2016-web.pdf](http://www.uwlm.ca/wp-content/uploads/2015/06/Caregivers-Guide-2016-web.pdf)

A comprehensive resource for caregivers and seniors.

### Fraser Health

Tel: 604-587-4600 [www.fraserhealth.ca](http://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](http://www.healthlinkbc.ca/services-and-resources/about-8-1-1)

Speak to a nurse for non-emergency health information and services.

### Healthiest Babies Possible: Pregnancy Outreach

#100 - 6846 King George Boulevard

Tel: 604-583-1017 [tinyurl.com/ybqrcjcw](http://tinyurl.com/ybqrcjcw) 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. Focuses on pregnancy, breastfeeding, healthy eating, physical health, emotional well-being, and infant care. Includes lunch clubs, pre/post natal yoga and labour and delivery classes. Childminding, donated baby clothes, prenatal vitamins, and grocery gift cards provided. Available in multiple languages. Self referrals okay.

### Helpline for Children in BC

Tel: 1-800-663-9122

[www.mcf.gov.bc.ca/getting\\_help/help.htm](http://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/health-info/home-and-community-care](http://www.fraserhealth.ca/health-info/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.

### 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 visit you in your home. 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/oszc omm26](http://tinyurl.com/oszc omm26)

**Fraser Region Aboriginal Friendship Centre Association**

A101 10095 Whalley Blvd. Surrey BC

Tel: 604-595-1170 [www.frafca.org](http://www.frafca.org)

### Lend an Ear Program

Tel: 604-736-7391 [www.widhh.com/programs-services/hearing-aid-clinic/more-than-just-hearing-aids/](http://www.widhh.com/programs-services/hearing-aid-clinic/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 2 - 13733 92<sup>nd</sup> Ave. Surrey, B.C. V3V-1H9

Tel: 604-587-3835 [maxxwright@atira.bc.ca](mailto: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.

### Pre-Natal and Post-Natal Classes

#### @ Fraser Region Aboriginal Friendship Centre

A101 10095 Whalley Blvd. Surrey BC

Tel: 604-595-1170 [www.frafca.org](http://www.frafca.org)

Pre-natal drop-in for expectant parents promotes healthy babies by

providing pre-natal information and guidance. Pre-natal supports, cultural parenting skills, healthy pregnancy and nutrition. Post-Natal support group, cultural parenting workshops, and development for parents with children 0-24 months. Transportation available. Also have a preschool and a wide range of programming for all ages.

### Positive Haven

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 public health nursing services which include screening, assessment, counseling, referral, follow-up and health promotion activities for all ages. Answers by phone or in person.

Open Mon - Fri, 8:30 a.m. - 4:30 p.m. [tinyurl.com/y7wbvkbr](http://tinyurl.com/y7wbvkbr)

#### Cloverdale Public Health Unit

Suite 205 17700 56 Avenue Surrey, B.C. V3S 1C7 Tel: 604-575-5100

#### Guildford Public Health Unit

Unit 100 10233 153 Street Surrey, B.C. V3R 0Z7 Tel: 604-587-4750

#### Newton Public Health Unit

Suite 200 7337 137 St Surrey, B.C. V3W 1A4 Tel: 604-592-2000

#### North Surrey Health Unit

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

#### White Rock/South Surrey Public Health Unit

15476 Vine Avenue White Rock, B.C. V4B 5M2 Tel: 604-542-4000

### Seniors Come Share—Community Support Program

15008 26 Ave Surrey BC V4P 3H5

Tel: 604-531-9400 [www.comeshare.ca](http://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 traditional support groups, caregiver cafés, and outreach and education session, computer classes, share and care coffee club, education sessions, Law Clinics, Better at Home Services, Community Meal programs, Telephone Assurance, Friendly Visitors and lots of volunteer opportunities.

### Sex Sense Line

Tel: 1-800-739-7367 [www.optionsforsexualhealth.org/sex-sense](http://www.optionsforsexualhealth.org/sex-sense)

Sex Sense provides non-judgmental information and resources about anything to do with sex, sexuality, and sexual health. Sex Sense can be contacted by phone or email, Monday- Friday, 9:00 am - 9:00 pm. Calls and emails are free and confidential. Sex Sense is part of Options for Sexual Health (Opt), Canada's largest non-profit sexual health service. provider. Opt also provides clinical services and low cost contraception.

### Surrey North Community Health Centre

10697- 135A St. Surrey BC

Tel: 604-583-5666

Free medical clinic, which provides confidential general health services. 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 and some provision, pregnancy testing and decision making, STI information, examinations 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](http://www.vineyouthclinic.com)

[vineyouthclinic@gmail.com](mailto:vineyouthclinic@gmail.com)

Provides free and confidential health care for youths aged 12 to 21. Doctors and Youth Workers provide general health services, sexual health, mental health and addictions. Mondays 3:30-6:30pm.

## Mental Health and Substance Use Services

### 310—Mental Health Support Line

Tel: 310-6789

[www.crisislines.bc.ca](http://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.

### Car 67

Tel: 604-599-0502 (police non-emergency) or by dialing 911

An RCMP member and a nurse specializing in mental health work respond to calls received involving emotional and mental health issues.

### Clubhouses

[www.options.bc.ca/program/clubhouse-program](http://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 (Pat) [patricia.stjean@options.bc.ca](mailto:patricia.stjean@options.bc.ca)

**Surrey Clubhouse—The Roost** 13582 - 68th Avenue Surrey, BC

Tel: 604-597-8610 (Pat) [patricia.stjean@options.bc.ca](mailto:patricia.stjean@options.bc.ca)

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

Tel: 604-536-3480 [leeann.gardiner@options.bc.ca](mailto:leeann.gardiner@options.bc.ca)

### The Easy Does It Club

7277 King George Surrey BC

Tel: 778-564-7277

Hosts 12 step based programs for a variety of addictions.

### Foundrybc.ca

Website that assists teens in identifying and understanding mental distress and linking them to resources.

### Fraser Health Crisis Line

Tel: 604-951-8855 Toll Free: 1-877-820-7444

Offers support, crisis intervention and resource information.