

# YOUTH HEALTH

[foundrybc.ca/northshore](http://foundrybc.ca/northshore)

## Foundry North Shore

211 W 1st Street, North Vancouver

604 984 5060

- Mental Health & Substance Use Counselling
- Youth Medical Clinic • Peer Support • Drop-in Support

## NS Child & Youth Mental Health (MCFD)

604 904 4300

## NS Youth Eating Disorders Program

604 984 5060

## Youth Urgent Response Team (YURT)

604 984 3884

## West Vancouver Youth Clinic

1st Floor, 2121 Marine Drive, West Vancouver

Tues. 2:30-4:30pm

## Parkgate Youth Clinic

3625 Banff Court, North Vancouver

Thurs. 2:30-4:30pm

## Pregnancy/Parenting Support (NSNH)

604 258 8539

# NEED HELP NOW?

Police, Fire, Ambulance

911

Crisis Line

604 872 3311

BC211 (Substance use, victim assistance)

211

HealthLink

811

Kids Help Phone

1 800 668 6868

MCFD Youth Help Line

604 310 1234

North Shore Youth Safe House

1 877 789 6884

Rape Crisis Line

604 255 6344

Suicide Support Line

1 800 SUICIDE (784 2433)

Women's Crisis Line

604 987 3374

## 24 Hours

# NORTH SHORE YOUTH DIRECTORY

FOR FULL DIRECTORY GO TO  
[nsyouth.ca](http://nsyouth.ca)

DISTRICT of  
NORTH VANCOUVER

*west vancouver*

city  
of north  
vancouver

## YOUTH SPACES & OUTREACH

<b>Capilano Community Services</b> 1733 Lions Gate Lane, North Vancouver	<b>604 988 7115</b>
<b>Delbrook Youth Centre</b> 851 W Queens Road, North Vancouver	<b>604 983 6327</b>
<b>Gleneagles Bay Scene</b> 6262 Marine Drive, West Vancouver	<b>604 925 7222</b>
<b>John Braithwaite Youth Lounge</b> 145 W 1st Street, North Vancouver	<b>604 868 7065</b>
<b>Lonsdale Youth Lounge</b> 123 E 23rd Street, North Vancouver	<b>604 983 6414</b>
<b>Lynn Valley Youth Centre</b> 3590 Mountain Highway, North Vancouver	<b>604 258 8775</b>
<b>North Shore Neighbourhood House</b> 225 E 2nd Street, North Vancouver	<b>604 868 7065</b>

## YOUTH SPACES & OUTREACH

<b>Parkgate Youth Centre</b> 3625 Banff Court, North Vancouver	<b>604 983 6358</b>
<b>Squamish Nation Youth Centre</b> 100 Capilano Road, North Vancouver	<b>604 980 3981</b>
<b>The Teen Room – North Vancouver City Library</b> 120 W14th Street, North Vancouver	<b>604 998 3450</b>
<b>West Vancouver Community Centre Youth Lounge</b> 2121 Marine Drive, West Vancouver	<b>604 925 7222</b>
<b>West Van Youth Outreach &amp; Youth Hub, Park Royal</b> 706 Main Street, West Vancouver	<b>604 925 7233</b>
<b>Whatever 2SLGBTQIA+ Youth Lounge/Drop in</b> 750 17th Street, West Vancouver	<b>604 925 7222</b>
<b>Youth Unlimited</b>	<b>604 307 8693</b>

**Call for  
Hours**

## OTHER NUMBERS

<b>Canadian Mental Health Association</b>	<b>604 987 6959</b>
<b>Family Services of the North Shore</b>	<b>604 988 5281</b>
<b>Hollyburn Family Services</b>	<b>604 987 8211</b>
<b>Kelty Dennehy Mental Health Resource Ctr.</b>	<b>604 984 5000 (Ext 5190)</b>
<b>Lookout North Shore Emergency Shelter (19+)</b>	<b>604 982 9126</b>
<b>North Shore Multicultural Society – Youth Services</b>	<b>604 988 2931</b>
<b>North Shore Pride Alliance</b>	<b>604 353 3538</b>
<b>QMUNITY LGBTQ2S+ Youth Support</b>	<b>604 684 5307</b>
<b>Squamish Nation – General Inquiries</b>	<b>604 980 3981</b>
<b>Tsleil-Waututh Nation</b>	<b>604 929 3454</b>
<b>GP Link (Call only if you don't have a doctor)</b>	<b>778 945 3017</b>