

**Astra Youth Addictions  
Outreach Counselling Program**  
Newton Centre 604-592-6200  
Guildford Centre 604-587-8100

**Alcoholics Anonymous** 604-434-3933

**Narcotics Anonymous** 604-873-1018

### MENTAL HEALTH:

**Adolescent Crisis Response Program**  
604-585-5561

Referral services for mental health issues.  
Referrals from School Counselors, doctors,  
hospitals and other agencies.

**Canadian Mental Health Association**  
604-943-1878

For information regarding mental health  
issues

**Adolescent Youth Mental Health  
Services (MCFD)**  
North 604-501-3237  
South 604-940-7900

### LEGAL:

**UBC Law Students' Society** 604-822-5791  
Free legal information and resources

**Legal Services Society (Legal Aid)**  
Provincial Call Centre 604-408-2172  
for self-referrals

**Options for Youth** 604-594-3455  
For young offenders you need assistance  
preparing for court and/or support  
counselling

### YOUTH AT RISK:

**Options: Services to Community Society**  
604-596-4321

[http://www.options.bc.ca/program\\_categories.php?cat\\_id=11](http://www.options.bc.ca/program_categories.php?cat_id=11)

**Buddy-Youth Program, DIVERSEcity**  
604-597-0205

A program that connects immigrant youth  
with host youth, to provide peer support and  
assist in adapting to a new country.

### FOOD AND BODY IMAGE ISSUES:

**Kelty Resource (previously The Eating  
Disorder Resource Centre of BC)**  
1-800-665-1822

<http://www.bcmhas.ca/supportcentre/kelty/default.htm>.

**Delta Mental Health** 604-592-3700  
They work with all ages of people suffering  
from eating disorders.

### COUNSELLING:

**Deltassist** 604-594-3455  
Offers Youth Programs: Teen Parent Help,  
Alcohol & Drug programs for those  
who are affected directly or indirectly.  
Assessment and counseling

**Child and Youth Mental Health – Ministry  
of Children and Families**  
604 940-7900  
or 604 501-3237

# Youth Resource List



***D.O.V.E.***

***Delta Opposes  
Violence Everywhere  
Coordinating  
Committee***

## **CYBERBULLYING SITES:**

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

[www.safeonlineoutreach.com](http://www.safeonlineoutreach.com)

[www.weron2u.ca](http://www.weron2u.ca)

[www.cyberbullying.us](http://www.cyberbullying.us)

## **CRISIS LINES:**

**Youth Crisis Line** 604-872-3311

Stressed, angry or worried? What to do if you or someone you know is suicidal. 24 hour information, resources and support for youth in crisis.

[www.youthinbc.com](http://www.youthinbc.com)

**Kids Help Phone** 1-800-668-6868

24 hour free counselling services

**South Fraser Crisis Line** 604-951-8855

24-hour, confidential phone support and resource information

**MCFD Helpline for Kids** 310-1234

Hotline for reporting abuse or neglect

**Youth in BC** 1-866-661-3311

Volunteer listeners are available for confidential talks.

## **YOUTH AND VIOLENCE:**

**Youth Against Violence Line**

1-800-680-4264

Help prevent someone from getting hurt by calling this confidential, untraceable number to get assistance from local police

[www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com)

**Taking a Stand** 1-800-680-4264

If you are being threatened or are a victim of violence [www.takingastand.com](http://www.takingastand.com)

**VictimLink** 1-800-563-0808

Help and information anytime, anywhere in BC for victims of family violence, assault, sexual violence, abuse and other crimes

**Delta Police Victim Service** 604-940-5019

To report a crime or trauma; offers confidential support, referrals & information on court and police procedures

**Surrey Specialized Victim Assistance Program** 604-583-1295

Provides victim services to adults (male and female), youth, and children who have been victims of child abuse (all kinds), sexual assault, relationship violence (including elder abuse and any other form of family violence), and stalking.

## **HEALTH & FAMILY ISSUES:**

**Boys & Girls Club** 604-591-9262

Provides youth related programs such as, counselling, anger management, sexual abuse counselling, youth housing support and healthy relationships counseling

**Youth Resource Centres:**

**Hillside Club (North Delta)** 604-596-9595

**Wintemute Club (Ladner)** 604-946-2027

**Winskil Club (Tsawwassen)** 604-943-9873

**Teen Guide to Parental Separation & Divorce**

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

**Youth Suicide Prevention Program –**

**Deltassist** 604-594-3455

Other Youth Programs: Teen Parent Help, Alcohol & Drug programs for those affected directly or indirectly

**Facts of Life Line** 1-800-739-7367

Information and referrals regarding sexual health and pregnancy options

**South Delta Public Health**

**South: 604-952-3550**

**North: 604-507-5400**

Provides counselling regarding STD's, teen pregnancy and other health issues.

## **YOUTH & DRUGS:**

**D-talks** 1-866-658-1221

Coastal Health Central Referral Line – will refer youth from Delta

**Peak House** 604-253-6319

Affiliated with Pacific Youth & Family Services Society  
Residential program for ages 13-18

**DIVERSEcity** 604-597-0205

Offers support to families.  
Alcohol and drug issues for South Asian and Spanish youth.

**Deltassist** 604-594-3455

Offers Youth Programs: Teen Parent Help, Alcohol & Drug programs for those affected directly or indirectly. Assessment and counselling

**Creekside Detox** 604-587-3755

Ask for Youth Detox