

ADULT MENTAL HEALTH AND SUBSTANCE USE SERVICES

Organizations and Resources | White Rock-South Surrey

WRSS Mental Health Intake Line: 604 541 6844

Substance Use Central Access Line: 1 866 624 6478

Mental Health Services

Substance Use Services

GP Referral Required



White Rock-South Surrey Mental Health & Substance Use Services
www.fraserhealth.ca/mentalhealth
15521 Russell Ave, White Rock
604 541 6844

Fraser Health Authority. Counselling, case management, substance use, group therapy & psychosocial rehabilitation services for adults & older adults. GP referral encouraged *



Early Psychosis Intervention – EPI
15521 Russell Ave, White Rock
604 538 4278

Fraser Health Authority. Assessment & intervention for youth & young adults experiencing psychosis.



Options Community Services
www.options.bc.ca
13520 78 Ave, Surrey
604 596 4321

Non-profit offering psychosocial rehabilitation programs & housing support.



Sources Substance Use & Counselling Services
www.sourcesbc.ca
882 Maple Street, White Rock
604 538 2522

Non-profit offering free individual, family & group counselling for their own or someone else's substance use. Counselling for other issues offered on sliding scale.



Fraser Health Substance Use Services – Central Access Line
1 866 624 MHSU (6478)
Fax: 1 866 966 4949

Fraser Health Authority. Specializes in substance use assessment, counselling, referrals, education & groups. Outreach services also available.



Creekside Withdrawal Management Centre
13740 94A Ave, Surrey
604 585 5610

Fraser Health Authority. Short-term medical supervision & support for individuals experiencing withdrawal symptoms.



RAC
Rapid Access Clinic
15521 Russell Ave, White Rock

Fraser Health Authority. Psychiatric assessment & consultation service. GP referral required *



CRESSST
Community Residential Emergency Short Stay & Treatment Program
13525 98 Ave, Surrey

Fraser Health Authority. Community-based 24h short-stay program for mental health stabilization & treatment. GP referral required *

Additional resources & supports on back

* GP referral forms on Pathways

HELP LINES

Alcohol & Drug Resources (24 hrs)	604 660 9382
Fraser Health Crisis Line (24 hrs)	604 951 8855
HealthLinkBC (healthlinkbc.ca) (24 hrs)	811
Kuu-us Aboriginal Crisis Line	1 800 588 8717
Prideline (7-10pm)	1 800 566 1170
Suicide Line (For clients, family, & friends)	1 800 784 2433
Surrey Mobile Assault Response Team (24 hrs)	604 583 1295

WEBSITES

AA.org (Alcoholics Anon)
Anxietybc.ca
Askanadvocate.ca
Avalonrecoverysociety.org
BC-counsellors.org
Copelandcenter.com
eMentalHealth.ca
Mindcheck.ca
NA.org (Narcotics Anon)
Openmindbc.ca
Options.bc.ca
Smartrecovery.org
Sourcesbc.ca
Transhealth.phsa.ca

LOCAL RESOURCES

Aboriginal Mental Health Liaison Services	604 953 4900
Alexandra Neighbourhood House	604 538 5060
Food Bank (Sources)	604 531 8168
Fraser Health Authority Family Support Services	1 833 898 6200
Peace Arch Hospice Society (Grief Counseling)	604 531 7484
Public Health White Rock/South Surrey	604 542 4000
Quibble Creek Sobering Centre	604 580 4965
Sources Community Resources Society	604 531 6226
Whale House Mental Health Clubhouse	604 536 3480
Women's Place Resource Centre (including trauma counselling)	604 536 9611

APPS

Mindshift App
Calm App
Headspace App

NALOXONE

Safe Use Supplies
Mobile Unit: 604 328 7610
White Rock Public Health: 604 542 4000

Free Take Home Naloxone

Mobile Unit: 604 328 7610
White Rock Public Health: 604 542 4000
Local Pharmacies: call first
White Rock Mental Health & Substance Use: 604 541 6844
Sources Community Resource Society: 604 538 2522
Web
Towardstheheart.com

RESOURCE DIRECTORIES

211 (text or call) – For community, government, social & housing services
BC Schizophrenia Society (www.bcss.org) 604 574 1976
For Everything That's Community Health (FETCH) White Rock & South Surrey (www.sswr.fetchbc.ca)
Mood Disorders Association of BC (www.mdabc.net) 604 873 0103

All services free, unless otherwise noted