

Support programs

- a. Assertive Community Team (ACT Team)
- b. Club houses
- c. Addiction/Mental Health Counselling and Outreach
- d. Peer support program
- e. Support for Families

A. Surrey Assertive Community Team (ACT Team)

Teams provide person-centered, recovery-oriented outreach mental health services for adults with serious and persistent mental illness. Clients may have difficulty managing daily living, be vulnerable and at risk of homelessness or exploitation, and have not connected with, or responded well to, traditional outpatient mental health care services. Services include assessment, treatment, rehabilitation, and support. Reaches individuals in a community setting, and work closely with individual and their family or other supports to create a plan to improve quality of life and decrease time spent in hospital and with emergency services. Referral required from community- or hospital-based health care provider.

Address:

203-7327 137 Street

Surrey, B.C.V3W 1A4

Phone: 604-592-2700 Fax: 604-592-2701

(Referral is provided by Surrey Mental Health Outreach Program, same address and ph/fax Number as above)

Hours of operation

Monday - Friday, 8:30 a.m. - 4:30 p.m.

Eligibility

- Adults (19 years or older) living in communities with ACT teams, i.e. Surrey, North Delta, New Westminster, Tri-Cities, Abbotsford and Mission.
- Adults living with serious mental illness who have many complex needs, and have great difficulty managing their day-to-day tasks, most of the time (e.g. cooking, cleaning, banking, taking medications as prescribed).
- Adults who are vulnerable and at-risk of homelessness, exploitation, abuse, further deterioration of their mental health, suicide, etc.
- These adults often have other mental health and substance use issues and may be homeless or at-risk of homelessness.
- Adults who have had many visits to hospital emergency departments, admissions to hospital psychiatric care, and/or frequently use police and ambulance services.

ACT team services are not suitable for people with:

- [Substance use problems](#) without a mental health issue
- [Dementia](#)
- A primary diagnosis of [personality disorder](#)

ACT team services are not suitable for people with:

- [Substance use problems](#) without a mental health issue
- [Dementia](#)
- A primary diagnosis of [personality disorder](#)

B. Club Houses in Surrey Area

The Clubhouse Program serves adults living with a mental illness who are seeking a community of understanding, like-minded people who might share the same experiences that they do. Clubhouses provide a supportive environment where people can socialize, participate in recreational activities, learn new skills and increase their involvement in the community.

Name/address/phone number	Description
<p>Whale House</p> <p>15877 Pacific Avenue White Rock, BC V4B 1S8 *Operated by Options Community Services</p> <p>Hours Monday & Friday: 9:00 am to 4:00 pm Tuesday to Thursday: 9:00 am to 8:00 pm</p> <p>Contact Leeann Gardiner, Program Manager 604.536.3480 leeann.gardiner@options.bc.ca</p>	<p>For adults (19+ years old) living in White Rock with a mental illness and want a safe, supportive environment to socialize, participate in recreational activities, learn employment skills, and increase community involvement.</p> <p>Referrals are required from your general practitioner, psychiatrist or through the White Rock Mental Health and Substance Use Centre Phone: 604-953-4900 Fax: 604-953-4901).</p>
<p>New Frontier Clubhouse</p> <p>9803 - 140th Street Surrey, BC V3T 4M4 *Operated by Options Community Services</p> <p>Hours Monday to Friday: 9:00 am to 4:00 pm</p> <p>Contact Pat St. Jean, Program Manager 604.581.6177 pat.stjean@options.bc.ca</p>	<p>For adults (19+ years old) living in White Rock with a mental illness and want a safe, supportive environment to socialize, participate in recreational activities, learn employment skills, and increase community involvement.</p> <p>Referrals are required from your general practitioner, psychiatrist or through the White Rock Mental Health and Substance Use Centre Phone: 604-953-4900 Fax: 604-953-4901).</p>
<p>The Therapeutic Volunteer Program (TVP). *Operated by Options Community Services Two Locations</p> <ol style="list-style-type: none"> 1. North Surrey (604.581.6177) 2. White Rock 604.536.3480 <p>Eligibility: For adults (19+ years old) living in Surrey area with a mental illness</p>	<p>The Therapeutic Volunteer Program (TVP) was created to offer persons living with a mental illness the opportunity to volunteer in their community. It provides an opportunity to engage in a rehabilitative process through participation. TVP assists people in developing pre-employment skills and increased self-confidence in the pursuit of greater independence.</p> <p>Referrals are required from your general practitioner, psychiatrist or through the White Rock Mental Health and Substance Use Centre Phone: 604-953-4900</p>

		Fax: 604-953-4901).
	Surrey Central club House *Operated by Options Community Services 13582 – 68th Avenue Surrey, B.C.V3W 6M3 Phone: 604-597-8610	Eligibility <ul style="list-style-type: none"> • Are 19 years and older • Have a diagnosis of mental illness (with a referral from a therapist or doctor) • Live in the Fraser Health region

Addiction/Mental Health Counselling and Outreach Support

Fraser Health Crisis Line Phone 24/7 free, confidential crisis support for all ages.
(OPTIONS Community service only Offers emotional support, crisis intervention, and
Services) substance use support.

☎ 604-951-8855 /
1-877-820-7444

Newton Youth 114-13479 76 Youth services (ages 13–24): addiction counselling,
Resource Centre Ave, Surrey, BC mentorship, mediation, and programs for South Asian
(PCRS) youth and parents.








☎ 604-592-6200


Astra Youth 114-13479 76 Outreach-based counselling for youth (13–24) with
Addictions Outreach Ave, Surrey, BC substance use issues. Includes treatment, referrals, and
(PCRS) community-based meetings.


☎ 604-317-8498


Substance Use Counselling 13455 76 Counselling (individual, family, group) for
Program (DIVERSEcity) Ave, Surrey, substance use. Focus on South Asian & Spanish
BC communities. Multilingual services.


☎ 604-547-1202


Maxxine Wright Community Health Centre (Atira)	13729 92 Ave, Surrey, BC	Supports pregnant women/mothers impacted by substance use or violence. Offers medical care, housing help, parenting support.
 604-587-3835		
Phoenix Kwantlen Learning Centre	13686 94A Ave, Surrey, BC	Education and upgrading for individuals in recovery. Includes GED prep, literacy, and career planning.
 604-583-7166		
Vine Youth Clinic (Fraser Health)	15455 Vine Ave, White Rock, BC	Free clinic (ages 12–21): medical care, mental health & addiction support, STI services, and counselling.
 604-542-3926		
Mental Health Centre – White Rock/South Surrey	15521 Russell Ave, White Rock, BC	Adult mental health and substance use services: assessment, treatment, counselling, and referrals.
 604-541-6844		
Roshni Clinic (Fraser Health)	102-13670 94A Ave, Surrey, BC	Program for South Asian adults (19+) with alcohol/opioid issues. Offers counselling, medical support, and family education.
 604-580-4950		
Substance Use Services – Surrey (Fraser Health)	102-13670 94A Ave, Surrey, BC	Free counselling, assessment, treatment, and referrals for ages 16+. Walk-in intake available.
 604-580-4950		
Surrey Mental Health & Substance Use Urgent Care Centre	13750 96 Ave, Surrey, BC	Urgent care (19+): crisis stabilization, treatment, counselling, and referrals. Walk-in or appointment.
 604-953-6200		

Sources Substance Use Services 882 Maple St, White Rock, BC Free counselling for youth, adults, and families affected by substance use. Includes assessment and prevention programs.
 604-538-2522

DEWY Program – Surrey (PCRS) 10328 Whalley Blvd, Surrey, BC Intensive day treatment program (ages 13–18) for substance use recovery. Referral required.
 604-951-4821

Guildford Youth Resource Centre (PCRS) 205-14727 108 Ave, Surrey, BC Youth hub (13–24): counselling, mentorship, homework support, and life skills programs.
 604-587-8100

Surrey Alcohol & Drug Program (NCCABC) 10757 138 St, Surrey, BC Counselling and referrals for Indigenous individuals experiencing substance misuse.
 1-855-221-6155

Mental Health Centre – Surrey (Fraser Health) 13401 108 Ave, Surrey, BC Adult mental health services: counselling, assessment, and referrals. Interpretation available.
 604-953-4900

D. Peer Support Programs









As of July 31, 2020, anyone who wants Peer Support worker in Surrey has to go through Surrey Mental Health Program.

Eligibility: Adults aged 19 and over

Language English

E. Support for families/friends whose loved ones has substance misuse issues in Surrey

Area

Name / Contact	Address	Description
Fraser Health Crisis Line  604-951-8855	Phone service only (24/7)	Free, 24-hour on-phone counselling service. Responds to 1-800-SUICIDE and 310Mental Health calls. Provides immediate support for people in crisis, including substance use concerns.
Newton Youth Resource Centre  604-592-6200  604-598-8443	114-13479 76 Ave, Surrey, BC V3W 2W3	Offers <i>South Asian Parents Together</i> , a support group for parents experiencing challenges with teenage children. Facilitated in English, Punjabi, and Hindi. Group runs Thursdays 6:30–8:30 pm. Centre hours: Mon–Fri, 8:30 am–4:30 pm.
Substance Use Counselling Program  604-547-1202 Punjabi group: 604-547-1375  604-597-0488	13455 76 Ave, Surrey, BC V3W 2W3	Provides confidential counselling (individual, couple, family, and group) for alcohol and drug-related issues. Also offers education and support services. Focus on South Asian and Spanish communities in the South Fraser region.
Maxxine Wright Community Health Centre  604-587-3835  604-688-1799  maxxwright@atira.bc.ca	13729 92 Ave, Surrey, BC V3V 1H9	Supports pregnant women or mothers with infants (under 6 months) affected by substance use and/or violence. Offers comprehensive support services including health, social, and outreach support.