

DYSTONIA  
MEDICAL  
RESEARCH  
FOUNDATION  
CANADA



FONDATION DE  
RECHERCHE  
MÉDICALE SUR LA  
DYSTONIE  
CANADA

*serving all dystonia-affected persons  
d'ésservant toutes personnes atteintes de dystonie*

## BRITISH COLUMBIA

Mental Health Support: 310-6789

HealthLinkBC

Website: <https://www.healthlinkbc.ca>

E-mail: [healthlinkbc@gov.bc.ca](mailto:healthlinkbc@gov.bc.ca)

Phone: 8-1-1

BC Mental Health & Substance Use Services

Website: <http://www.bcmhsus.ca>

E-mail: [feedback@bcmhs.bc.ca](mailto:feedback@bcmhs.bc.ca)

Phone: (604) 524-7700

Address: 4949 Heather St.

Vancouver, BC V5C 3L7

HeretoHelp

Website: <http://www.heretohelp.bc.ca>

E-mail: [bcpartners@heretohelp.bc.ca](mailto:bcpartners@heretohelp.bc.ca)

Phone: 310-6789

Address: c/o 905-1130 West Pender St.

Vancouver, BC V6E 4A4

Canadian Mental Health Association British Columbia

Website: <https://cmha.bc.ca>

E-mail: [info@cmha.bc.ca](mailto:info@cmha.bc.ca)

Phone: (604) 688-3234 or 1 (800) 555-8222

Address: 1130 West Pender St., Suite 905

Vancouver, BC V6E 4A4

British Columbia Psychological Association

Website: <https://www.psychologists.bc.ca>

Phone: (604) 730-0522 or 1 (800) 730-0522

Address: 402-1177 West Broadway

Vancouver, BC V6H 1G3

### **Kelowna and Okanagan**

Canadian Mental Health Association Kelowna

Website: <https://cmhakelowna.com/>

E-mail: [kelowna@cmha.bc.ca](mailto:kelowna@cmha.bc.ca)

Phone: (250) 861-3644

Address: 504 Sutherland Ave.

Kelowna, BC V1Y 5X1

Canadian Mental Health Association South Okanagan Similkameen

Website: <https://sos.cmha.bc.ca/>

E-mail: [cmha\\_sos@shaw.ca](mailto:cmha_sos@shaw.ca)

Phone: (250) 493-8999

Address: 2852 Skaha Lake Rd.

Penticton, BC V2A 6G1

Okanagan Mental Health Services Society

Website: <https://www.okanaganmentalhealth.com/>

E-mail: [work@okanaganmentalhealth.com](mailto:work@okanaganmentalhealth.com)

Phone: (250) 717-3007

Address: 112-2303 Leckie Rd.

Kelowna, BC V1X 6Y5

Connect Counselling & Therapy Society

Website: <http://www.connectcounsellingsociety.ca/>

Phone: (250) 860-3183

Address: 204-347 Leon Ave.

Kelowna, BC V1Y 8C7

Interior Health Mental Health Services

Website:

<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/MentalHealth/Pages/default.aspx>

Phone: (250) 469-7070

Address: 505 Doyle Ave.

Kelowna, BC

V1Y 0C5

Mental Wellness Centre

Website: <http://www.mentalwellnesscentresos.com/>

E-mail: [bcsspenticton@shaw.ca](mailto:bcsspenticton@shaw.ca)

Phone: (250) 493-7338

Address: 246 Martin St.  
Penticton, BC V2A 5K3

## **Price George**

Canadian Mental Health Association Prince George  
Website: <http://princegeorge.cmha.bc.ca/>  
E-mail: [reception@cmhapg.ca](mailto:reception@cmhapg.ca)  
Phone: (250) 564-8644  
Address: 1152 3rd Ave.  
Prince George, BC V2L 3E5

Northern Health  
Website: <https://www.northernhealth.ca/services/mental-health-substance-use>  
E-mail: [MHSU.communications@northernhealth.ca](mailto:MHSU.communications@northernhealth.ca)  
Phone: (250) 565-2649  
Address: 600-299 Victoria St.  
Prince George, BC V2L 5B8

Northern Counselling & EMDR  
Website: <https://www.northerncounsellingemdr.com/>  
E-mail: [northerncounselling.emdr@gmail.com](mailto:northerncounselling.emdr@gmail.com)  
Phone: (250) 981-2485  
Address: 1717 3rd Ave., Unit 201  
Prince George, BC V2L 3G7

F.A.M.I.L.I.E.S.  
Website: <https://www.bcssp.org/>  
Phone: (250) 561-8033  
Address: 1117-6th Ave.  
Prince Geroge, BC V2L 4S6

## **Vancouver**

Mental Health Crisis Line: (604) 872-3311

Canadian Mental Health Association Vancouver Fraser  
Website: <https://vancouver-fraser.cmha.bc.ca/>  
E-mail: [info.vf@cmha.bc.ca](mailto:info.vf@cmha.bc.ca)  
Phone: (604) 872-4902  
Address: 110-2425 Quebec St.  
Vancouver, BC V5T 4L6

Canadian Mental Health Association North and West Vancouver

Website: <https://northwestvancouver.cmha.bc.ca/>  
E-mail: [northshore@cmha.bc.ca](mailto:northshore@cmha.bc.ca)  
Phone: (604) 987-6959  
Address: 300-1835 Lonsdale Ave.  
North Vancouver, BC V7M 2J8

Coast Mental Health  
Website: <https://www.coastmentalhealth.com/>  
E-mail: [info@coastmentalhealth.com](mailto:info@coastmentalhealth.com)  
Phone: (604) 872-3502  
Address: 293 East 11th Ave.  
Vancouver, BC V5T 2C4

Providence Health Care  
Website: <http://mh.providencehealthcare.org/>  
Phone: (604) 682-2344 ext. 69607

Vancouver Coastal Health  
Website: <http://www.vch.ca/your-care/mental-health-substance-use>  
Phone: (604) 736-2033  
Address: 601 West Broadway, 11th floor  
Vancouver, BC V5Z 4C2

Chilliwack Mental Health and Substance Use Centre  
Website: <https://www.fraserhealth.ca/Service-Directory/Locations/Chilliwack/chilliwack-mental-health-centre#.W93HxBNKjOQ>  
Phone: (604) 702-4860  
Address: 45470 Menholm Rd., 2nd floor  
Chilliwack, BC V2P 1M2

## **Vancouver Island**

Vancouver Island Crisis Line: 1 (888) 494-3888

Canadian Mental Health Association Victoria  
Website: <http://victoria.cmha.bc.ca/>  
E-mail: [victoria.branch@cmha.bc.ca](mailto:victoria.branch@cmha.bc.ca)  
Phone: (250) 216-4228  
Address: 345-1627 Fort St.  
Victoria, BC V8R 1H8

Canadian Mental Health Association Mid-island  
Website: <https://mid-island.cmha.bc.ca/>  
E-mail: [info.midisland@cmha.bc.ca](mailto:info.midisland@cmha.bc.ca)

Phone: (250) 244-4042  
Address: 437 Wesley St.  
Nanaimo, BC V9R 2T8

Vancouver Island Mental Health Society

Website: <https://www.vancouverislandmentalhealthsociety.org/>

E-mail: [info@vimhs.org](mailto:info@vimhs.org)

Phone: (250) 751-1128

Address: 2356 Rosstown Rd.

Nanaimo, BC V9T 3R7

Island Health

Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

E-mail: [info@viha.ca](mailto:info@viha.ca)

Phone: (250) 370-8699

Address: 1952 Bay St.

Victoria, BC V8R 1J8

## NATIONAL RESOURCES

Canadian Mental Health Association

Website: <https://www.cmha.ca>

E-mail: [info@cmha.ca](mailto:info@cmha.ca)

Address: Canadian Mental Health Association, National

500-250 Dundas Street West

Toronto, ON M5T 2Z5

National Network for Mental Health

Website: <http://www.nnmh.ca>

eMentalHealth.ca

Website: <http://www.ementalhealth.ca>

Address: Children's Hospital of Eastern Ontario

Suite 200, 311 McArthur Ave.

Ottawa, ON K1L 8M3

## ONLINE RESOURCES

Online Therapy Unit

Website: <https://www.onlinetherapyuser.ca>

E-mail: [online.therapy.user@uregina.ca](mailto:online.therapy.user@uregina.ca)

Phone: 1 (306) 337-3331

Address: 3737 Wascana Parkway

Regina, SK S4S 0A2

Therapy Assisted Online

Website: <https://www.taoconnect.org>

E-mail: [HowCanIHelpYou@taoconnect.org](mailto:HowCanIHelpYou@taoconnect.org)

Phone: 1 (844) 438-8262

Address: St.Petersburg Office

600 1st Ave N

Suit 305

St. Petersburg, FL 33701

Big White Wall

Website: <https://www.bigwhitewall.ca>