

Alert: This website will be unavailable on Sunday, August 29 from 10:30 pm to 2 am for scheduled maintenance.



## Mental health & substance use

**A A** Share Print

While mental illness or substance use can seriously affect you and your family members, recovery is possible. Like most illnesses, getting early treatment is important. Mental health and substance use services provide a range of health care and support services in hospitals, community or in your own home. For other services in Vancouver, visit [Providence Health Care website](#).

### How to access mental health and substance use services

#### Our services

- [Acute and short term treatment](#) - Assessment, stabilization and short-term treatment for diagnoses such as major depression, bipolar disorder, severe anxiety disorders, psychosis, schizoaffective disorder, schizophrenia, etc.
- [Addiction / Substance use](#) - For those struggling with substance use or addiction, including detox, counselling and medication.
- [Children & youth mental health services](#) - Support for children and youth with serious mental health difficulties or social, emotional or behaviour disturbances.
- [Community mental health](#) - Wide array of services primarily for schizophrenia and other psychotic disorders, as well as mood disorders such as bipolar and major depressive disorders.
- [Eating disorders](#) - For anyone struggling with body image, disordered eating, and eating disorders.
- [Harm reduction / needle exchange](#) - Access supplies for safer drug injection and smoking, as well as information and referrals to health and substance use services.
- [LGBT2Q+ services](#)
- Obsessive-compulsive disorder (OCD)
- [Online mental health & substance use services](#) - Access help online at any time and place.

- Outpatient services - Services for adults dealing with various forms of mental illness.
- Peer support - People who have first-hand experience with receiving mental health services are trained to work one-to-one with their peers.
- Deaf, Hard of Hearing & Deaf-Blind Well-Being Program - Mental health services for deaf, hard of hearing & deaf-blind people in BC
- Mental health rehabilitation - Support for skill development, coaching and mentoring in life skills, education, work, relationships, self-management, and more.
  - Gastown Vocational Services - East Hastings Street
  - STEPS Mental Health Rehabilitation Program
- Suicide Attempt Follow-up, Education & Research (S.A.F.E.R.) - Counselling, support, and education for anyone feeling suicidal or has attempted suicide, and their friends or family members.
- Support for friends and family - Support, counselling, information and referrals to mental health service for clients and their friends and family.
- Supported housing - Access to mental health housing for adults with serious and persistent mental illness.
  - Mental Health and Substance Use Supported Housing Services - Vancouver
  - Mental Health and Substance Use Supportive Housing Service - Sunshine Coast
- Tertiary mental health services - Specialized care to meet the needs of individuals with serious and persistent mental illness who have not been successfully treated by other programs.

Feedback

**SOURCE:** Mental health & substance use ( <http://www.vch.ca/your-care/mental-health-substance-use> )

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We recognize that our places of work and Vancouver Coastal facilities lie on the traditional homelands of the fourteen First Nation communities of Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, Sechelt, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.

Vancouver Coastal Health (VCH) provides health-care services through a network of hospitals, primary care clinics, community health centres and long-term care homes. [Search our health-care services](#) in Vancouver, Richmond, North and West Vancouver and along the Sea-to-Sky Highway, Sunshine Coast and BC's Central Coast.



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