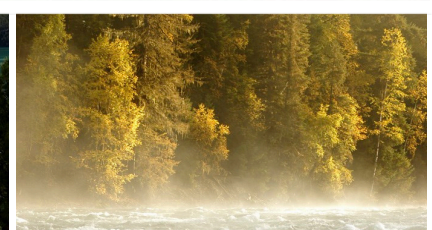
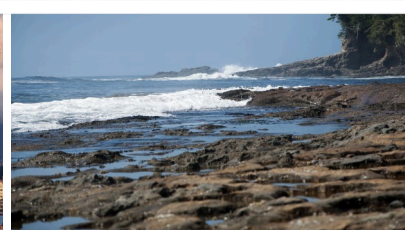




Community Wellness Resources



Resident Counselling & Peer Support Office | Postgraduate Medical Education



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Tip:

Hold the CTRL button while clicking on links in this booklet to have the links open in a new browser window.



The Resident Counselling and Peer Support Office

ABUSE

[Battered Women's
Support Services](#)

1-855-687-1868

[Victim Services](#)

604-731-4951

ANXIETY

[AnxietyCanada](#)

604-620-0744

[Perinatal Mental Health
Resources](#)

250-519-5390 ext. 36439



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ADDICTION/ COMPULSIVE BEHAVIOUR

[Access Central - Detox Referral Line](#) 866-658-1221

[Butt Out](#)

[Paradise Valley Healing Centre](#) 604-892-3000

[ACARA Sexual Addiction Services Therapy and Counselling](#) 604-926-3642

[Edgewood Addiction Centre](#) 1-866-285-0111



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CANCER

[BC Cancer Support Programs](#)

604-877-6000

[InspireHealth](#)

1-888-734-7125

CAREGIVERS

[Caregiver Support Program](#)

604-877-6000



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DEPRESSION

[H.R. Mental
Wellness Centre](#) 604-630-6865

[Mood Disorders
Association of BC](#) 604-873-0130

DISABILITY/ CHRONIC PAIN

[Disability Resource
Network of BC](#)

[Pain BC Support
Groups](#) 1-844-430-0818

[People in Pain
Network](#)



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EATING/ NUTRITION

[Community Nutrition Services](#)

604-938-6700

[VCH Eating Disorders Program](#)

604-675-2531

[Looking Glass BC Disordered Eating](#)

604-314-0548

[National Eating Disorder Information Centre](#)

1-866-633-4220



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FERTILITY

[Fertility Matters](#)

506-853-4401

[The IVF Network](#)

[IVF.ca](#)

[Butterfly Run](#)

[Repro Health Fertility](#)

[Lotus Counselling](#)

604-908-6139

[New Origins Counselling](#)

604-696-1696



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FERTILITY CONT...

[Salal Sexual Violence
Support Centre](#)

1-877-392-7583

[Pacific Post-Partum
Support Society](#)

604-255-7999

[Reproductive Mental
Health](#)

604-875-2025



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GRIEF

*Additional grief supports can be found on the Fertility page (8-9)

[Living Through Loss BC](#) 778-931-5013

[Lower Mainland Grief
Recovery Society](#) 604-696-1060

[BC Bereavement
Helpline](#) 604-738 -9950

[Lumara Society: Camp
Kerry](#) 604-553-4663

[Vancouver Hospice
Society Groups](#) 604-737-7305



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LEGAL HELP

[YWCA Legal
Educator](#)

604-895-5800

[JusticeBC](#)

[Lawyer Referral
Service](#)

1-800-565-5297



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MENTAL HEALTH (VARIOUS)

[Vancouver Adult
Mental Health Intake](#) 604-675-3997

[Vancouver CBT Centre](#) 604-738-7337

[Mood Disorders
Association of British
Columbia](#) 604-873-0103

[VanPsych](#) 604-558-2115

[Dialectical Behaviour
Centre of Vancouver](#) 604-569-1156

[First Nations Health
Authority](#) 1-855-550-5454



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PARENTING

[Parent Support Services](#) 1-877-345-9777

[Society of BC: Parent
Support Circles](#)

[Alan Cashmore Centre:
Infants and Childhood
Mental Health Services](#) 604-675-3996

[Attention Deficit
Hyperactivity Disorder
Parent Program - FACES](#) 236-332-6826

[YWCA Single Mothers
Support Group](#) 604-250-6229



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PROFESSIONAL ASSOCIATIONS

[BC Association of
Clinical Counsellors](#)

1-800-909-6303

[BC Psychological
Association](#)

604-730-0501

SEXUALITY

[BC Centre for
Sexual Medicine](#)

604-822-3690

[QMUNITY: BC's
Queer Resource
Centre](#)

604-684-5307



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SUICIDE

[Alliance of Hope for
Suicide Survivors](#)

847-868-3313

[Counselling Service:
Suicide Attempt Follow
Up, Education & Research
\(SAFER\)](#)

604 -675-3700





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