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Mental health and substance use

Find mental health and substance use services for you or your loved one.

Emergency help for mental health and substance use concerns

Need to talk to someone? Find out where to call if you are distressed or worried about someone else.

Mental health resources to support you during COVID-19

A list of mental health resources available during COVID-19

Online substance use relapse prevention supports for clients and families

A listing of online, video and information supports for clients and families on preventing and managing substance use relapse.

Mental health and substance use centres

Access mental health and substance use centres in your community.

Mental health and substance use services

Learn about the mental health and substance use support services available in your community.

Mental health and substance use family support services and resources

Supportive family members are essential to a person's recovery from mental illness and substance use problems.

Harm reduction

Our harm reduction resources improve the health and wellness of individuals and their communities.

Overdose prevention and response

Overdose affects all of us. Know how to prevent, recognize and respond to an overdose.

Child and youth mental health

Find out what services, programs and resources are available for your child and/or youth.

Substance use (addictions) services

How to get help if you or your loved one has a substance use problem.

Mental health hospital care

What to expect when you go to the hospital for a mental health concern.

Mental health and substance use screening self-tests

Online tools to help you look at your mental health or wellness.

Mental health conditions and symptoms

Overview of common mental health conditions and symptoms.

Higher care (tertiary) services

Higher level of care for adults 19 and over living with serious and ongoing symptoms of mental illness.

Supported housing services

Recovery-oriented services in a stable and supportive living environment for individuals with mental health challenges.

Mental Health Act

Rules and procedures covering mental illness and involuntary treatment in B.C.

Mental health confidentiality

Respecting individuals' privacy and sharing information with loved ones.

Medications for mental health conditions

Overview of antidepressants, antipsychotics and mood stabilizers.

Mental health and substance use rehabilitation and recovery

Services and resources to help you with your rehabilitation and recovery journey.

Cross-cultural mental health and substance use resources

Mental health and substance use resources available in different languages.

Mental wellness

Self-care, such as eating a balanced diet, regular exercise and socializing with family and friends, is important to staying healthy.

Family Huddle Newsletter

Subscribe to receive tips and resources to help you be most effective in supporting a loved one with mental health/substance use concerns.

Promote our web resource fraserhealth.ca/mentalhealth

Get marketing materials to promote our web resource fraserhealth.ca/mentalhealth.

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About us

Fraser Health is responsible for the delivery of hospital and community-based health services to over 1.9 million people in 20 diverse communities from Burnaby to Fraser Canyon on the traditional territories of the Coast Salish and Nlaka’pamux Nations.

Our team of nearly 40,000 staff, medical staff and volunteers is dedicated to serving our patients, families and communities to deliver on our vision: Better health, best in health care.

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Hospitals

Abbotsford Regional Hospital and Cancer Centre

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Delta Hospital

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Fraser Canyon Hospital

Jim Pattison Outpatient Care and Surgery Centre

Langley Memorial Hospital

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Mission Memorial Hospital

Peace Arch Hospital

Royal Columbian Hospital

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