



Local Community Contact List (Template)

Name of CRN/Community: Living Out Visibly & Engaged (LOVE) Lower Mainland

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(Name) (Phone) (Email)

Where there are no local services, list the closest community that has services available under "NOTES".
 Add rows or use the back of the page if needed to create a complete list for your community.

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	Numbers to call if no 911 service
Police Non-Emergency	(604) 717-3321	
Crisis Line	604-872-3311 1800SUCIDE (1-800-784-2433) 310Mental Health Support 310-6789 (anywhere in BC) (no need to dial area code)	Anywhere in BC 1-800-SUCIDE: 1-800-784-2433 Mental Health Support Line: 310-6789 Vancouver Coastal Regional Distress Line: 604-872-3311 Sunshine Coast/Sea to Sky: 1-866-661-3311 Seniors Distress Line: 604-872-1234
Poison Control	1 800-567-8911	
Mental Health Support (BC-wide)	310-6789	
Seniors Distress Line	604-872-1234	
Online Distress Services		www.crisiscentrechat.ca

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse Re:Act	604-904-6173	See regional resources list for each CRN
VPD Victim Services	604-717-2737	
Community- based Victim Services		

Community Living BC	604-664-0101 1-877-660-2522	
Transition House (s)	211	BC211 for comprehensive information and vacancies
Emergency Shelter (s)	211	BC211 for comprehensive information and vacancies
Seniors First – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1940	Formerly BCCEAS
Victim Link	1-800-563-0808	
bc211	211	
LBGTQ Contact Qmunity	(604) 684-5037	ext. 110 for seniors ext. 100 for general inquiries

INFORMATION AND REFERRAL

(Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach		
Community Services		
Geriatric and Other programs for Seniors		
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral		
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	604-875-8289	Mental Health Intake Line
	(604) 687-7994	West End Community Mental Health
	604.873.0103	Mood Disorders Association of BC
Providence Health	604-874-7307	24 hour Crisis Line
Mental Health Emergency Services	(604) 875-8289	
Mental Health and Addiction Services		
Home and Community Health	(604) 736-9844	Three Bridges Community Health Centre
Adult Day programs	(604) 685-6491 (778) 558-1894	West End Adult Day Centre, New Roots Paul's Club (for early onset dementia)
Hospital	(604) 682-2344 (604) 875-4111 (604) 874-1141	St. Paul's Hospital Vancouver General Hospital Mt. Saint Joseph's Hospital
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	
Canadian Mental Health Association	(604) 688-3234	Downtown Vancouver

HOUSING

SERVICE	CONTACT NUMBER	NOTES
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BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing	604.683.4287	St. Paul’s Advocacy Office
	(604) 660-7307	Spencer Chandra Herbert MLA Constituency Office
Tenant Advisory & Resource Centre	604-255-0546	

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home		http://betterathome.ca/
Grocery Shopping		
Home repairs and Maintenance		Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling		
Friendly Visiting		

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	604) 953-3680	
Health Connections – bus service		
Bus Pass Program	1 866 866-0800	Seniors' Subsidized Pass
Taxi (s)		
Parking Permit (disabled)	604-718-7744	SPARC BC
Translink Trip Planner	604-953-3333	Lower Mainland

LEGAL

SERVICE	CONTACT NUMBER	NOTES
Seniors First (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1-866-577-2525	
Family Justice Clinic		
Crown Counsel		
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services		
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services		

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA		
Dementia Help Line	604-681-8651	
AA	(604) 434-3933	
NA	(604) 873-1018	
Al-Anon	(604) 688-1716	
Nar-Anon	(604) 878-8844	
Alzheimer Society of BC	(604) 681-6530	
Caregiver support groups		
MS Society	(604) 689-3144	
Arthritis	(604) 714-5550	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre		
Friendship Centre	(604) 251-4844	
Band Office		
Métis Services	(604) 682-2933	
First Nations Health Authority	604.693.6500	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services		
Settlement Services		
Translation Services		

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities		
Parks and Recreation - programs		
Library(s)		

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada

Employment and Income Assistance		Service BC
Community Volunteer Income Tax Prep.		

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice		
Hospice	(604) 737-7305	Vancouver Hospice Society
	(604) 606-0380	Bloom Group May's Place
Grief Counselling	(604) 738-9950	BC Bereavement Helpline (Information & Referral)

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank		
Grocery Delivery		
Meal Delivery		

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Spencer Chandra Herbert	(604) 660-7307	MLA
Dr. Hedy Fry	(604) 666-0135 (BC)	MP
	(613) 992-3213 (ON)	
Services Canada	1-800-622-6332	