

## **MENTAL HEALTH RESOURCES**

**ARA Mental Health Action Research and Advocacy  
Association of Greater Vancouver  
421-119 W. Broadway Street  
Website: [www.home.istar.ca/~mha\\_adv](http://www.home.istar.ca/~mha_adv)  
Email: [mha\\_adv@istar.ca](mailto:mha_adv@istar.ca)  
689-8588**

Advocacy group assists people with mental illness concerning quality of life issues such as housing, employment, income assistance and education.

**Canadian Mental Health Association-BC Division  
1200-1111 Melville Street  
688-3234/ 1-800-555-8222  
Website: [www.cmha-bc.org](http://www.cmha-bc.org)**

Supports the development of mental health programs and services. Provides advocacy, education and research.

**Coast Mental Health Drop-In  
1225 Seymour Street  
683-3787**

Drop-in center for people with mental disabilities offers recreational programs, counselling and advocacy. Also has laundry and shower facilities, and meals for cheap.

**Kettle Friendship Society  
1725 Venables Street  
251-2801/ Drop-In Center: 251-2854**

A drop-in center and recreation lounge for people with mental disabilities. Offers various programs and services. Drop-in hours are Monday to Friday, 9:30am to 9pm and Saturdays & Sundays, 10am to 5pm.

**Mental Health Advocate of BC  
905-207 W. Hastings Street  
775-4000**

The current mental health advocate is Nancy Hall. She works with the Ministry of Health to improve health care services to people with mental disabilities, and provides information and referrals to those with questions or concerns.

**Mental Health Consumer Advocacy Program**  
**116-13479 76<sup>th</sup> Avenue, Surrey**  
**596-2311**

Educates people with mental health disabilities about their rights and responsibilities in the health care system and with BC Benefits and residential tenancy issues.

**Mental Health Empowerment Advocate Program**  
**Mental Patients' Association**  
**1733 W. 4<sup>th</sup> Avenue**  
**738-5770**

Provides advocacy and helps people with mental disabilities to get benefits from the Ministry of Social Development and Economic Security and the Canada Pension Plan.

**Mental Health Information Line**  
**Canadian Mental Health Association-BC Division**  
**669-7600/ 1-800-661-2121**

**Email: [office@cmha-bc.org](mailto:office@cmha-bc.org)**

24-hour recorded information system provides callers with information on mental health topics. Also offers listings of mental health professionals and community services.

**Mental Health Law Program**  
**Community Legal Assistance Society**  
**2<sup>nd</sup> Floor-Fernwood Building**  
**500 Lougheed Highway, Port Coquitlam**  
**525-2615**

A free legal advocacy service for patients at review panels or boards under the Mental Health Act or under the Criminal Code. Accepts test cases, human rights cases, and charter cases in mental health law.

**Mental Patients' Association**  
**202-1675 W. 4<sup>th</sup> Avenue**  
**738-2811**

Non-profit society operates various services for adult ex-psychiatric patients, including a resource center, advocacy and legal aid, financial aid, and research support. Open Monday to Friday, 8:45am to 4:15pm.

**Multicultural Mental Health Liaison Program**  
**200-520 W. 6<sup>th</sup> Avenue**  
**874-7626**

Provides South Asian, Chinese, Latin American, Vietnamese, and First Nations communities with a multicultural education and information service, in order to increase accessibility of mental health resources.

**Vancouver/Richmond Mental Health Network Society**  
**109-96 E. Broadway Street**  
**733-5570**

Network for users of the mental health system providing support, information and referral. Operates a resource library and publishes a newsletter, "The Bulletin". Advocates for ethical practices within the mental health system.