

Peter Ewart Middle School

A Collection of Resources for our PEMSchool community.

Langley Mental Health Resources

The members of our staff have compiled a list of useful resources to help parents communicate and explain the current COVID-19 situation to their children. Please take your teen to the hospital emergency department or phone 911 if they are in crisis

1. Visit Family Doctor

- Schedule an appointment with your family doctor. If you do not have a doctor, go to a walk-in-clinic, or call nurse line 811

2. Family Smart: familysmart.ca

- Youth and parents resources and support, education, and training programs, webinars, peer support, Friends for Life program.

3. Encompass Support Services Society: encompass-supports.com 604.534.2171

- Child, Youth, and Family Outreach and Support Programs, Youth Homelessness, Sexual Abuse Support, Parenting Programs, Family Place Resources & Outreach, Settlement and Integration Services

*Open with limited face-to-face appointments.

4. Langley Community Services Society: lcss.ca 604.534.7921

- Family Services, Community Counselling, Substance Use Services, Parent Education and Outreach, Settlement and Integration Services

*No face-to-face appointments at this time

5. Langley Youth and Family Services: <https://www.lyfs.ca>

- Family Counselling for Langley Residents - Youth with acting out behaviors

6. Boys and Girls Club: bgcbc.ca

- Provides after school and evening social and recreational activities

7. Youth Unlimited: youthunlimited.com

- Provides opportunities for youth 10-24 to experience recreation and art programs free of charge.

*Faith-based

8. Kangley HUB: langleyyouthhub.com Office: 604-546-1130

- Facilitates youth programs to help meet basic needs whenever needed including food, bus passes, showers, laundry, clothing, employment opportunities, and access to housing

*Currently closed for drop-in but providing counselling services through the phone

9. Langley Child & Youth Mental Health (CYMH) at

Ministry of Children and Families Offices (MCFD)

[604.514.2711](tel:604.514.2711)

20432 - 64th Avenue, Langley

- Intake Clinic - Wednesday 8:30 am - 3:30 pm
- The parent/guardian should accompany the teen to the appointment. Clients arrive, sign-in and are seen in the order they arrive; they need to have their medical card
- This service is for moderate to high mental health issues. Medical doctors should be involved with low-risk level mental health concerns
- After the intake process, a decision is made about future services/counselling

* Currently taking intake over the phone