

Burnaby Mental Health and Substance Use Centre

Integrated and comprehensive mental health and substance use services in the community

Our location

**100-4940 Canada Way
Burnaby, B.C.**



Our location and area bus stops

Our hours

Monday to Friday 0830-1630 Closed for Holidays

Our approach to care

Our approach is oriented towards recovery. We understand that each person's recovery journey is different. We support our clients to make their own choices. We treat everyone with respect and dignity.

We assign each person to a team of clinicians. The person works with their team to identify on goals for recovery. The team helps people to reach and maintain basic daily needs for nutrition, finances, medical care, and psychosocial care.

We explore ways to help clients improve their quality of life and prevent returns to the hospital. This could include therapy, education, recreation, housing, social supports, community services, or advocacy.

Services we offer in Burnaby

Here are the range of services here that we offer. All our services are free and confidential.

Central Intake

Anyone can call to request services (self-referral)

Accepts referrals from family practitioners

604-453-1960

Fax: 604-453-1929

A central phone number for people to ask for mental health and substance use services. A family doctor, another health professional, or natural support can ask for services for a person as well.

Reproductive Mental Health Program

Helps people who are having challenges with their mental health while pregnant and up to 1 year after childbirth. Services can include seeing a psychiatrist and connecting you with supports in the community.

Assertive Community Treatment Team

604-453-1990

Fax: 604-520-2150

For people who continue to struggle with serious and ongoing mental illness, making it hard to manage their daily life. Connects with people in places where they feel most comfortable. Works closely with the person along with their natural supports to make a plan to improve quality of life and reduce the time spent in hospital or with emergency services. The team selects certain people for this program.

Group Therapy

604-452-1900

Offers various types of group therapy, such as for depression, anxiety, and trouble regulating emotions.

Offers group supports and education for both clients and their natural supports.

Older Adult Community Mental Health Services

Highgate Village 320-7155 Kingsway, Burnaby
604-777-6870 Fax: 604-525-0578

For people 65 years and older experiencing signs of a mental illness late in life. Also for adults of any age with early signs of dementia. Works with caregivers and community services to promote the best possible mental health and level of function.

Mental Health and Substance Use Primary Care Clinic

604-453-1900 Fax: 604-453-1929

Offers medical care, health education, and advocacy to people experiencing mental health or substance use issues, as well as to their natural supports.

Case managers, counsellors, or outreach workers can refer people to the clinic.

OAT Clinic (Opioid Agonist Treatment)

604-453-1930 Fax: 604-453-1929
Monday to Friday 8:30 a.m. to 4:30 p.m.

Treats people addicted to opiates with the help of medicines like buprenorphine + naloxone (Suboxone) and methadone.

Rapid Access Clinic

604-453-1900 Fax: 604-453-1929

For adults with mild to moderate mental health or substance use issues. Provides an appointment with a psychiatrist. Advises the person's family practitioner on approaches to treatment. Family doctors and nurse practitioners can ask for our services.

Substance Use Services Clinic

Highgate Village 320-7155 Kingsway, Burnaby
604-777-6870

For anyone concerned about their own or someone else's substance use. Includes one-to-one, family, and group support. Focuses on improving health and functioning within the family, education, work, and community environments.

Bed Based Treatment and Supported Living Services

604-453-1900 Fax: 604-453-1929

For people with moderate to severe substance use issues to learn the skills to live on their own following detox. Offers support in both short-term and long-term living settings.

Mental Health teams need to ask for this service for their client.

Rehabilitation and Recovery Services

604-453-1900 Fax: 604-453-1929
ECHO Clubhouse 109 - 7355 Canada Way
604-526-9606

Offers support to people in their mental health recovery while in hospital and in the community. Focuses on areas of a person's life, education, leisure, and work. People can take part in activities such as recreation, exercise, and work skills.

Other services in Fraser Health

Fraser Health Crisis Line

604-951-8855 or 1-877-820-7444

Available 24 hours a day, 7 days a week.
Free and confidential. Open to people of all ages.

Offers emotional support and crisis intervention counselling. Gives information on local services.

- Do you need someone to talk to?
- Are you feeling isolated and alone?
- Has life become overwhelming?
- Are you thinking about suicide?
- Are you unsure about what to do?
- Do you need help sorting things out?
- Is substance use affecting your life?
- Is substance use affecting the life of someone you care about?

Call about anything that is causing you concern, worry, or distress.

Health Records

604-453-1921

For people who want to see or get a copy of their health record from our Health Records Department.