

Our offices

Available 8:30 a.m. to 4:30 p.m.
Monday to Friday, except holidays

For more information or to request our services, call the team in your community.

Abbotsford	604-870-7800
Agassiz	604-793-7160
Burnaby	604-777-6870
Chilliwack	604-702-4860
Delta	604-948-7010
Hope	604-860-7733
Langley	604-514-7940
Maple Ridge	604-476-7165
Mission	604-814-5600
New Westminster	604-777-6800
Surrey	604-953-4900
Tri-Cities	604-777-8400
White Rock	604-541-6844

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.

Options in case of emergency

- Contact your family doctor.
- Go to the nearest Emergency Room.
- Call 911.

Visit our web site

- Go to fraserhealth.ca.
- Under “Locations and services” and “Find a Service”.
- Find us under “O” for “Older Adult Community Mental Health Program”.

Other ways to get to our page:

- Use this shortened web address (tinyurl.com/FH-OACMHSU)
- Scan this QR code.



www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

Catalogue #268385 (December 2023)

For more copies: patienteduc.fraserhealth.ca

Older Adult Community Mental Health and Substance Use Services

Serving communities from Burnaby to Hope.



Image by Lifestylememory on Freepik.com

What we do

We work with older adults, along with their family, caregivers, and service providers in the community where they live.

Our focus for the older adult:

- Enhance their quality of life.
- Promote their emotional well-being.
- Support them to carry out every day activities to the best of their abilities.
- Work with them on a plan for care.

Who we serve

We work mainly with people who are 65 years and older in these situations:

- When the person has a mental illness that has presented late in life.
- When the person has changes in behaviour and thinking that are related to signs of dementia.
- When mental health symptoms are affecting the person's ability to manage their everyday activities.
- When alcohol or drug use interferes with health and day-to-day life.

We also work with people younger than 65 years who have changes in behaviour and thinking that are signs of dementia.

The services we provide

We assess, treat, and support our clients in their own homes or assisting living homes.

What we do:

- Assess mental health status.
- Identify mental health conditions, and alcohol or drug use concerns.
- Make a plan for care and follow-up.
- Start treatment.
- Counsel, educate, and support family and caregivers.
- Link clients and families to community supports and services.

When needed, we respond to any report of adult abuse and neglect, or self-neglect.

We also consult to care teams in long-term care homes on strategies for residents with challenging behaviours.

Our teams

We are specialists in the mental health of older adults. Our teams can include any of the following:

- psychiatrists
- nurses
- social workers
- clinical counsellors
- health care workers

How to get our services

Anyone can call and ask for our services. This includes the older adult, family, caregivers, neighbours, family doctors, nurse practitioners, or anyone else supporting the person in the community.

We do our best to inform, encourage, and engage the person in our services. We will not force the person to accept our services if they are not ready or willing to do so.

If you are concerned about abuse, neglect, or self-neglect, report it as soon as possible by phone or email.

Toll-free 1-877-REACT-08
(1-877-732-2808)

Email react@fraserhealth.ca

Signs of mental illness and substance use

- low mood (feeling depressed)
- feeling anxious or worried
- problems with sleep or appetite
- seeing or hearing things that are not real
- beliefs that are not real
- health concerns related to alcohol or drug use

Signs of dementia

- a decline in short-term memory
- a decline in the ability to plan
- a decline in the use of language
- a decline in judgement and insight