

心理健康 / 社區服務資料 (中文) Chinese Mental Health Service Resource List

(請注意 Please note: 因疫情關係, 本表所列的各機構團體提供的服務及社區活動, 許多已從實體服務轉為線上服務, 需要有關服務者可以直接打電話或電郵與該機構團體聯絡。Due to the Pandemic situation, many of the services and community activities provided by the organizations and groups listed here have been changed from in-person services to online services. Those who need relevant services can directly contact the corresponding organizations and groups.)

1. 你的家庭醫生 Your Family Doctor

家庭醫生可以協助你處理情緒問題, 包括藥物治療及轉介服務。如果你要找一位新的家庭醫生或診所, 可電 1-800-461-3008 或 811 查詢。To find a new family doctor or walk-in clinics, call 1-800-461-3008 or 811, or go to website: [physician search](#)

2. 卑詩省心理學會心理學家

Finding a Chinese speaking Psychologist through BC Psychological Association

電話: 604-730-0522 (英語查詢) / 網頁: [find psychologist](#)

(可電話提供會講華語註冊心理學家資料, 也可從以上網頁查閱。From the website above, you can find a Chinese speaking Psychologist.)

3. 卑詩省心理諮商師學會

Finding a Chinese speaking Counsellor through BC Association of Clinical Counsellors

電話: 1-800-909-6303 (英語查詢) / 網頁: <https://bc-counsellors.org/>

(可電話提供會講華語註冊心理諮商師資料, 也可從以上網頁查閱。From the website above, you can find a Chinese speaking clinical Counsellor.)

4. 溫哥華總醫院 AAC 心理健康評估中心 VGH Access & Assessment Centre (AAC)

電話: 604-675-3700 網頁: [VGH Access & Assessment Centre \(AAC\)](#)

地址: Joseph & Rosalie Segal & Family Health Centre / 803 West 12th Avenue, Vancouver

每週 7 天 由上午 7 時半至晚上 11 時開放的心理健康評估中心, 為需要幫助的人士連接往緊急和非緊急的心理健和藥物濫用服務, 包括在門診現場的評估, 電話評估和緊急的臨床外展服務。服務對象為溫哥華 17 歲以上居民。無需轉介或預約。

Open 7 days a week from 7:30 am to 11:00 pm. They provide onsite assessments, phone assessments and clinical outreach to adult (17+) Vancouver residents who are experiencing a non-life threatening Mental Health and/or Substance Use issue. Can self-refer to the clinic by walking-in.

5. 溫哥華社區心理衛生局精神健康醫療中心 Vancouver Mental Health Teams, CMHTS, VCH

電話: 604-675-3997 (轉介中央總線 Central intake) 網頁: [Community mental health services](#)

(溫哥華社區心理衛生局在溫哥華各地區都設有精神健康醫療中心, 專為精神病患者提供全面性治療及康復服務。也提供心理輔導幫助有自殺傾向之人士, 和有嚴重情緒及行為偏差之兒童、青少年及其家庭。可電話查詢各地區醫療中心的聯絡資料。各服務中心都有會講華語的心理健康專業人士或協助傳譯者。They provide treatment, rehabilitation, and specialized services to adults with a serious mental illness. Psychological counseling is also available to children and adolescents with serious behavioural disorders and their families. They have Chinese-speaking professionals.)

6. 溫哥華中央醫院多元文化精神專科門診部 Cross Cultural Psychiatry Clinic, VGH

地址: 715 West 12th Avenue, Health Centre, Ground Floor, Vancouver

電話: 604-875-4115 (英語查詢) / 網頁: [Cross Cultural Clinic - Vancouver General Hospital](#)

(該精神專科門診部有講華語的精神科醫生主診。需由家庭醫生轉介。They have Chinese speaking psychiatrists. Doctor's referral is required.)

7. 溫哥華醫院卑詩大學情緒疾病診所

Mood Disorders Clinic, UBC Hospital Site, Vancouver Hospital & Health Sciences Centre

地址: 2255 Westbrook Mall, Vancouver BC/ 電話: 604-822-7512 (英語查詢)

網頁: [UBC Mood Disorders Centre](#)

(該精神專科門診部有會講華語的精神科醫生主診, 需由家庭醫生轉介。They have Chinese speaking psychiatrists. Doctor's referral is required.)

8. 溫哥華兒童及青少年心理健康服務 Vancouver Child & Youth Mental Health Services

電話：604-675-3895 (英語查詢) 網頁: [Children-youth-mental-health-services](http://www.children-youth-mental-health-services.ca)

(為十八歲以下有情緒、行為或精神病問題的兒童及青少年提供治療，並為他們的家人提供支持服務。包括危機處理、輔助兒童及青少年精神病患等。父母或親人可直接與他們聯絡。有會講華語的心理健康專業人士或協助翻譯者。) They serve children, youth (18 and under) and their families with serious mental health difficulties and/or social, emotional or behavioral disturbances. Children and youth may be referred from any source. They have Chinese-speaking professionals.)

9. 溫哥華兒童及青少年心理健康門診 Vancouver Child and Youth Mental health (CYMH) Intake Clinic
這 CYMH 門診提供心理健康服務給 5 至 18 歲的兒童及青少年，不需要預約。CYMH intake clinics provide mental health services for children and youth ages 5-18 on a walk in basis, no appointment is needed.

網頁: [Child & Youth Mental Health Walk-in Intake Clinics](http://www.vancouver.ca/child-youth-mental-health-walk-in-intake-clinics)

溫東區 Vancouver – East:

地址：2750 East Hastings Street, suite 355, Vancouver

電話：604-675-3895 (英語查詢)

門診時間：星期一及星期二 上午 9 時至下午 4 時 / Day: Monday & Tuesday from 9am to 4pm (last apt.)

溫西區 Vancouver – West:

地址：2110 West 43rd Ave., Vancouver

電話：604-267-3970 (英語查詢)

門診時間：星期三及星期四 上午 9 時至下午 4 時 / Day: Wednesday & Thursday from 9am to 4pm (last apt.)

10. 卑詩兒童醫院兒童及青少年心理衛生服務 Child and Youth Mental health Programs and Services

卑詩兒童醫院 BC Children's Hospital

地址：4480 Oak Street, Vancouver / 電話：604-875-2000 (英語查詢)

網頁 <http://www.bccchildrens.ca/>

Sunny Hill 兒童健康中心 Sunny Hill Health Centre for Children

地址：3644 Slocan Street, Vancouver / 電話：604-453-8300 (英語查詢)

[Sunny Hill Health Centre will move on July 26, 2020](http://www.bccchildrens.ca/our-services/sunny-hill-health-centre/about)

網頁 <http://www.bccchildrens.ca/our-services/sunny-hill-health-centre/about>

(卑詩兒童醫院及其屬下 Sunny Hill 兒童健康中心有提供有關兒童及青少年在精神健康及身心發展方面的評估，診斷與治療，包括心理疾病、過度活躍症及自閉症等等。需要家庭醫生轉介。BC Children's Hospital and Sunny Hill Health Centre for Children offers specialized services including assessment, diagnosis and treatment and assessment to children and adolescents with mental health issues and developmental disabilities. Referral from family doctor is required.)

11. 列治文心理健康及癮癮輔導服務 Richmond Mental Health and Addictions Programs, Transitions

地址：#600-8100 Granville Avenue, Richmond

電話：604-244-5488 轉介中央總線 Central Intake

604-244-5486 成人輔導服務 Adult Counseling Services, Ms. Phyllis Chan (國粵語)

網頁： [Transitions - Richmond Public Health](http://www.richmond.ca/transitions)

(為列治文居民提供多項免費心理輔導服務，包括癮癮輔導及癮癮與心理並存問題輔導服務等。心理健康服務需由家庭醫生轉介，癮癮輔導則可以自我轉介。中央總線也提供列治文醫院精神科服務轉介。Free counselling services are provided to Richmond residents with addiction problems and concurrent disorders, etc. Clients for mental health issues need to be referred by GP, while clients for Addictions can be done by self-referral.)

12. 列治文醫院多元文化精神專科門診部 Cross Cultural Psychiatry Outpatient Clinic, Richmond Hospital

地址：2nd FL., 7000 Westminster Hwy, Richmond

電話：604-244-5488 (英語/國語查詢) 轉介熱線 referral intake/ Ms. Linda Deng (國語)

網頁： [Mental Health Outpatient Services - Richmond Hospital](http://www.richmond.ca/mental-health-outpatient-services)

(該精神專科門診部有會講國粵語的精神科醫生主診，需由家庭醫生轉介。They have Chinese speaking psychiatrists. Doctor's referral is required.)

13. 列治文成人心理衛生中心 Richmond Adult Mental Health Program, Vancouver Coastal Health

地址：#210 – 7671 Alderbridge Way, Richmond

電話：604-675-3975 (英語查詢)

網頁： [Adult Mental Health Program - Richmond](http://www.richmond.ca/adult-mental-health-program)

(為成人精神病患者提供評估，治療，外展及康復服務等多元性服務。有會講華語的心理衛生專業人士。The program provides community based assessment and treatment for adults with functional impairment due to severe, persistent mental illness. Multidisciplinary services include case management, outreach and rehabilitation programs.)

14. 列治文兒童及青少年心理健康服務 Richmond Child & Adolescent Program (CAP), Vancouver Coastal Health
地址：200-6100 Bowling Green Road, Richmond
電話 604-207-2511 (有華語翻譯職員協助)
網頁：[Richmond Child and Adolescent Program \(CAP\)](http://richmondchildandadolescent.ca)
(為五至十八歲以下有情緒、行為或精神問題的兒童及青少年提供治療，並為他們的家人提供支持服務。包括危機處理、輔助兒童及青少年精神病患等。父母或親人可直接與他們聯絡，亦接受轉介。病者可以在周四的上午9點至下午3點之間直接掛號，無需預約。Provides community-based treatment and support to children and youth from 5-18 years and their families who are affected by serious mental health issues, including: crisis response, early intervention, and services for children & youth affected by mental illness. Accept referrals. Affected parents and relatives can contact them directly as well. Self-referrals can access walk-in intake, which is available between 9 am to 3 pm on Thursdays; no appointment required.)
15. 列治文衛生處心理健康推廣及輔導服務
Mental Health Promotion & Counseling Program, Richmond Health Department
地址：8100 Granville Avenue, Richmond / 電話：604-233-3150
網頁：<http://www.richmond.ca/contact/departments/prcs/health.htm>
(為五至十八歲以下的列治文居民提供短期的輔導服務。有會講華語的輔導員。Mental Health Promotion & Counseling Program's Richmond Health Department has Chinese speaking counselors and provides counseling service to Richmond residents under from 5-18 years old.)
16. 列治文飲食失調症輔導服務
Richmond Mental Health and Addictions Programs, Eating Disorders Program
地址：#600-8100 Granville Avenue, Richmond
電話：604-244-5486 [vch.ca/RPH-Eating Disorders Program](http://vch.ca/RPH-EatingDisordersProgram)
(為列治文 11 歲以上居民提供免費飲食失調心理輔導服務，需由家庭醫生轉介。Free counselling service is provided to Richmond residents 11 years and up with Eating Disorders. Referral from family doctor is required.)
17. 本拿比心理衛生服務中心 Burnaby Mental Health and Substance Use Centres
總辦事處地址：3935 Kincaid Street Burnaby, BC V5G 2X6
電話：604-453-1900 / 604-453-1930 (英語查詢) fraserhealth/burnaby-mental-health-centre
(有多個心理健康中心為本拿比區 19 歲以上精神病或癲癇者提供支持服務，包括評估，治療，個體和小組治療等。會有華語翻譯員協助。They offer a range of self-referral services that provide support for people 19 years of age who are experiencing mental illness and substance use problems in the community, include assessment, treatment, individual and group therapy. Language interpretation is available.)
18. 新思力行心理健康課程 The Changeways Chinese Mental Health Education Course 中僑互助會 SUCCESS
地址：320-7000 Minoru Building, Richmond
電話：604-408-7274 (ext. 2087) / Email: family.youth@success.bc.ca / 網頁：successbc.c-ChangeWaysProgram
(對象為列治文居民，以國語或粵語進行。課程為七星期，每年四月和十月舉行。目的幫助抑鬱症及焦慮症病者學習處理情緒及減低生活壓力，如何面對生活危機等。(The target population is for Richmond residents that is conducted in both Cantonese and Mandarin for 7 weeks hold in April and October. The program aims to help people to learn ways of coping depression and anxiety as well as strategies of reducing stress in life)
19. Kelty 心理健康資源中心 The Kelty Mental Health Resource Centre
地址：Mental Health Building No.85, 三樓, Room P3-302, 4500 Oak Street, Vancouver
(卑詩兒童醫院內 Children's Hospital Site)
電話：Local Phone: 604-875-2084 / Toll Free: 1-800-665-1822
聯絡人: Michelle Horn/ keltymh@bcmhs.bc.ca / www.keltymentalhealth.ca
(這個卑詩省的資源中心，是為兒童、青年和他們的家庭提供適當的服務資源和有關心理健康、癲癇問題和飲食失調的資訊。他們每月都舉行以心理健康或健康生活為主題的英語電話研討會。所提供的服務都是免費的及向公眾開放。This is a provincial resource centre working to link children, youth and their families with appropriate resources in all areas of mental health, addictions and eating disorders. They also have monthly teleconference on mental health or healthy living topics. Their services are free and open to everyone.)
20. 加拿大心理衛生會「重振旗鼓」情緒處理自學計劃 CMHA BounceBack® Program
BounceBack®的學習內容是采用基於認知行為療法 (CBT)，免費為有情緒低落或焦慮徵狀的人而設。透過光碟，書本及電話上的指導，參加者學習新概念及技巧來處理情緒問題。計劃內容包括平衡思維，建立信心及健康的行為，解決問題，改善睡眠，面對壓力等。參加者在家中進行。This Cognitive-Behavioural Therapy-based program is for anyone experiencing mild to moderate symptoms of depression and/or anxiety. Through the use of a DVD, self-help workbooks with telephone coaching, individuals learn new concepts and techniques to cope with common issues such as low mood, unhelpful thinking, inactivity, sleep, worry, etc. Participants complete this free program from their home.
BounceBack® online program 在線活動：www.bouncebackonline.ca

可以按照個人的進度自己練習。學習材料以英語提供。不用轉介，可自己上網註冊。You can work through the materials independently and at your own pace. Workbooks are available in English. Individuals can self-refer and register at the website above.

BounceBack® Coaching 由教練帶領的學習：<https://bouncebackbc.ca/bounceback-coaching/>

經過訓練的 BounceBack®教練將通過最多六次的電話學習來幫助學員。有國粵語教練提供服務。可上網報名或由醫生轉介。A trained BounceBack® coach will help participants learn skills to improve their mental health.

BounceBack® Coaching can be accessed by going to the website through self-referral or by going to your doctor directly in-person to get a referral. Coaching + workbooks are available in Mandarin, Cantonese and other languages.

BounceBack® Today Video 視頻：<https://www.bouncebackvideo.ca/>

有國粵語等多種語言的視頻將為您提供有關管理情緒，改善睡眠，建立信心，增強活動能力，解決問題和健康生活的實用技巧。The videos will provide you with practical tips on managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in Cantonese and Mandarin.

註冊代碼 Access code to register: bbtodaybc

- 國粵語聯絡電話 Mandarin and Cantonese : 1-877-318-3098
- 英語聯絡電話 English : 1-866-639-0522

21. 加拿大心理衛生會溫哥華菲沙分處--華語心理健康推廣小組 Chinese Mental Health Promotion Program

Canadian Mental Health Association, Vancouver-Fraser Branch

地址: 2425 Quebec Street, Vancouver / 電話: 236-317-3308 / 604-603-0332

聯絡人: Stella Lee 李女士 (國粵語) / stella.lee@cmha.bc.ca

網頁: vancouver-fraser.cmha.bc.ca/chinese-program

(加拿大心理衛生會是推動心理健康服務的機構，有多個服務分處。溫哥華菲沙分處提供心理健康教育及康復等服務等，其華語心理健康推廣小組舉辦各種適合大眾的促進身心健康免費活動，包括健康講座、互助小組、及快樂長者活動包括健身班、話劇班、唱歌班、學畫班等。歡迎來電查詢有關活動或服務資料。CMHA promotes mental wellness through public education, accessible and personal empowerment services. Their Chinese Mental Health Promotion Program develops health promotion activities, events, support groups and provides service resource information)

粵語「打開心窗」及國語「心路」關懷互助小組

Cantonese 'Heart to Heart' and Mandarin 'Inner-journey' Share and Care Group

會期: 每月之最後一個星期三晚上六時半至八時/ the last Wednesday of the months from 6:30pm ~ 8pm*

地點: 110- 2425. Onehec. Vancouver

(小組透過保密性交流分享，一起學習處理情緒、壓力及人際問題，並促進自我認識、接納及成長。每次聚會都有一主題分享以檢視個人健康生活方向。These confidential interactive group meet once a month to encourage participants to learn ways to manage emotions, stress and interpersonal issues as well as to promote self-awareness, acceptance and growth through sharing and mutual support.)

22. 開創會所—Pathways Club House

地址: 315 - 8111 Granville Avenue, Richmond, BC. /電話: 604-276-8834 ext. 215 / 604-761-3723

聯絡人: Frank Lin (國粵語) frank.lin@pathwaysclubhouse.com / 網頁: www.pathwaysclubhouse.com

開創會所為大溫地區居民提供精神健康公共教育服務，日間活動中心，職業輔導/訓練及康復者住宿服務等。並有中文愛心小組每月舉辦講座及「打開心窗」國粵語互助小組活動。Pathways Clubhouse provides services including recreational activities, employment, supported housing and other services to residents in the Lower Mainland who are diagnosed with a mental illness. Their Chinese Family Support Group organizes monthly workshops and support group sessions.

開創會所中文愛心小組活動 Pathways Richmond Chinese Family Support Group :

會期: 每月之第二個星期六 The 2nd Saturday of the months

活動地點: 列治文加愛中心三樓 Room 340-7000 Minoru Blvd, Richmond

- 粵語「打開心窗」關懷互助小組 Chinese 'Heart to Heart' Share and Care Groups: 1pm ~ 2:15pm
- 講座: 2:30pm ~ 4pm (詳情請來電查詢 Please call for details)

23. 卑詩省心理健康協會-粵語互助小組 MDA Cantonese-speaking Support Group

電話: 604-873-0103

每周小組活動 Weekly gathering : 逢星期一下午 Every Monday / 時間: 1:30 pm ~ 3:30 pm

地點: 480-789 West Pender Street

網頁: <http://www.mdabc.net/peer-support-groups>

24. 加拿大社區情緒健康協會 Community Mental Wellness Association of Canada

會址: 250-5726 Minoru Blvd., Richmond BC (請聯絡查詢各聚會及活動詳情 Please call for details of activities)

電話: 604-273-1791 / 聯絡人: Ahlay Chin 陳女士/ info@cmwac.ca / www.cmwac.ca

(該會提供中文心理健康教育及宣傳, 伴我行支持小組及轉介服務, 個人及團體諮詢輔導服務, 每周社交活動, 青年領導能力培訓, 每月的心理健康講座等。Their services include mental health education and advocacy, Peer support therapy and referrals, family/group counselling, weekly social events, youth leadership training, monthly mental health workshops, etc.)

25. 卑詩省阿氏症協會-家庭支援小組 Alzheimer Chinese Support Group, The Alzheimer Society of BC

電話: 604-687-8299 / Sharon Tong 唐柳迎小姐 / stong@alzheimercbc.org

網頁: <http://www.alzheimer.ca/en/bc/ContactUs>

(該會在不同地區設立國語或粵語家庭支援小組, 請電話查詢有關小組聚會時間及地點。They have Mandarin and Cantonese support groups at different locations. Please call for details.)

腦退化中文熱線 First Link® Dementia Helpline

關注腦退化或記憶衰退問題 Questions about Alzheimer's disease or dementia?

粵語或國語熱線 Cantonese or Mandarin: 1-833-674-5007 (星期一至星期五上午 9 點至下午 4 點 Monday to Friday, 9 a.m. to 4 p.m.)

26. 大溫華人柏金遜會支持小組 Support Group of Greater Vancouver Chinese Parkinson's Society

會址: 本拿比麗晶廣場二樓(中信中心) / CCM Centre, Burnaby Crystal Mall, 4533 Kingsborough St., Vancouver

電話: 778-829-2968 謝先生 (國粵語) / 604-926-3899 陳生或陳太 (國粵語) / www.gvcps.org

- 講座及聚會: 每月之第三個星期六上午 10am ~ 12:30pm / the 3rd Saturday of the months
- 集體運動: 每月之第一個星期六上午 10am ~ 12 noon / The 1st Saturday of the months

(給予病友及其照顧者在精神和情緒上互相支持、提供柏金遜病的最新資訊及推廣教育。They provide support and resource information to people with Parkinson and their care-givers.)

27. 溫哥華及低陸平原多元文化家庭援助會-華裔家庭婦女受虐待者支援小組

Chinese Support Group for Women and Families who are facing family violence

Vancouver and Lower Mainland Multicultural Family Support Services Society

電話: 604-436-1025

聯絡人: For adults – Debbie Ho (國粵語) / For children & youth – Peggy Chan (國粵語)

網頁: <https://www.vlmfss.ca/>

(專門為面臨家庭暴力的移民和少數族裔婦女及其家庭成員提供輔導及有關服務。Provides culturally-sensitive services to immigrant and visible minority women, children and families who are experiencing family violence. Individual counselling is also provided for mothers and children who experience family violence.)

28. 列治文殘障人士支援中心 - 華人互助會 Chinese Support Group - Richmond Centre for Disability

會期: 每月之第三個星期六上午 11am ~ 1pm / the 3rd Saturday of the months

會址: 100-5671 No. 3 Road Richmond

電話: 604-232-2404 網頁: www.rcdrichmond.org

(該中心為殘障人士提供資訊服務、就業及生活技能訓練等。To provide information and resources and training for people with disabilities and help them obtain independent living skills.)

29. 中信中心各互助小組 Support groups run by CCM Centre:

地點: 中信中心 (本拿比麗晶廣場二樓) CCM Centre, 2/F Crystal Mall, 4533 Kingsborough St., Burnaby

電話: 604-877-8606 Terries Chow 鄒穎雯女士 / caring@ccmcanada.org / www.ccmcanada.org

- 中信癌症關懷組 CCM Cancer Support Group:

每週星期四上午有義工上門探訪, 關心患友及家人的身心靈需要 (Vancouver) Every Thursday home visit

每週星期三上午 (Richmond)

每月第三個星期六有健康和醫學講座 2 pm ~ 4 pm / the 3rd Saturday of the months health talk

- 華人腦創傷關懷互助小組 Chinese Brain Injury Support Group:

每月第二及第四個星期六 10:00 am ~ 12 noon / 2nd and 4th Saturday of each month

- 長者探訪 Senior visit: (Mr. Arnold Tse) atse@ccmcanada.org

隔週二、六由受訓義工到長者家中探訪 trained volunteers visit seniors at their home on every other Tue/Sat

(該中心尚有多種社區活動及服務, 包括婦女及耆英活動、興趣小組等, 並附設靈機輔導中心。They also have women and seniors programs, interest groups and Linkage Counselling Service.)

30. 卑詩癌症中心華語互助小組 (粵語組) / 病人及家屬輔導服務

BC Cancer Agency— Chinese Support Group / Patient and Family Counseling Service

會期: 每月之第二個星期四 / The 2nd Thursday of the months / 時間: 1:30 pm - 3:30 pm

地點: 溫哥華西 10 街 600 號 1 樓 / 600 West 10th Ave., Vancouver

電話/聯絡人: 604-877-6000 (內線 2375) Sandy Kwong 鄺秀虹女士 (國粵語) / www.bccancer.bc.ca

(該中心有一華語互助小組，並為癌症患者、其家屬及照顧者提供輔導及支援性服務，並可轉介或聯繫社區團體互助服務。They have a Chinese support group, and also offer individual, couple and/or family counseling and group support programs.)

31. 加拿大華人夫婦懇談會 Canadian Chinese Marriage Encounter Association

電話/聯絡人: 604-889-8378 Catherine Yang 楊太 / 604-275-8894 Goretti Wong 黃太

網站: www.ccmea.com / 電郵: info@ccmea.com

(該會主辦幫助夫婦們增進了解溝通的粵語工作坊及夫婦共融週末營。屬天主教會的一個不謀利組織，但活動對像是不分宗教。They have communication workshops and marriage encounter weekends to help couples enrich marital relationships. Their service is open to all Chinese community regardless of religion.)

32. 加拿大華人自閉症協會 The Canadian Chinese Autism Association of BC

本拿比 BACI 自閉症家長互助小組 Burnaby BACI Chinese Autism Parent Support Group

會期: 每月第二個星期六晚上 / The 2nd or last Saturday of the months / 時間: 6:30 pm ~ 8:30 pm

地點: 7716 Royal Oak Ave., Burnaby

電話/聯絡人: 604-928-8289 John Tsang 曾先生 (國粵語) / john_tsang2000@yahoo.ca

(該會宗旨是為自閉症患者提供信息和服務資源，並提高華人社區對自閉症的認識。They help develop services and support for autistic persons and to raise the awareness to autism in the Chinese community.)

33. ACT 自閉症社區訓練 Autism Community Training Society

地點: Suite 150-2250 Boundary Road Burnaby / <http://www.actcommunity.ca/contact/>

電話/聯絡人: Christine Hung - Information Officer (國語) 604-205-5467 或免費長途電話 1-877-939-5188

(該會為家長和專業人士提供自閉症治療訓練及資訊，並提供有關如何選擇有效治療方法的諮詢。有華語工作人員提供服務。They provide information and support to families of children with Autism Spectrum Disorders including: workshops for parents and professionals, information on diagnosis, best practices in autism treatment & referrals.)

34. CHIMO 展望社會服務中心 CHIMO Crisis Services

地址: 120-7000 Minoru Blvd., Richmond BC

電話: 604-279-7070 危機熱線 Crisis Line (英語 English)

604-279-7077 / <http://www.chimoservices.com/>

(該中心有國、粵語專業人員，為列治文居民免費提供如何面對家庭暴力的輔導，及有關自殺和心理危機的輔導服務，社區資源轉介等，並為新移民及難民提供協助。CHIMO has Chinese speaking counselors to provide free services to Richmond residents to children/teens/adults experienced abuse, violence or crisis. They also provide support services to new immigrants and refugees.)

35. 211 社區服務電話專線 Community Services Hotline-BC

求助熱線電話: 每日 24 小時服務 /24 hours 7 days per week

help@bc211.ca / <http://www.bc211.ca/help-lines/>

(211 電話專線提供免費、保密和多種語言包括中文的社區服務信息。會由專業人員評估每個來電者的需求，提供準確的信息和建議合適的服務。211 is an easy to remember telephone number that provides free, confidential, and multilingual info about a full range of community, social, and government services.)

36. 8-1-1 健康資訊及社區服務電話專線 Provincial Health Information and Advice Phone Line

8-1-1 是 Health Link BC 的多種語言免費健康和服務資訊電話專線，撥打 8-1-1 你可以與健康服務導航員交談，或直接轉與有關醫療保健專業人員聯繫，可以幫助你獲得所需的健康資訊和服務指引。(8-1-1 is a free-of-charge provincial multilingual health information and advice phone line that is operated by Health Link BC. By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services.)

37. OPTIONS 菲沙多種語言求助熱線 Fraser Health Crisis Line

由 Options 社區服務會提供 /Provided by Options Community Services Society

求助熱線電話: 604-951-8855 / 1-877-820-7444 (toll-free service)

網站: <http://www.options.bc.ca/fraser-health-crisis-line/overview>

(該保密熱線電話以多種語言包括國粵語，24 小時提供各項諮詢服務，包括情緒支持、危機干預及服務資源等 This multicultural hotline provides immediate, free and confidential emotional support, crisis intervention and resource information. 24 hours services.)

38. 中僑心理熱線 SUCCESS's Chinese Help Lines

國語熱線: 604-270-8222 (Mandarin) /粵語熱線: 640-270-8233 (Cantonese)

服務時間: 週一至週日上午十時至晚上十時 (Monday to Sunday from 10am to 10pm)

網頁: <http://www.successbc.ca/eng/services/family-youth/counselling-service/358-chinese-help-lines>

(該熱線免費提供國、粵語的電話關懷與幫助，及相關社區資源資訊等服務。These Chinese Help Lines provide caring support in Mandarin and Cantonese as well as information on community resources.)

39. 中僑互助會家庭及青少年服務部 SUCCESS's Family and Youth Services

總辦事處地址 Head office : 28 West Pender St., Vancouver

電話 : 604-408-7266 內線 Ext.2084 / 網頁 : success/youth-family/familyservices

- 個人及家庭輔導方面 (Individual and Family Counselling), 為各年齡組別人士提供有關個人成長、人際關係、婚姻關係、教育子女、問題賭博及家庭暴力等輔導服務。

- 輔導小組 (Group Counselling): 計有「溝通技巧課程」, 「壓力處理課程」及「新思力行課程」等。

- 家庭生活教育活動方面 (Family Life Education), 包括性教育、兒童及青少年的社會及身心成長歷程、美滿婚姻關係、子女教育等, 設有各類小組及工作坊, 包括: 「親子有方」國粵語家長互助小組(Parenting Group)、

- 「風雨同舟」粵語家長互助小組 (Support Group for Parents of Teens)、 「完美難求」家長座談會 (Nobody's Perfect Parenting Program)、 「父母離異, 親子情不斷」講座 (Parenting After Separation workshop) 等。

(中僑互助會在低陸平原的多個地點, 為社區提供多元化的社會服務。服務包括移民適應, 家庭服務, 耆英及婦女服務, 青少年服務等, 並且開設語言訓練, 就業訓練及健康教育等不同課程。

S.U.C.C.E.S.S. provides services through 17 locations across the Lower Mainland of BC. Their Family and Youth Services provide counseling, Chinese Changeways psycho-educational program and a range of support groups for Chinese Parents, etc.)

40. 中信靈機輔導服務 CCM Linkage Counseling Service

地址 : 中信中心 / 本拿比匯豐廣場二樓) CCM Centre, 2/F Crystal Mall, 4533 Kingsborough St., Burnaby

電話 : 直接線 604-629-2266 / 聯絡人 : Rachel Lau (國粵語 Cantonese and Mandarin)

網頁 : en.ccmcanada.org/Linkage

(靈機是非牟利服務, 由一群基督教專業輔導人士包括心理輔導員、社工提供輔導及有關的教育服務。Linkage is a non-profit group of Christian counselling professionals volunteering their time to serve the community by providing holistic care through counseling and education.)

41. 大溫哥華家庭服務會 Family Services of Greater Vancouver

家庭輔導服務部 Family Therapy Department

溫哥華辦事處 :

地址 : 4th floor, 1638 E Broadway, Vancouver / 網頁 : www.fsgv.ca/

電話 : 604-874-2938

列治文辦事處 :

地址 : 250-7000 Minoru Blvd., Richmond BC

電話 : 604-279-7103 / 聯絡人 : Pauline Szeto 司徒太 (國粵語 Cantonese and Mandarin)

- 問題賭博輔導 Problem Gambling Counselling: 604-726-7693/ Irene Tang 鄧張思荃女士 (國粵語)

- 家長小組 Parenting Group: 604-279-7100/ Ms. Kit (國粵語) 星期五 Friday 10:00am-12:00noon

- 家庭重整服務 Vancouver Family Preservation & Reunification Services : 604-324-9951/ Grace Ho/ 需要轉介 need referral

(他們有華語家庭輔導員為有困擾的家庭及個人提供輔導服務, 亦透過不同的教育課程及講座協助各家庭適應新文化, 題目包括婚姻、子女教養、家庭關係與個人成長等問題。在溫哥華、列治文都有舉辦。They have Chinese speaking counselors to provide family services. They also hold Chinese parenting, life skills, and personal growth Chinese groups and workshops.)

42. 點石家庭協會 Touchstone Family Association

總辦事處地址 : 120-6411 Buswell St., Richmond BC

聯絡人: 604-207-5034 Selina Ma 馬淑君女士 / 604-207-5041 King Lok Choi 蔡敬樂先生

網站: <https://www.touchstonefamily.ca/>

(透過不同的治療方法及小組活動, 幫助有需要的家庭及學童解決家庭衝突、情緒困擾、夫婦相處之道和親子關係等。需要這些服務者可自行向政府兒童及家庭部申請, 或由此部門轉介。They can provide Chinese info on parent-teen conflict resolution, parenting skills, child development, marital relationships, etc.)

- 國粵語家庭小組 Cantonese & Mandarin Speaking Family Support Group : 幫助家長多認識如何與子女溝通的技巧

- 是時候作出調適嗎 What is Needed to Make a Difference: 這小組針對個人、家庭和教養子女的難題

- 有備無患小組 Ready-or-not Cantonese Parenting Group: 廣東話交流小組, 探討預防青少年用或濫用藥物問題

- 社區行動計劃 CAPC Program: 為有 0-6 歲子女的家長而設。

43. 本拿比輔導中心 Burnaby Counselling Group

地址 : Suite 230 – 3701 Hasting Street, Burnaby BC/

電話 : 604-430-1303 / <https://counsellinggroup.org/clinical-team/>

(為非牟利機構, 低收入家庭可申請輔導服務津貼。They offer an income-based subsidy program.)

Acts 輔導中心 Acts Counseling Centre

地址 : Suite 230 – 3701 Hasting Street, Burnaby BC/ 電話 : 604-430-1303

(這是一項由碩士課程輔導員訓練中心新畢業的實習輔導員提供的輔導服務，收費大約二十至四十五元不等。 Acts Counseling Centre is a training centre for counselors in the Masters of Counseling Program of the Associated Canadian Theological School. A nominal fee of \$20-30 is charged for a session with a Practicum student, and \$45 is charged with an internship student.)

44. Wishing Wells 輔導服務中心 Wishing Wells Counselling Service

地址：240-809 West 41st Avenue, Vancouver BC (鄰近 Oakridge Mall)

電話：604-568-6556 / <http://www.wishingwells counselling.com/>

(有精通國粵語的註冊臨床心理輔導員提供專業輔導服務包括個人、家庭、青少年以及採用遊戲治療的兒童輔導。中心亦設有收費相宜、由輔導學碩士實習生提供的輔導服務，由三十五元至五十元不等。 Their BC Registered Clinical Counsellors provide counseling service in English, Cantonese & Mandarin. Professional counseling services are provided for individuals, family, teenager and children. There are also intern therapist who can provide service at a lower cost ranges from \$35 to \$50 per session.)

45. SHARE--三聯市幼兒心理健康服務 Tri-cities Early Childhood Mental Health services

地址：#200-25 King Edward Street, Coquitlam BC / 電話：604-529-5132 Catherine Ho (國粵語)

網站：<http://sharesociety.ca/tri-cities-early-years-centre/>

(為有零至六歲幼兒的家庭提供服務，其子女發展遲緩並出現情緒行為問題。服務包括評估，轉介治療，提供解決問題的策略，並鼓勵積極的親子互動。 This service serves children aged 0-6 and their families, for children experience social, emotional or behaviour difficulties with developmental delay. Services include assessment, connection to treatment, providing strategies to help reduce symptoms and encourage positive parent-child interactions.)

46. 匯新情緒健康中心 The Diversity and Emotional Wellness Centre

地址：#130 -8191 Westminster Hwy., Richmond / diversitycentre.webplus.net

電話及聯絡人：

楊碩昌博士 卑斯註冊心理師 Reg. Psychologist Dr. Tigerson Young (國粵語 Cantonese and Mandarin)
604-961-2347 / tmyoungphd@yahoo.com

黃偉昌博士 卑斯註冊心理師 Reg. Psychologist Dr. Wallace Wong (國粵語 Cantonese and Mandarin)
604-783-0050 / Wallace.wong65@gmail.com

/ 提供臨床服務包括焦慮、憂鬱、憂鬱、關係問題、及職業發展。每一位執業的專業人士都有不同的專長，例如兒童和青少年的問題、文化差異、及各種兩性、性行為、及性取向的問題。 They specialize in a number of clinical areas, such as academics, anxiety, depression, relationships, and vocational development. Each of their licensed professionals also has his or her own specialty, such as child and youth, diversity, and LGBT issues.)

47. 匯恩輔導服務中心 Embrace Counselling Services Centre

地址：200-8877 Odlin Crescent, Richmond

電話：604-285-9695 emb.counselling@gmail.com.

(由不同國籍的專業家庭或心理輔導治療師提供專業輔導服務，包括個人、家庭、夫婦、青少年以及採用臨床認證輔導治療法。由專業輔導作第一次評估，並安排適合的輔導服務，收費按個別案件而定。 A qualified and professional team of Clinical therapists and registered clinical Counsellors provide professional counseling services in English, Punjabi, Cantonese and Mandarin. Services are provided for individuals, family, couples, teenager and children. Initial assessment will be also provided to assess each case for different types of counselling services with reasonable cost range.)

48. Dr. Art 心理智能培訓中心 Dr. Art School of Expressive Arts Therapy

地址：#3-5911 Cooney Rd., Richmond BC

電話：604-723-1998 / 聯絡人：劉思愛博士 Dr. Sze Oi Lau (國粵語 Cantonese and Mandarin)

網站：www.seeDrart.com

(提供兒童、青少年及成人心理治療，家庭輔導，及自閉症、好動症或 IQ、EQ、CQ 學能訓練分析，個別或小組。 Provides psychotherapy, art/play therapy, IQ, EQ, CQ assessment and training for Mental Illness, Depression, Autism, ADD and family conflicts.)

49. Disability Alliance BC- Advocacy Access Team

地址：#204 - 456 West Broadway, Vancouver

電話：604-872-1278/ 聯絡人：Lillian Wong 黃美英女士 (英粵語 English & Cantonese)

電郵：feedback@bccpd.bc.ca/ <http://www.disabilityalliancebc.org/>

(他們可以協助殘障人士辦理申請殘障福利或上訴，並協助殘障人士辦理申請開立 RDSP 戶口。是免費服務。 They provide free one on one help to apply for or to assist in the appeal of provincial income assistance benefits; also provide assistance and information in the applying of the RDSP, and will help in the appeals of CPP Disability.)

50. The BC Centre for Ability - 復健者就業輔導服務 Employment Program for Persons with Disabilities

地址：2805 Kingsway, Vancouver BC

電話：604-630-3022 / <http://www.bc-cfa.org/contact/>

(該中心為復健者提供治療、職業輔導及其他支援性的服務。A non-profit organization provides individualized therapy, comprehensive vocational and support services to individuals with disabilities.)

51. Coast Mental Health Foundation -復健者日間活動中心 Coast Club House

地址：295 E. 11th Ave., Vancouver BC

電話：604-675-2357

網站：<https://www.coastmentalhealth.com/>

(該中心為精神康復者提供社交康樂活動、就業輔導等支援性服務，包括提供有關經濟居所及工作實習機會資料。A non-profit organization provides social, vocational, and Employment services for people with emotional and /or psychiatric barriers. Services include low cost meals, access to affordable housing and work placements, etc.)

52. Connections Community Services (CCS) - Connections Youth Centre

地址：5751 Cedarbridge Way, Unit 110, Richmond

電話：604-271-7600 ext. 145 Daniel (國粵語) <https://connectionscommunityservices.com/>

(為 15 至 30 歲年青人提供就業輔導及其他支援性等服務此外也提供多種服務給其他不同年齡的人士。They provide a place for Richmond youth to socialize, access community resources and supports, receive one-to-one assistance, and participate in a variety of activities and programs including: homework clubs, day camps, volunteer opportunities, leadership training, recreational activities, outreach programs and services, school based support, employability programs etc.)

53. Open Door Group

地址：#900 – 1200 Burrard St., Vancouver

電話：604-334-6372 <https://www.opendoorgroup.org/>

(提供就業輔導及其他支援性的服務。They have employment-related programs and other support services to assist anyone to choose, get and keep competitive employment.)

54. 溫哥華沿岸衛生局戒除癮癮輔導 Addiction Services, Vancouver Community Health Services, VCH

地址：200-1200 West 73rd Ave., Vancouver BC

電話：604-266-6124 戒除癮癮輔導員 Addictions Counsellor: 米丁 Ding Mi 女士 (國語 Mandarin)

(提供英語及國語的免費心理輔導服務，包括幫助戒毒、戒酒及減少毒品、酒精使用的心理輔導；同時也為毒品、酒精使用者的家人提供輔導。Free counselling services will be provided to people who is actively using alcohol or drugs, or to people who wish to stop or reduce using alcohol or drugs. Counselling will be also provided to their family members.)

55. 列治文康復會 Richmond Addiction Services (RAS)

地址：200-7900 Alderbridge Way, Richmond

電話：604--270-9220 Youth and Family Program (for 15-25 years old youths)

聯絡人：黃承斌先生 Benjamin Wong 或 or 陳國衡先生 Clarence Chan (粵語)

網站：<http://www.richmondaddictions.ca/services>

(為列治文居民提供免費心理輔導服務，包括幫助戒毒、戒酒、戒賭及減少毒品、酗酒、沉迷網路/遊戲機的心理輔導。They provide free counselling services for Richmond youths regarding internet/video game addiction, chemical and drug abuse, alcohol and gambling problems, etc.)

56. 卑詩中文問題賭博輔導服務 BC Responsible & Problem Gambling Program - Chinese Counselling

聯絡人：

本拿比/三聯市/素里輔導員 Burnaby/Tri-city/Surrey : Bella Chan 604-408-7256 /Bella.Chan@success.bc.ca

列治文輔導員 Richmond : Phyllis Chan 778-869-3379/ bcgamblingprevention@gmail.com

溫哥華輔導員 Vancouver : Irene Tang 604-408-7256/ irene.tang@success.bc.ca

網站：<https://www.bcreponsiblegambling.ca/>

(省政府提供的免費個人及家庭輔導給受賭博問題影响的人仕，包括賭徒及其家人。內容絕對保密。BC 問題賭博 24 小時熱線 1.888.795.6111。Call BC Problem Gambling 24 hrs Help Line 1.888.795.6111 to consult with a counsellor in your area.)

57. 台加文化協會 Taiwanese Canadian Cultural Society

台加身心靈成長中心 (TCCS Enhancement Centre for Holistic Well-being)

地址：8853 Selkirk St., Vancouver / 電話：604-267-0901/ www.tccs.ca

(目的促進個人身心靈智慧的培育，包括講座、心靈聊天室、自我成長課程等。Promoting holistic well-being through Seminars, Talk Spa, Classes on Personal Growth etc.)

58. 佳頤中心 Gaia Community Care and Wellness Society (GCCWS)

總辦事處地址：Suite 200, 8877 Odlin Crescent, Richmond

電話：778-223-7236 / Email: info@gccws.ca

網址：<https://gccws.ca/>

(成立於 2019 年的慈善組織，旨在促進華裔長者及其家人的健康。以國粵語提供工作坊、研討會、資源和其他服務，涵蓋保持運動、健康飲食、應對老齡化、自我保健，及建立照顧者能力等範疇。A charitable organization incorporated in BC in 2019, aims to support the health and wellness of older Chinese adults and their families. Offers workshops, seminars, resources and other services in Cantonese and Mandarin related to staying active, healthy eating habits, coping with aging, self-care and building the capacity of caregivers.)

59. Bridge 社區健康診所

Bridge Community Health Clinic/Raven Song Community Health Centre

地址：2450 Ontario Street, Vancouver/電話：604-709-6540/ 604-709-6400

(該機構為新移民和難民免費提供健康諮詢、檢查和免疫注射服務等。有醫生、護士及翻譯員當值。不用預約及轉介。逢星期一至星期五下午 1 時至 4 時開放。Bridge Community Health Clinic provides free general consultation, health consultation and health counseling for refugees and new immigrants. Appointment is not necessary.)

60. 法律援助聯絡電話及資訊 Contacts for Legal Advice

Access Pro Bono 免費法律諮詢服務

電話：604-878-7400 (Lower Mainland) or 1-877-762-6664 (no charge, elsewhere in BC).

help@accessprobono.ca / 網站：<http://www.accessprobono.ca/>

點擊網站中文資訊 Clicklaw 網站：www.clicklaw.bc.ca/content/chinese_traditional

(這是一個可尋找有關卑詩省法律資訊的網站，例如就業、房屋及家庭法律等，有多種語言選擇。您可以使用點擊法律網站的求助地圖 HelpMap，在社區內尋找可在法律事務上幫助您的人士。Clicklaw is a website that you can find information about the law in BC. There is information on every-day legal topics, such as employment, housing, and family law, available in many languages. You can use the Clicklaw HelpMap to find someone who can help you with your legal issue in your community. Some of these services are offered in languages other than English.)

Pro Bono Richmond Clinics at CHIMO Crisis Services

電話：604-279-7077

法學院學生的法律諮詢計劃 Law Student's Legal Advice Program

電話：604-822-5791 / www.lslap.bc.ca

卑詩省法律服務學會 (法律援助) Legal Services Society of BC (Legal Aid)

電話：604-408-2172 or 1-866-577-2525 (Toll free) / www.lss.bc.ca/publications/language.php?lang=3

Dial a Law 法律資訊中文錄音 Audio Law information in Chinese:

電話：604-687-4680 / www.dialalaw.org

61. 心理治療服務 (私人執業) Chinese Speaking Psychotherapists in Private Practice:

註冊心理學家 Registered Psychologists:

Dr. Adrienne Wang 王雅君博士 (國語 Mandarin)

Registered Psychologist and Certified Cognitive Behaviour Therapist

地址：400-601 West Broadway, Vancouver

電話：604-871-0490 <http://www.dradiennewang.com>

Dr. Audrey Ho 何文韻博士 (國粵語 Cantonese and Mandarin)

地址：Kerrisdale Professional Centre 262-2025 West 42nd Ave., Vancouver

電話：604-266-7982 / 604-875-3230

Dr. David Chan 陳大衛博士 (國粵語 Cantonese and Mandarin)

地址：Chan & Associates, 405-750 W. Broadway, Vancouver

電話：604-873-0999

Dr. Debbie Leung 梁穎茵博士 (粵語 Cantonese)

地址：Wise Mind Centre, 750 West Broadway, Suite 1206, Vancouver

電話：604-761-8201 / debbie@dbtvancouver.com / <https://wisemindcentre.com/>

Dr. Jack Young 楊正權博士 (國粵語 Cantonese and Mandarin)

地址：FHL Clinics, #233-11180 Coppersmith Pl., Richmond

電話：604-834-7456 (FHL clinics 尚有其他多位會講粵語或國語的心理治療師。FHL clinics has a number of other psychotherapists who can speak Cantonese and/or Mandarin.)

Dr. John Zhan Du 杜湛博士 (國語 Mandarin)

地址：- Rainbow Psychology Services, 206-8556 120th St., Surrey

- #310- 3665 Kingsway, Vancouver / zhanjohndu@yahoo.com

電話：604-597-0363

Dr. Keith Lam 林琦峰博士 (國粵語 Cantonese and Mandarin)

地址：2/F, 1892 W. Broadway, Vancouver / 2/F, 5050 Kingsway, Burnaby

電話：604-771-2232 / www.drkeithlam.com/

Dr. Macy M. Lai 博士 (粵語 Cantonese)

地址：#200 - 1892 West Broadway, Vancouver
#300 - 3665 Kingsway Ave., Vancouver
電話：604-802-8613

Dr. Mandv (Yao-Min) Chen 陳琰琨博士 (國語及台語 Mandarin & Taiwanese)

地址：Southpoint Development Clinic, Suite 202 – 15350 34th Avenue, South Surrey
電話：778-317-5928 (Cell)

專於 Specialty: 兒童及青少年心理健康及親子輔導 child and adolescent mental health, parenting

Dr. Tigerson Young 楊碩昌博士 (國粵語 Cantonese and Mandarin)

地址：匯新情緒健康中心 The Diversity and Emotional Wellness Centre

#130 -8191 Westminster Hwy., Richmond / <https://diversitycentre.net/about/>

電話：604-961-2347 / tmyoungphd@yahoo.com

Dr. Tina Wang 王琪博士 (國語 Mandarin)

地址：Kerrisdale Professional Centre

#262-2025 West 42nd Avenue, Vancouver

電話：604-266-7962 / www.drTinawang.com

Dr. Wallace Wong 黃偉昌博士 (國粵語 Cantonese and Mandarin)

地址：匯新情緒健康中心 The Diversity and Emotional Wellness Centre

#130 -8191 Westminster Hwy., Richmond / <https://diversitycentre.net/about/>

電話：604-783-0050 / wallace.wong65@gmail.com

Dr. Yuk Shuen Sandra Wong 黃玉璇博士 (國粵語 Cantonese and Mandarin)

地址：# 337 –2184 West Broadway, Vancouver / www.drwongpsychologist.com

電話：778-999-3578 (Cell) 傳真：604-211-8071 / Email: yswong@telus.net

註冊心理諮商師/心理治療師 Registered Clinical Counsellors/Psychotherapists:

Arnold K Tse 謝喬韜先生 (國粵語 Mandarin & Cantonese--註冊臨床心理諮商師 Registered Clinical Counsellor)

地址: Oval Village Medical Clinic, 180-6971 Elmbridge Way, Richmond BC

電話: 778-316-8831 / Email: atsecounselling@gmail.com / Website: <http://atsercc.wordpress.com>

服務: 焦慮, 抑鬱, 哀傷, 職業發展, 交通意外後創傷治療 Anxiety, Depression, Grief & Loss, Career Development, post-Motor Vehicle Accident Treatment

Bessie Wang 王玥女士 (國粵語 Mandarin & Cantonese - 註冊臨床心理諮商師 Registered Clinical Counsellor)

電話: 604-448-2416 / Email: Bessie.wang@yahoo.com / <http://www.mdabc.net/bessie-wang-ma-rcc> 電話或電郵預約

服務: 在列治文和溫哥華提供國粵語輔導服務 (Cantonese & Mandarin counselling service provided in Vancouver & Richmond)

David Chong 莊清鴻先生 (國粵台語 Mandarin & Cantonese & Taiwanese 註冊臨床心理諮商師及註冊社工 Reg. Clinical Counsellor/ Reg. Social Worker)

地址: Continental Shopping Centre, Affinity Medical Clinic

2186-3779 Sexsmith Road, Richmond / www.davidchongcounselling.ca

電話: 778-297-7992 / Email: info@davidchongcounselling.ca 電話或電郵預約

Denise Kan 簡麗君女士 (國粵語 Cantonese & Mandarin 註冊臨床社工師 Registered Social Worker in BC & USA)

地址: 1. Main Office: Suite 303-4885, Kingsway, Burnaby

2. 708-1155, West Pender St. Vancouver

3. 2nd/FI., 1892, West Broadway, Vancouver

電話: 778-865-7710 / Email: denise@DKCounselling.com / Website: <http://dkcounselling.com>

服務: 為 7 歲及以上的客戶提供個人/團體/家庭治療及專題講座, 專於心理健康服務 Provides individual/ groups / Families therapy to clients aged 7 and above, and workshops as well. Specialized in mental health

Fion Cheng 鄭嘉媛女士 (國粵語 Mandarin & Cantonese--註冊臨床心理諮商師 Registered Clinical Counsellor)

地址: Caring Bridge Counselling Services, 206 - 515 West Pender Street, Vancouver

電話: 778-889-2883 / Email: fioncheng.counsellor@gmail.com / <http://fionchengcounsellor.wix.com/caringbridge>

服務: 個人/夫妻和家庭輔導, 抑鬱和焦慮, 賭博和癮癮, 職業輔導及親子講座 Individual/ Couples and Families Counselling, Depression and Anxiety, Gambling and Addiction, Career Coaching/Parenting workshop

Florence Ling 凌美儀女士 (國粵語 Mandarin & Cantonese/註冊臨床心理諮商師 Registered Clinical Counsellor)

地址: # Broadway - 2nd Floor, 1892 West Broadway, Vancouver.

Downtown - 708-1155 West Pender Street, Vancouver.

Metro town - 2nd Floor, 5050 Kingsway, Burnaby.

電話：778-855-5805 / florenceling1024@gmail.com / www.florenceling.com

Huamei Kang 康花梅女士 (國語 Mandarin -- 註冊臨床諮商師 Registered Clinical Counsellor)

地址: Unit 430- 604 Columbia Street, New Westminster, BC

電話: 778-801-4691 / Email: hkang.counselling@gmail.com

服務: 提供個人, 夫妻和家庭諮商: 有關自我關係, 創傷, 抑鬱, 焦慮, 移民 / 留學相關的困境。歡迎預約免費的 20 分鐘面對面 / 電話諮商。Individual/ Couples and Families Counselling, Relationships, Trauma, Depression and Anxiety, Immigration/overseas study-related dilemmas. Welcome to make appointment for a free 20-minute face-to-face/phone consultation.

Li Shao 邵黎女士 (國語 Mandarin-註冊臨床心理諮商師 Registered Clinical Counsellor)

地址: Jericho Counselling Centre, 302-805 West Broadway, Vancouver

電話: 604-434-5727 / li@jerichocounselling.com / jerichocounselling.com/counsellors/li-shao

Lorraine Cheung 張朗妍女士 (國粵語 Mandarin & Cantonese-註冊臨床心理諮商師 Reg. Clinical Counsellor)

地址: 11331 Coppersmith Way, Richmond

電話: 778-316-5664

Lorraine Ng 吳嘉敏女士 (國粵語 Mandarin & Cantonese-註冊臨床心理諮商師 Reg. Clinical Counsellor)

地址: 200 - 5050 Kingsway, Burnaby

電話: 604-638-3105 / Email: lorraine@nuwaycounselling.ca/ Website: nuwaycounselling.ca

服務: 提供個人, 青少年, 夫妻和家庭諮商, 抑鬱, 焦慮, 移民 / 留學, 職業輔導, 照顧者壓力及親子 / 家庭關係問題。歡迎預約免費的 20 分鐘電話諮商。Individual, Adolescents and Families Counselling/Depression and Anxiety, relationships and parenting issues, etc. Feel free to book for a free 20-minute phone consultation.

Mega Leung 梁美嘉女士 (國粵語 Mandarin & Cantonese -註冊臨床心理諮商及認可心理創傷治療專家 Reg. Clinical Counsellor & Certified Trauma Specialist)

地址: Unit 95-10451 Shellbridge Way, Richmond

電話: 604-227-7305 / Email: enquiry@megaleung.com / www.megaleung.com

Ming Huey Chang 張明慧女士 (國粵語 Mandarin & Cantonese -註冊臨床社工 Registered Clinical Social Worker)

地址: #202-1826 West Broadway, Vancouver

電話: 778-883-2238 電話預約

Molly Mo 莫麗文女士 (國語 Mandarin-註冊臨床心理諮商師 Registered Clinical Counsellor)

地址: Hope Counselling Centre, 200-1892 West Broadway, Vancouver

電話: 604-915-9111 / Email: molly.mo.counselling@gmail.com

Nelson Szeto (粵語 Cantonese-註冊臨床心理諮商師 Registered Clinical Counsellor, MCP, CCC)

電話: 604-558-2288 / Email: connect@nelsonszeto.ca / www.nelsonszeto.ca

地址: 4212 Dawson Street, Burnaby

Phyllis Chan 陳碧菲女士 (國粵語 Mandarin & Cantonese-註冊心理治療師 Canadian Cert. Counsellor)

電話: 778-869-3379

服務: 提供個人、家庭輔導及就業輔導服務。多個地方都有辦事處。請來電預約時間地點。Provides individual, family and employment counseling. She has offices in different locations.

Roxanne Chou 周瑞菁女士 (國語及台語 Mandarin & Taiwanese-臨床心理諮商師及註冊藝術治療師 (Registered Clinical Counsellor & Art Therapist)

電話: 604-306-4326 / Email: chou.roxanne@gmail.com

服務: 在本拿比提供個人/兒童/青少年/夫妻/家庭輔導服務, 需電話或電郵預約。Provides individuals, youth, couple and family counselling in Burnaby, by appointment only.

Sharon Kwok 郭詠心女士 (國粵語 Mandarin & Cantonese-註冊心理治療師 Registered Clinical Counsellor)

電話: 604-781-2262 / <http://www.theonecounselling.com/>

服務: 提供個人及家庭輔導。多個地方都有辦事處。請來電預約時間地點。Provides individual & family counseling including stress reduction, parenting & family therapy.

*你也可以由以下網頁找到會講中文的註冊心理治療師 You can also search Chinese speaking counsellors from this website:

https://www.psychologytoday.com/ca/therapists/asian/bc/vancouver?sid=5e584a2c20d3a&rec_next=1

62. 緊急危機服務熱線 Emergency/Crisis Services

• 911

如果你覺得你自己或有家人可能有傷害自己或別人的危險, 請立即撥打 911 或立即前往醫院急診部求助。

If you feel you or anyone might be in danger of self-harm or hurting someone else, call 911 or go to the hospital emergency department right away.

- 溫哥華總醫院 AAC 心理健康評估中心 VGH Access & Assessment Centre (AAC)
電話：604-675-3700 (每週 7 天 由上午 7 時半至晚上 11 時開放 Open 7 days a week from 7:30 am to 11:00 pm walk-in clinic and phone service)
- 危機熱線 Crisis Line- Crisis Intervention and Suicide Prevention Centre of Greater Vancouver
電話：604-872-3311 <https://crisiscentre.bc.ca/contact-us/>
(大溫危機介入及防止自殺中心，提供每週 7 天 24 小時電話輔導 Provides telephone counseling, 24 /7)
- 卑詩危機熱線協會 BC Crisis Line Associations
自殺危機介入熱線 (24 /7): 1-800-SUICIDE (1-800-784-2433)
心理健康支持熱線 Mental Health Support (24 /7): 310-6789 (無需撥字頭 no need to dial area code)
- 菲沙危機熱線 Fraser Health Crisis Line: 604-951-8855 或 or 1-877-820-7444
<http://www.options.bc.ca/fraser-health-crisis-line/overview>
(電話提供自殺危機介入及處理情緒困擾。Deliver suicide prevention crisis intervention and distress management services by telephone.)
- 列治文 CHIMO 危機熱線 Richmond CHIMO Crisis Line
電話：604-279-7070 (英語 English)

*欲知更多心理健康服務資料，請參閱以下網站 Websites for more mental health and resource information:

1. 有關心理健康及測試的翻譯資料 Mental Health Info in multi-languages: <https://www.heretohelp.bc.ca/other-languages>
2. 中文版抑鬱症自我護理計劃病人指南 Chinese Self-Care Depression Program info:
comh/publications-SCDP-Chinese-Traditional 抑鬱自我護理
comh/publications-SCDP-Chinese-Simplified 抑郁自我护理
3. 中文版卑詩省兒童及青少年心理健康服務介紹 Community Child & Youth Mental Health Services information in Chinese:
[forcesociety/What to Expect From MH Services](http://forcesociety/What_to_Expect_From_MH_Services) 兒童及青少年心理健康服務
4. 卑詩省兒童及青少年心理健康服務指南英文版—教師指引Orientation to Child and Youth Mental Health Services—A Guide for TEACHERS in English : [forcesociety/CYMentalHealthGuide Teachers.pdf](http://forcesociety/CYMentalHealthGuide_Teachers.pdf)
5. 有關求助方法資料 CMHA Info on Getting Help: www.cmha.bc.ca/how-we-can-help
6. 卑詩癌症中心華語癌症病人資源手冊 BC Cancer Agency has a Chinese Resource Guide:
BCCA_ResourceGuide_ChinesePatients 華語癌症病人資源手冊
7. 列治文社區服務指南英文版 Richmond Community Services Directory in English:
<https://rcrg.org/CommunityServicesDirectory>
8. 中文翻譯健康教育資料 HealthLinkBC Chinese Health Information:
HealthLinkBC have translated a number of easy-to-understand, trusted health information.
healthlinkbc.ca/chinese_translated_infosheets.pdf

(以上服務資料是由加拿大心理衛生會溫哥華菲沙分處編印，供需要華語心理衛生服務資料的人士參考。如有需更新信息或錯漏之處，請電郵 Stella, 謝謝！ If you have any updated information to be included or if you find any mistakes in this list, please e-mail Stella Lee at stella.lee@cmha.bc.ca. Thanks!) (Last update–Aug. 2020)