



ALLISON RICE THERAPY
& ASSOCIATES
CHANGE IS POSSIBLE

PROGRAM	LOCATION	WEBSITE / Physical Address	PHONE	NOTES
COUNSELLING RESOURCES				
Gamtalk	Online	http://www.gamtalk.org	In BC: 1-888-795-6111	Online support group
Gamblers Anonymous	BC	http://www.gabc.ca	1-855-222-5542	
Problem Gambling Institute of Ontario	Ontario	http://www.problemgambling.ca/	In ON: 1-888-230-3505	Have an app that helps clients deal with triggers
BC Suicide Helpline	BC	https://crisiscentre.bc.ca/contact-us/	1-800-784-2433	
Vancouver Coastal Health Crisis Line	Vancouver	http://www.vch.ca/about-us/contact-us/emergency-numbers	604-872-3311	
Fraser Health Crisis Line	Burnaby to Hope	http://www.options.bc.ca/fraser-health-crisis-line/overview	604-951-8855	
Vancouver Car 87	Vancouver	Link	604-874-7307	VPD mental health emergency services
Mental Health Support Line	BC	http://www.options.bc.ca/fraser-health-crisis-line/310mental-health-support	604-310-6789	
SUCCESS Chinese Help Line	BC	http://www.successbc.ca/eng/services/family-youth/counselling-service/358-chinese-help-lines	1-800-588-8717	
Aboriginal Health Support Line	BC	https://crisiscentre.bc.ca/fnha/	1-800-588-8717	
Moving Forward Family Services	Lower Mainland	https://movingforwardfamilyservices.com	778-321-4321	Pay what you can
BC 211	BC	http://www.bc211.ca	Text the name of your city to 2-1-1	Info about government services such as counselling, housing, legal help, support groups, homeless shelters etc.



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MONEY AND HOUSING HELP				
Credit Counselling Society	Canada-wide	http://www.nomoredebts.org	1-888-527-8999	Accredited non-profit info@nomoredebts.org Linda Lam / Stacy Yanchuk Olesky
Sands & Associates Insolvency Trustees	BC	https://www.sands-trustee.com	1-800-661-3030	Help with debt
Consolidated Credit Counselling Services of Canada	Canada-wide	https://consolidatedcredit.ca	1-888-477-7397	National non-profit
Supervisor of Bankruptcy and Insolvency	Vancouver	http://www.goc411.ca/en/159956/Colleen-Bond	Fax 604-666-4610	
BC Housing	BC	https://www.bchousing.org/	604-433-2218	Rental subsidy
TRAC	BC	http://tenants.bc.ca	1-800-665-1185	Advocacy for housing/rental problems
SUBSTANCE MISUSE RESOURCES				
Access Central Detox Services	Vancouver	http://www.vch.ca/Locations-Services/result?res_id=1188	1-866-658-1221	
Drug and Alcohol Info & Referral Line	BC	http://www.bc211.ca/help-lines/	604-660-9382	
RESIDENTIAL TREATMENT				
Pacifica	Vancouver	http://www.pacificatreatment.ca 1755 East 11 th Ave, Vancouver	604-872-5517	Does not accept PG clients, only substance addictions (\$225 / day)
MRTC	Maple Ridge	http://mrtc.bc.ca 22269 Callaghan Ave, Maple Ridge	604-467-3471	Will not accept a PG client unless co-addicted to substances \$4495 for 35 days (= \$128/day – if within Fraser Health region, a bit more if outside)



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RESIDENTIAL TREATMENT Con't				
Edgewood	Vancouver	http://edgewoodhealthnetwork.com/locations/vancouver/ 1525 West 7 th Ave, Vancouver	604-734-1100	Wary about accepting PG clients unless co-addicted to substances \$425/day, 7.5-8 week stay = \$25,500
Last Door	New Westminister	https://www.lastdoor.org 323 8 th Street, New Westminister	604-525-9771	Does accept PG clients, \$300/day, wants 90 day minimum stay = \$27,000

Allison Rice is a Registered Clinical Counsellor with the BC Responsible & Problem Gambling Program. See: <https://www.bcresponsiblegambling.ca/getting-help/find-counsellor/allison-rice> for more information.