



## FACTSHEET: TRANSITIONING PATIENTS REQUIRING MENTAL HEALTH SERVICES WHO DO NOT HAVE A PRIMARY CARE PROVIDER

### WHAT OPTIONS ARE AVAILABLE FOR TRANSITIONING YOUTH WHO REQUIRE MENTAL HEALTH SERVICES AND DO NOT HAVE A PRIMARY CARE PROVIDER

#### Pathways Online Tool for Physicians

Pathways is an online tool used by specialists and family physicians to find community resources, and to refer patients to an appropriate specialist. Many Divisions include information on family physicians accepting new patients in their Pathways database.

Using a secure, password-protected website, physicians can quickly access current and accurate community service and referral information, including wait times and areas of practice for specialists, clinics, and health services across British Columbia.

- ▶ To learn more about Pathways please [click here](#) to find your local Division of Family Practice, or enter this link into your browser [bit.ly/bcpsdivoffp](http://bit.ly/bcpsdivoffp)
- ▶ You can also contact the Provincial Pathways team by emailing [administration@pathways.ca](mailto:administration@pathways.ca)

Consider these options to assist in linking transitioning patients to a primary care provider.



#### Primary Care Mental Health Services

BC health authorities offer a variety of primary care mental health service models in some communities. Contact your local health authority to learn about services available in your community and for access information.

**Fraser Health** and **Interior Health** have specific information on how to access primary care mental health services in their region.

- ▶ Please [click here](#) for information on Fraser Health primary care mental health services, or enter this link into your browser [bit.ly/bcpsfhprimary](http://bit.ly/bcpsfhprimary)
- ▶ Please [click here](#) for information on Interior Health primary care mental health services, or enter this link into your browser [bit.ly/bcpsihprimary](http://bit.ly/bcpsihprimary)

**Island Health, Vancouver Coastal Health, and Northern Health** do not currently have specific web-based information on their primary care mental health services. For the most recent information, we recommend contacting the health region mental health and substance use services.

- ▶ Please [click here](#) for a list of Island Health AMHSU services and program contact information, or enter this link into your browser [bit.ly/bcpsislandservices](http://bit.ly/bcpsislandservices)
- ▶ Please [click here](#) for a list of VCH AMHSU services and program contact information, or enter this link into your browser [bit.ly/bcpsvcaccess](http://bit.ly/bcpsvcaccess)

**Northern Health AMHSU services** are community-specific.

- ▶ Please [click here](#) for community service contact information, or enter this link in your browser [bit.ly/bcpsnortherncomm](http://bit.ly/bcpsnortherncomm)

*The information in this document is drawn from a variety of sources and was accurate at the time of publication. BCPS acknowledges that this information may be subject to change.*



## Foundry Centres

Foundry centres offer integrated services to young people ages 12-24; including mental health, substance use, primary care, youth and family peer support, and social services. Built on intentional partnerships between health and social services organizations, service providers work collaboratively to deliver care in a safe, welcoming, and stigma free environment and to support access to appropriate levels of care.

Primary care, counselling, and peer support services are offered on a walk-in basis. If you have a patient you would like to refer, please contact your local centre prior to the referral to support the young person's transition of care.

## Where are Foundry Centres located?

- ▶ Please [click here](#) to find the most recent information on Foundry centre locations and hours of service, or enter this link into your browser [bit.ly/bcpsfoundry](http://bit.ly/bcpsfoundry)

### Foundry centres are open in the following 8 BC communities:

- ▶ Abbotsford
- ▶ Campbell River
- ▶ Kelowna
- ▶ North Shore (North & West Vancouver)
- ▶ Penticton
- ▶ Prince George
- ▶ Vancouver – Granville
- ▶ Victoria

### Future Foundry centres sites include:

- ▶ Richmond
- ▶ Ridge Meadows, and
- ▶ Terrace

## There is no Foundry centre in my community. Are there other resources my patient can access through the Foundry website?

### Phone, Text, or Online Chat Options

The Foundry website lists a variety of provincial phone, text, and chat options to connect youth to a trained volunteer or counsellor.

- ▶ Please [click here](#) to learn more about phone, text, or chat options, or enter this link into your browser [bit.ly/bcpsfoundrysupport](http://bit.ly/bcpsfoundrysupport)

### Online Links to Information, Supports and Services

Foundry's online platform, [foundrybc.ca](http://foundrybc.ca) provides young people and their families with information, resources, and connection to supports and services both online and in communities. The website aims to help young people identify wellness challenges early and take action to improve outcomes.

- ▶ Please [click here](#) to access the Foundry's online database of services in BC, or enter this link into your browser [bit.ly/bcpscommunityservices](http://bit.ly/bcpscommunityservices)