Mental Health Centre
Contact Information

- Abbotsford Mental Health Centre
  Phone: 604-870-7800

- Burnaby Mental Health Centre
  Phone: 604-453-1900

- Chilliwack Mental Health Centre
  Phone: 604-702-4860

- Delta Mental Health Centre - North
  Phone: 604-592-3700

- Delta Mental Health Centre - South
  Phone: 604-948-7010

- Developmental Disabilities Mental Health Services
  Burnaby Office: (604) 918-7540
  Port Coquitlam Office: (604) 777-8475

- Hope Mental Health Centre
  Phone: 604-860-7733

- Langley Mental Health Centre
  Phone: 604-514-7940

- Maple Ridge Mental Health Centre
  Phone: 604-476-7165

- Mission Mental Health Centre
  Phone: 604-814-5600

- New Westminster Mental Health Centre
  Phone: 604-777-6800

- Surrey Mental Health Centre
  Phone: 604-953-4900

- Tri-Cities Mental Health Centre
  Phone: 604-777-8400

- White Rock/South Surrey Mental Health Centre
  Phone: 604-541-6844

* Mental Health Centres with a RAC Clinic

Mental Health and Substance Use Links and Resources

- Fraser Health Crisis Line
  - Local: (604) 951-8855
  - Long Distance: 1-877-820-7444

- Fraser Health Mental Health and Substance Use

- BC Mental Health and Addictions Services
  [www.bcmhas.ca](http://www.bcmhas.ca)

- Canadian Mental Health Association
  [http://www.cmha.ca/](http://www.cmha.ca/)

- Mood Disorders Association of BC
  [http://www.mdabc.net/](http://www.mdabc.net/)

- Anxiety BC

- BC Partners for Mental Health and Addictions Information
  [http://www.heretohelp.bc.ca/](http://www.heretohelp.bc.ca/)

- Canadian Network for Mood and Anxiety Treatments

- Mind Check
  [http://www.mindcheck.ca/](http://www.mindcheck.ca/)

- Internet Mental Health
  [http://www.mentalhealth.com/](http://www.mentalhealth.com/)

### Rapid Access Clinic

**Timely access to psychiatric consultation**

Fraser Health Crisis Line

Other Places to Call for Help

- Fraser Health Mental Health and Substance Use

- BC Mental Health and Addictions Services
  [www.bcmhas.ca](http://www.bcmhas.ca)

- Canadian Mental Health Association
  [http://www.cmha.ca/](http://www.cmha.ca/)

- Mood Disorders Association of BC
  [http://www.mdabc.net/](http://www.mdabc.net/)

- Anxiety BC

- BC Partners for Mental Health and Addictions Information
  [http://www.heretohelp.bc.ca/](http://www.heretohelp.bc.ca/)

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- Internet Mental Health
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The information in this document is intended solely for the person to whom it was given by the health care team.

Print Shop # (Month Year) Language
**Q&A**

**What is the Mental Health and Substance Use Rapid Access Clinic?**

The Rapid Access Clinic (RAC) provides **timely access to a one time consultation with a Psychiatrist and nurse from your local Mental Health Centre (MHC)**, in order to provide your General Practitioner (GP) or Nurse Practitioner (NP) with treatment recommendations. Usually an appointment will be scheduled with a Psychiatrist within 2-5 weeks from the time your referral is received. Following your service at the clinic, your GP or NP will receive a report from the Psychiatrist outlining your treatment plan. Your GP or NP will then continue with your treatment.

**You are eligible for the clinic if you:**

- Are 19 years old and older.
- Are experiencing a mild to moderate mental illness.
- Reside within the community of the MHC.

**You are NOT eligible for the clinic if you:**

- Are younger than 19 years old.
- Have a severe mental illness.
- Have attended the RAC clinic or have seen another Psychiatrist in the last 6 months.
- Are seeking a second opinion.

**Who can Make Referrals to the Clinic?**

Only your GP or NP can make referrals to the clinic.

**What Happens Once a Referral is Made to the Clinic?**

- You will be contacted by a MHC receptionist informing you of the date and time of your appointment with the Psychiatrist.
- A nurse from the clinic will contact you to do an assessment, and to gather more information required for the Psychiatrist.
- At your appointment with the Psychiatrist, a treatment plan will be developed in collaboration with you. The Psychiatrist may also prescribe new medications and/or make some changes to your medications.

**What if I am not eligible for the clinic?**

You will need to follow up with your GP or NP to identify what other resources are available to help you.

**What if I am not able to attend my appointment with the Psychiatrist?**

- If you are not able to attend your scheduled appointment, contact the MHC receptionist as soon as possible to reschedule your appointment.
- If you do not show up for your scheduled appointment, your GP or NP will need to refer you again to the clinic.

**Questions/Need More Information?**

If you have any questions or require more information please contact the Rapid Access Clinic Nurse at your local Mental Health Centre.