



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

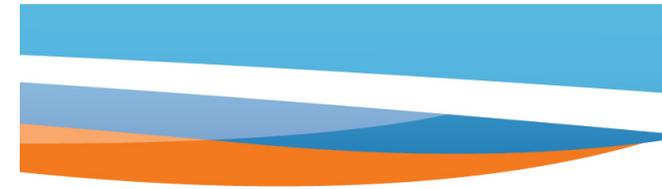
☆ [Mental Health Centres with a RAC Clinic](#)

WWW 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**
http://www.fraserhealth.ca/your_care/mental-health-and-substance-use/
- **BC Mental Health and Addictions Services**
www.bcmhas.ca
- **Canadian Mental Health Association**
<http://www.cmha.ca/>
- **Mood Disorders Association of BC**
<http://www.mdabc.net/>
- **Anxiety BC** <http://www.anxietybc.com/>
- **BC Partners for Mental Health and Addictions Information** <http://www.heretohelp.bc.ca/>
- **Canadian Network for Mood and Anxiety Treatments** <http://www.canmat.org/>
- **Mind Check** <http://www.mindcheck.ca/>
- **Internet Mental Health**
<http://www.mentalhealth.com/>

FRASER HEALTH AUTHORITY
www.fraserhealth.ca

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



MENTAL HEALTH AND SUBSTANCE USE

RAPID ACCESS CLINIC

Timely access to psychiatric consultation



 **fraserhealth** Better health. Best in health care.





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.