



Canadian Mental
Health Association
North and West Vancouver
Mental health for all

**Are you or your loved one in distress?
We can come support you.**

Connect with PACT – Peer Assisted Care Team

PACT is a mobile, civilian-led team response to crisis calls related to mental health or substance use. We provide trauma-informed, culturally-safe support for North Shore residents aged 13+.

- Thoughts of hurting yourself or suicide
- Families experiencing challenges
- Drugs or alcohol use
- Loss of reality
- Feelings of hopelessness or despair
- Social isolation and loneliness
- Fear and anxiety

Learn more at www.NorthShorePACT.com



CALL 1-888-261-7228
TEXT 778-839-1831

HOURS Thursday–Sunday
6pm–12 midnight

IF SOMEONE IS IN IMMEDIATE DANGER, PLEASE CALL 911