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Adult Short-Term Assessment and Treatment Program

Adult Short-Term Assessment and Treatment Program

Assessment and short-term treatment for adults over 19 years with serious mental disorders.

The adult short-term assessment and treatment (ASTAT) program is a community mental health and substance use service that provides diagnostic assessment, short-term treatment and other support services to individuals 19 and older who are experiencing mental health and substance use concerns.

Services include:

- Information and referrals to other community services/resources
- Short-term or brief individual therapy/counselling
- [Group therapy](#)
- Psychiatric consultation
- Urgent community response
- Crisis intervention

Access

Eligibility

Adults 19–64 years of age who are experiencing mental health and substance use concerns and would benefit from short-term interventions or supports.

This may include psychiatric and diagnostic assessment, pharmacological treatment and therapeutic support.

Referral

Participation in ASTAT mental health services is voluntary.

You can self-refer into the program or referrals can be made on your behalf by your family doctor, a family member, friend or others supporting you.

In consultation with you, referrals can also be made on your behalf by hospital health care providers or other agencies supporting you.

[Mental health and substance use centre](#) teams work closely with you and other community partners or agencies to provide you with services in a timely manner that best suit your needs. If the mental health and substance use centre in your community is not able to provide the type of service you require, efforts will be made to help you find and connect to other appropriate services/resources.

Fees

If you are a member of B.C. Medical Services Plan, your mental health and substance use services cost will be covered through this service plan.

Language(s) Offered

English

Location(s) offering this service

Location **Burnaby Mental Health and Substance Use Centre** **3935 Kincaid Street**
Burnaby

Location **Delta North Mental Health and Substance Use Centre** **129-6345 120th Street**
Delta

Location **Delta South Mental Health and Substance Use Centre** **15-1835 56 Street**
Delta

Location **Langley Mental Health and Substance Use Centre** **305-20300 Fraser Highway**
Langley

Location **Maple Ridge Mental Health and Substance Centre** **500-22470 Dewdney Trunk Road**
Maple Ridge

Location **New Westminster Mental Health and Substance Use Centre** **403 Sixth Street, 2nd floor**
New Westminster

Location **Tri-Cities Mental Health and Substance Use Centre**
1-2232 Elgin Avenue
Port Coquitlam

Location **Surrey Mental Health and Substance Use Centre**
1100-13401 108th Avenue
Surrey

Location **White Rock/South Surrey Mental Health and Substance Use Centre**
15521 Russell Avenue, Russell Unit
White Rock

Are you in crisis?

Call the Fraser Health crisis line:

604-951-8855 or **1-877-820-7444** (toll-free)

Trained volunteers provide emotional crisis support, 24 hours a day, 7 days a week.

[Click here to get help now](#)