

BC WIDE RESOURCES

- **9-1-1** if you are in an emergency.
- **1-800-SUICIDE (1-800-784-2433)** if you are considering suicide or are concerned about someone who may be.
- **310 Mental Health Support** at 310-6789 (no area code needed) for emotional support, information and resources specific to mental health.
- **Alcohol & Drug Information and Referral Service** at 1-800-663-1441 (toll-free in BC) or 604-660-9382 (in the Lower Mainland) to find resources and support.
- **Healthlink BC** at 8-1-1 for information regarding health referrals and resources.
- **Kelty Mental Health** at 1-800-665-1822, a provincial resource centre that provides mental health and substance use information and resources.
- **BC211** at 2-1-1 for information and referrals on a wide variety of issues including substance misuse, temporary shelter, and grief.
- **Wellness Together Canada** an Indigenous focused resource, at 1-855-242-3310 to be connected to a counsellor at no cost.
- **Kid's Help Phone** at 1-800-668-6868 or text CONNECT to 686868 for children to speak to a professional counsellor, 24 hours a day.
- **The KUU-US Crisis Line Society** at 1-800-588-8716 provides a First Nations and Inuit specific crisis line and 1-833-638-4722 provides a Metis Nation Crisis line. Both are available 24 hours a day, 7 days a week.

BC WIDE RESOURCES Continued

- **First Nations Health Authority** at 1-866-913-0033 for counselling services from a qualified mental health provider, including psychologists, clinical counsellors and social workers for self-identified Indigenous peoples.
- **Support Network for Indigenous Women & Women of Colour (SNIWWOC)** at 250-277-2545 provides counselling for Indigenous and racialized women.
- **The Men's Centre** at 250-716-1551 for support for men's mental health, and low-cost counselling for men navigating the criminal justice system.
- **9-8-8 Suicide Crisis Helpline** if you are considering suicide or are concerned about someone who may be. Call and text available.
- **Racist Incident Helpline** at 1-833-457-5463 for support if you experienced or witnessed racism.

LOWER MAINLAND

- **Crisis Centre of BC** at 604-872-3311 for immediate crisis support 24 hours a day.
- **Vancouver's Access and Assessment Centre** at 604-675-3700 for a walk-in mental health clinic. For residents of the City of Vancouver only.
- **Chimo Crisis Line** at 604-279-7070 for immediate crisis support 24 hours a day.
- **Fraser Health Crisis Line** at 1-877-820-7444 for immediate crisis support 24 hours a day.
- **ACCESS Central** at 1-866-658-1221 is a detox referral line for those in the Vancouver Coastal Health service area requiring addictions support.

ISLAND

- **24-Hour Vancouver Island Crisis Line** at 1-888-494-3888 for people in emotional distress and connection to emergency mental health services when needed, and to reach Psychiatric Emergency Services, Crisis Response Teams and Community Response Teams.
- **Crisis Text Support** at 250-800-3806 for support via text. Available from 6:00pm to 10:00pm seven days a week.

NORTH

- **Crisis Prevention, Intervention, and Information Centre Northern BC** at 1-888-562-1214 for immediate crisis support 24 hours a day. This phone number will also connect you to a more extensive network of support, including mental health teams and substance use services.

INTERIOR

- **Interior Crisis Line Network** at 1-888-353-2273 for immediate crisis support 24 hours a day.