

Crisis Lines

The KUU-US Crisis Line

Operates a 24-hour provincial Aboriginal crisis line.

Children/Youth: 250-723-2040

Adults/Elders: 250-723-4050

Toll Free: 1-800-588-8717

<http://www.kuu-uscrisisline.ca/>

Hope for Wellness Help Line

Offers immediate mental health counselling & crisis intervention to all Indigenous peoples across Canada. 24/7 availability:

Toll-free Help line: 1-855-242-3310

OR go to their website for the chat box.

<https://www.hopeforwellness.ca/>

National Indian Residential School Crisis Line

The NIRS crisis line has been set up to provide support for former Residential School students to access emotional & crisis referral services.

24-hour availability:

Toll Free: 1-866-925-4419

Crisis Services Canada

Providing suicide prevention & support to the people of Canada through the phone or text.

24/7 availability

Toll Free: 1-833-456-4566

4pm-12am ET – **Text** ‘Start’ to 45645

OR chat Support online

<https://www.crisisservicescanada.ca/en/thinking-about-suicide/>

Crisis Intervention and Suicide Prevention

Centre of BC (Crisis Centre)

If you or someone you know is having thoughts of suicide, call 24/7:

1-800-SUICIDE (1-800-784-2433)

OR call your local crisis centre

YouthInBC.com

is a program of the Crisis Centre. It Connects youth with support, information & resources.

Online chat is available from **Noon to 1 AM** in **BC and Yukon** only

<https://youthinbc.com/>

BC Mental Health

For individuals who would like emotional support, info, & resources specific to MH in BC.
310-6789 (no area code needed) 24/7 availability

Kids Help Phone

We offer professional counselling, information 7 referrals 7 volunteer-led, text-based support to young people.

1-800-668-6868 to speak to a counsellor, 24 hours.

Text ‘connect’ to 686868 to text

Chat online at their website

<https://kidshelpphone.ca/who-we-are/>

Vancouver Island Crisis line

Call: 1-888-494-3888. 24 hrs.

Text: 250-800-3806 6pm-10pm

Crisis chat services 6-10pm 7 days a week

<https://www.vicrisis.ca/>

Youth Space

Text :778-783-0177 6pm-12am

Chat available online at their website

<https://www.youthspace.ca/>

Resources

FNHA Mental Health Benefits

<http://www.fnha.ca/benefits/mental-health>

Alcohol & Drug Information & Referral

Service

(ADIRS) provides free, confidential information & referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs)

1-800-663-1441

Treatment Access BC

Search for treatment centres in BC based on your needs

https://treatmentaccess.ca/services-finder?search_type=5