

Support Resources



IN CASE OF EMERGENCY CALL 911

CRISIS LINE

1-800-784-2433

Call or Text: 9-8-8

or visit 988.ca

SUICIDE PREVENTION

1-800-SUICIDE

1-800-784-2433

www.CrisisLines.bc.ca

KUU-US CRISIS LINE

1-800-588-0717

www.KUU-USCrisisLine.com

INKAMATSIAQTUT HELP LINE

1-800-265-3333

nunavuthelpline.ca

WELLNESS TOGETHER CANADA

1-866-585-0445

Text "WELLNESS" to 741741

www.wellnesstogether.ca

MENTAL HEALTH SUPPORT LINE

310-6789 (no area code needed)

INDIAN RESIDENTIAL SCHOOL SURVIVORS CRISIS LINE

1-800-721-0066

www.irsss.ca

ONLINE CHAT FOR ADULTS

www.CrisisCentreChat.ca

INTERIOR CRISIS LINE NETWORK

1-888-353-2273

www.InteriorCrisisLine.com

OVERDOSE RESPONSE SERVICE

1-888-688-NORS

www.nors.ca

ALCOHOL & DRUG INFO LINE

1-800-663-1441

www.healthlinkbc.ca

TRANS LIFELINE

1-877-330-6366

translifeline.org

HOPE FOR WELLNESS HELP LINE

1-855-242-3310

hopeforwellness.ca

TTY DISTRESS LINE (SPEECH IMPAIRED)

1-866-872-0113

www.CrisisCentre.bc.ca

RACIST INCIDENT HELPLINE

(1-833-457-5463)

racistincidenthelpline.ca

BATTERED WOMAN SUPPORT SERVICE

1-855-687-1868

bwss.org



KIDS HELP PHONE

1-800-668-6868

Text: 686868

kidshelpphone.ca

NATIVE YOUTH CRISIS HOTLINE

1-877-209-1266 or youthspace.ca

bcaafc.com/help/health or youthinbc.com