

## Crisis Lines & Additional Support

Below you'll find a list of crisis lines, referral information and other support resources related to suicidal ideation, substance abuse and domestic violence. Resources for First Nations and LGBTQ2+ communities are also provided.

- BC Crisis Line: 1-800-784-2433
- Mental Health Support Line: 310-6789 (no area code) TTY: 1-866-872-0113
- Online Crisis Chat for Youth: [www.YouthInBC.com](http://www.YouthInBC.com)
- Online Crisis Chat for Adults: [www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca)
- Kids Help Phone: 1-800-668-6868 or <https://kidshelpphone.ca/live-chat/>
- Recovery App: [Rise Up and Recover](#)
- The National Residential School Crisis Line: 1 866 925 4419

### Addiction

[Alcohol & Drug Information Referral Service](#): 1-800-663-1441 (604-660-9382 in the Lower Mainland) for information about substance use treatments or supports in your area

A list of addiction Treatment Helplines in Canada: [www.ccsa.ca/addictions-treatment-helplines-canada](http://www.ccsa.ca/addictions-treatment-helplines-canada)

First Nations Addiction Recovery Helpline: 1-855-245-9971 or visit <https://lastdoor.org>

Problem Gambling Help Line: 1-888-795-6111 or visit [www.bcreponsiblegambling.ca/](http://www.bcreponsiblegambling.ca/)

### Domestic Violence

WAVAW Rape Crisis Centre 24-Hour Crisis and Information Line: 604-255-6344 or 1-877-392-758 or visit [www.wavaw.ca](http://www.wavaw.ca)

WAVAW Counselling and Support Groups (free): [www.wavaw.ca/counselling/](http://www.wavaw.ca/counselling/)

[VictimLink BC](#) (provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence): 1-800-563-0808

National Domestic Violence Hotline: 1-800-799-SAFE (7233) or visit [www.thehotline.org/get-help/](http://www.thehotline.org/get-help/)

To view a national list of transition houses and to find a shelter in your area, visit [www.sheltersafe.ca/](http://www.sheltersafe.ca/)

Find help across Canada: <https://endingviolencecanada.org/getting-help-2/>

National Aboriginal Circle Against Family Violence: [Find a shelter](#)

[MyPlan \(safety planning app\)](#)

[Creating a Safety Plan](#)

Youth Against Violence Line: 1-800-680-4264 or visit [www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com)

## LGBTQ2+

QMUNITY (BC's Queer Resource Centre): 604-684-5307 or visit [www.qmunity.ca](http://www.qmunity.ca)

Prideline BC (Peer support, information and referrals): 1-800-566-1170 toll-free in BC or 604-684-6869 in the Lower Mainland

Pflag Canada (Information and peer support for individuals and families): [www.pflagcanada.ca](http://www.pflagcanada.ca)

Transgender Health Program and Information Hub: 604-734-1514 / 1-866-999-1514 or visit [www.transhealth.vch.ca](http://www.transhealth.vch.ca)

Urban Native Youth Association: 604-254-7732 or visit [www.unya.bc.ca](http://www.unya.bc.ca)

## General Mental Health

Wellness Together Canada (a mental health and substance use website to support people across Canada through text support, resources and online counselling): 1-866-585-0445 or visit <https://ca.portal.gs>

Adults can text WELLNESS to 741741

Youth can text WELLNESS to 686868

Front Line Workers can text FRONTLINE to 741741

Foundry Virtual (drop-in counselling sessions, peer support check-ins and group offerings to young people in BC ages 12- 24): 1-833-308-6379 or visit <https://foundrybc.ca/get-support/virtual/>

Free Anxiety Relief App: [Mindshift](#)

Mood Disorders Association of BC: [Support Groups](#)

Anti-Bullying support: 1-877-352-4497 or visit [www.bullyingcanada.ca](http://www.bullyingcanada.ca)