

Crisis Lines and Community Resources

Below you'll find a list of crisis lines, referral information and other resources for immediate support related to mental health, substance use and domestic violence. Resources for Indigenous and 2SLGBTQ+ communities are also provided.

- **Canadian Suicide Prevention Line:** 9-8-8 (call or text, 24/7)
- **BC Crisis Line:** 1-800-784-2433
- **Mental Health Support Line:** 310-6789 (no area code) TTY: 1-866-872-0113
- **Greater Vancouver Distress Line:** 604-872-3311 (Vancouver Crisis Centre)
- **Online Crisis Chat for Youth:** www.YouthInBC.com
- **Online Crisis Chat for Adults:** www.CrisisCentreChat.ca
- **Kids Help Phone:** 1-800-668-6868 or <https://kidshelpphone.ca/live-chat/>
- **The National Residential School Crisis Line:** 1-866-925-4419
- **Hope for Wellness:** Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada 24/7. Toll-free: 1-855-242-3310 or visit: www.hopeforwellness.ca
- **Trans LifeLine:** Offers direct emotional and financial support to trans people of all ages in crisis – for the trans community, by the trans community. 1-877-330-6366 or 1-877-565-8860 or visit: www.translifeline.org

Grief and Bereavement

- **BC Bereavement Helpline:** Provides support to anyone coping with grief and loss: 604-738-9950 or 1-877-779-2223 (Monday-Friday 9AM-5PM) or visit: <https://www.bcbh.ca/>

Addiction

- **Alcohol & Drug Information Referral Service:** Information about substance use treatments or supports in your area: 1-800-663-1441 (604-660-9382 in the Lower Mainland)
- **A list of addiction Treatment Helplines in Canada:** <https://ccsa.ca/en/contact-us/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/

Domestic Violence

- **Salal Sexual Violence Support Centre:** 604-255-6344 or 1-877-392-7583 or visit: www.salalsvsc.ca
- **Salal Ongoing Support (counselling):** www.salalsvsc.ca/ongoing-support (free)
- **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/
- To view **a national list of transition houses and to find a shelter** in your area, visit: www.sheltersafe.ca
- **Find help across Canada:** <https://endingviolencecanada.org/getting-help/>
- **National Aboriginal Circle Against Family Violence:** <https://www.nacafv.ca/>
- **Youth Against Violence Line:** 1-800-680-4264 or visit: www.youthagainstviolenceline.com
- **Guide to Creating a Safety Plan** by BC Housing and the Ministry of Justice: <https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/criminal-justice/victims-of-crime/vs-info-for-professionals/training/creating-safety-plan.pdf>

2SLGBTQ+

- **QMUNITY:** BC's Queer Resource Centre: 604-684-5307 or visit 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
- **QCHAT:** Peer support line and resource database for LGBTQ2S youth in BC: <https://www.qchat.ca/>
- **Transgender Health Program and Information Hub:** 604-734-1514 or 1-866-999- 1514
- **Urban Native Youth Association:** 604-254-7732 or visit www.unya.bc.ca
- **LGBT National Help Centre:** **US-based service providing a free and confidential hotline, peer support, and youth chat rooms for 2SLGBTQ+ community: 1-888-843-4564 or visit: www.lgbthotline.org

General Mental Health Support

- **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/>
- **Directions Youth Services (Family Services of Greater Vancouver):** Low-barrier drop-in and support services for youth and young adults (up to age 25) experiencing crisis or housing instability. Visit: fsgv.ca/programs/directions-youth-services/
- **Free Anxiety Relief App:** [Mindshift](#)
- **Mood Disorders Association of BC:** [Support Groups](#)
- **Anti-Bullying support:** 1-877-352-4497 or visit www.bullyingcanada.ca

Looking | Glass

FOUNDATION FOR EATING DISORDERS