

BC Mental Health Resources

Name and Contact	Information and Services
<p><u>Adults Help Line</u> Toll Free: 1-800-663-1441</p>	<p>It is important to know that no matter how you are feeling, you are not alone. Whether you are looking for information and support for yourself or for a loved one, help is available.</p>
<p><u>Alcohol & Drug Information Referral Service (ADIRS)</u> Toll Free: 1-800-663-1441 Lower Mainland Phone: 1-604-660-660-9382</p>	<p>Provides free, confidential information and referral services to British Columbians in need of support with any kind of substance misuse issue (alcohol or other drugs). Referral to community substance misuse treatment services is available for all ages.</p> <p><u>SERVICES:</u></p> <ul style="list-style-type: none"> • Prevention Resources • Support Groups • Addiction related topics such as fetal alcohol syndrome
<p><u>Anxiety Canada</u> 811-402 West Pender Street Vancouver, BC V6B 1T6 Phone: 1-604-620-0744</p>	<p>A non-profit organization which provides self-help, peer-reviewed and trusted resources on anxiety. Online resources include educational videos on YouTube, information exchange on Facebook, downloadable articles and resources, and the free and widely popular Mindshift App. Anxiety Canada self-help resources are written specifically for children, youth, adults, parents, and individuals to support anxiety management. Anxiety Canada also offers information on anxiety in youth, and an Anxiety Canada Blog.</p>
<p><u>British Columbia Crisis Center</u> Toll Free: 1-800-784-2433</p>	<ul style="list-style-type: none"> • Training & Courses for Adults • Training for Youth • Distress Services • Suicide Grief Support Group • Suicide Prevention Planning
<p><u>BC211</u> Dial 2-1-1 info@bc211.ca</p>	<p>BC211 is a British Columbia, non-profit organization that provides a free, confidential, multilingual service that links people to resources for help, where and when they need it.</p> <p>We provide information about and referral to a broad range of programs and services, including:</p> <ul style="list-style-type: none"> • basic needs like food and shelter • mental health and addictions support • legal and financial assistance • support for seniors, and much more. <p><i>Help is available 24/7 by calling or texting 211.</i></p>
<p><u>BC Mental Wellness & Substance Use Services</u> 4949 Heather St</p>	<p>An agency of the Provincial Health Services Authority (PHSA), provides a diverse range of specialized and one-of-a-kind tertiary mental health and substance use services for adults across the</p>

<p>Vancouver, BC V5Z 3L7 Phone: 1-604-829-8657</p>	<p>province. The goal of BCGMSUS is to work with the regional health authorities and other key stakeholders to ensure that everyone in British Columbia has access to the specialized mental health and substance use services they need, when they need them, regardless of where they live. In addition to delivering these clinical services, BCMHSUS provides provincial leadership for system-wide improvement through its work in tertiary mental health and substance misuse planning; health promotion and illness prevention; knowledge exchange; and research and academic teaching. Recognizing that people with mental health challenges may also have co-occurring substance use concerns, the assessment and treatment of substance use issues ins an integral part of BCMHSUS programs.</p>
<p><u>Canadian Institute for Substance Use Research (CISUR)</u> Victoria Contact: Phone: 1-250-472-5445 Email: cisur@uvic.ca</p> <p>Vancouver Contact: Phone: 1-604-408-7753 Email: cisurvan@uvic.ca</p>	<p>A network of individuals and groups dedicated to the study of substance use and addiction. CISUR seeks to support community-wide efforts to promote health and reduce harm. CISUR publishes research bulletins and educational resources. These are designed to help health professionals support individuals and communities deal with issues related to substance use and addiction. They publish a range of information and self-help materials. These publications help people better understand, prevent and manage substance use and related issues.</p>
<p><u>Canadian Mental Health Association (CMHA)</u> Phone: 1-604-688-3234 Toll Free: 1-800-555-8222 Email: info@cmha.bc.ca</p>	<p>The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. CMHA British Columbia, together with a network of local CMHA branches, provides services and resources related to mental health, substance use and addictive behavior in locations across the Province. Resources are available on numerous topic areas such as child, youth, parenting, workplace, alcohol and other drugs, finding help, and improving mental wellness.</p>
<p><u>Crisis Intervention and Suicide Prevention Centre of BC</u> 763 E Broadway Vancouver, BC V5T 1X8 Phone: 604-872-3311</p>	<p>The Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre) is a non-profit volunteer organization committed to helping people help themselves and deal with crisis. 24 hours a day, 7 days a week the Crisis Centre provides emotional support to youth, adults and seniors in distress.</p> <p>1-800-SUICIDE (1-800-784-2433): For individuals who are or know someone who is having thoughts of suicide. This service is available 24 hours a day, 7 days a week and in up to 140 languages. Operated in partnership with Crisis \line Association of BC.</p> <p>Seniors Distress Line: Seniors in British Columbia can call 604-872-1234 for telephone support from a trained volunteer at the Crisis Centre on topics specific to older adults. Topics may include suicide, retirement, stress, relocation, loss of a loved one, physical or mental</p>

	<p>health issues, emotional support, or help working through a problem. The Seniors Distress Line is available 24 hours a day, 7 days a week and in up to 140 languages.</p> <p>Youth in BC: Online crisis service for youth (up to 25 years of age) to chat 1-on-1 with a trained volunteer from the Crisis Centre. A range of topics can be discussed such as suicide, sexuality, depression, stress, and relationships. Youth in BC online chat is available from noon to 1am daily.</p> <p>Crisis Centre Chat: Online crisis service for adults (older than 25 years of age) to chat 1-on-1 with a trained volunteer from the Crisis Centre. A range of topics can be discussed such as suicide, mental illness, stress, physical health, work, relationship conflicts, parenting, caregiving, and other family issues. Crisis Centre Chat is available from noon to 1am daily.</p>
<p><u>Disaster Psychosocial Services (DPS)</u></p> <p>After hours emergency contact: 1-604-375-3487 To request DPS: 1-250-686-6061 General Inquiry: <u>Dpsprogram@phsa.ca</u></p>	<p>Part of the Provincial Health Services Authority, the DPS program responds to crisis situation. DPS is able to help with community assessment of needs and collaborative planning.</p> <p>Direct services available include:</p> <ul style="list-style-type: none"> • Psychological first aid – provided by volunteer network of professional mental health workers from within the local region where the crisis occurs • Assessment includes: 1-1 support, crisis counselling, outreach, and advocacy • Stress management: Individual, group or community sessions
<p><u>Domestic Violence Help Line</u> Toll Free: 1-800-563-0808</p>	<p>Domestic violence is not just about physical abuse. It includes any form of violence within a relationship (marriage, common law or dating) - sexual, emotional, financial and psychological, including threats. Domestic violence can happen even after a relationship is over. Examples of abusive behaviour include threats, physical violence, insulting or degrading comments, destroying property or extreme jealousy.</p> <p>If you or someone you know is or has been a victim of domestic violence, help is available. For information, please see:</p> <ul style="list-style-type: none"> • <u>Help Starts Here – Domestic Violence</u> (Includes a resource list and help line numbers.)
<p><u>FAMILYSMART</u> 355 Burrard St #1000, Vancouver, BC V6C 2G8</p>	<p>FamilySmart is at the heart and foundation of all the work of the unified non-profit organizations: The F.O.R.C.E. Society for Kids' Mental Health (the FORCE) and National Institute of Families for</p>

<p>Phone: 1-604-878-3400 Toll Free: 1-855-887-8004 Email: info@familysmart.ca</p>	<p>Child & Youth Mental Health (Institute of Families). FamilySmart means working together as youth, young adults, families, and service providers to achieve better mental health outcomes.</p>
<p>FNHA Mental Benefits Mental Health Services Phone: 1-855- 550-5454</p>	<p>For a list of First Nation Health Authority Mental Health and Substance Use / service providers in your area use link below: https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use</p> <p>FNHA Benefits service provider information: https://www.fnha.ca/benefits/contact-health-benefits</p> <p>Mental health service providers information: https://www.fnha.ca/benefits/mental-health</p>
<p>FNHA Doctors of the Day Clients Call Phone: 1-855-344-3800</p>	<p>You can access mental health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day</p>
<p>FNHA First Nations Virtual Substance Use and Psychiatry Service</p>	<p>You can be referred into the program</p>
<p><u>First Nations Emergency Services Society (FNESS)</u> Kamloops Office A 274 Halston Road Kamloops, BC V2H 1K1 Phone: 250-377-7600 BC Toll Free: 1-888-388-4431 Email: ffminfo@fness.bc.ca</p>	<p>The First Nations Emergency Services (FNESS) assists First Nations in developing and sustaining safer and healthier communities. Works closely with First Nations communities, Emergency Management BC (EMBC), Indigenous Services Canada (ISC) and various other stakeholders, to support the successful implementation of Emergency Management for First Nations communities in the province of BC. The FNESS Emergency Management guidance, support, and assistance to BC First Nations Communities.</p> <p>SERVICES</p> <ul style="list-style-type: none"> • Program Development • Mentoring and Advising • Training and Exercise • Support • Critical Incident Stress Management <p>FIRE SERVICES</p> <ul style="list-style-type: none"> • Tier 1 Home Fire Protection – Addresses fire safety activities that have the greatest potential for preventing fires and saving lives. We provide educational and awareness, tips and tools, installation of smoke and carbon monoxide detectors, fire extinguishers, household fire safety and escape plans, and more.

	<ul style="list-style-type: none"> • Tier 2 Community Fire Protection – Focuses on enhancing fire and safety education and awareness in communities. This tier emphasizes community activities such as public education and community fire prevention and maintenance programs. • Tier 3 Fire Departments – The capacity of community fire departments is further enhanced when Tier 1 & 2 prevention activities have been established. This tier highlights several factors such as capacity, recruitment and ongoing operations and maintenance to ensure the long-term sustainability of a fire department.
<p>Foundrybc 915-1045 Howe Street Vancouver, BC V6Z 2A9 Toll Free: 1-833-308-6379 Email: info@foundrybc.ca</p>	<p>Foundrybc.ca is an interactive website designed to support youth and young adults in British Columbia to better understand their mental health and learn about steps they can take to improve their well-being. The resource is made available through a partnership between Fraser Health Authority and the BC Mental Health and Substance Use Services of the Provincial Health Services Authority. Foundrybc.ca online resources are designed to help youth to be aware of the thoughts, feelings, behaviors, and physical symptoms that may indicate possible emerging mental health challenges. The online resources enable youth and young adults to identify mental health challenges early on and develop the skills and strategies they need to manage these problems before they become more serious. Topics include depression, anxiety, stress, alcohol, substance abuse, psychosis, and body image and eating.</p>
<p>Helpline For Children in BC Phone: 310-1234 Text: 686868</p>	<p>If you are a child or youth and would like to talk to someone call the Helpline for Children at 310-1234.</p> <p>You do not need an area code. You can call at any time of the day or night and you do not have to give your name.</p>
<p>HereToHelp c/o 905-1130 West Pender St, Vancouver, BC, V6E 4A4 Phone: 310-6789 (no area code required) Toll Free: 1-800-661-2121</p>	<p>HereToHelp is a project of the BC Partners for Mental Health and Addictions Information, a collaboration of seven leading mental health and addictions non-profit agencies.</p> <p>The HereToHelp website features thousands of plain-language Personal Stories and Self-Help Resources for several audiences including people concerned for themselves or for a loved one. Topics include, but are not limited to: anxiety and anxiety disorders, bipolar disorder, depression, eating disorders, grief, personality disorders, psychosis, self-harm, stress, suicide, substances like alcohol and other drugs, and co-existing mental health and substance use.</p> <p>The HereToHelp team is also available to help any British Columbians with requests for help, support, information or referrals via emails or Twitter.</p>

<p>Hope For Wellness Helpline 1-855-242-3310 or connect to the online chat at hopeforwellness.ca.</p>	<p>The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada.</p> <p>It is available 24 hours a day, 7 days a week to offer:</p> <ul style="list-style-type: none"> • counselling • crisis intervention
<p>Indian Residential School Survivors Society (IRSSS) Toll Free: 1-800-721-0066 Phone: 1-604-985-4464 24/7 Crisis Line: 1-866-925-4419 Counselling: 1-877-477-0775 Email: reception@irsss.ca</p>	<p>IRSSS counseling teams, cultural support workers and residential health support workers supports emotional, mental, and spiritual development, along with healing and recovery through culturally based values and guiding principles for survivors, families, and communities. There are 7 regional offices within BC. Please contact the numbers above to connect with a regional office.</p> <p>Services</p> <ul style="list-style-type: none"> • Counseling <ul style="list-style-type: none"> ○ Individual Counseling, couples counseling, family counseling, group counseling, art therapy counseling, art therapy group, psychology educational groups, circles, crisis counseling and crisis support. • Health Support <ul style="list-style-type: none"> ○ Provides safe, confidential, respectful, and non-judgmental information for from residential school students and their families • Cultural Services Request Forms <ul style="list-style-type: none"> ○ IRSSS staff are available to present at community forums, schools, post-secondary, and other events. • Cultural Support <ul style="list-style-type: none"> ○ IRSSS has 17 elders in BC who are qualified to provide guidance at gatherings, ceremonies, and workshops in the following cultural and spiritual activities such as: smudging, language, sweat lodges, arts and crafts, long house, translating, traditional medicines and therapies, traditions and protocol, healing and sharing circles and holistic wellness plans
<p>Interior Health Crisis Line Toll Free: 1888-353-2273</p>	<p>If you are in crisis and require immediate assistance (24 hours, 7 days per week).</p>
<p>Jessie’s Legacy</p>	<p>Jessie’s Legacy provides online eating disorder prevention education, resources, and support for youth, families, educators, and</p>

<p>1111 Lonsdale Ave Suite 203 Vancouver, BC V7M 2H4 Phone: 1-604-988-5281</p>	<p>professionals across British Columbia. Online services include an Eating Disorder Prevention Toolkit; numerous information resources; Jessie’s Legacy Blog; the Love our Bodies, Love Ourselves program; and a question/answer service.</p> <p>Jessie’s Legacy is a program created and operated by the Family Services of the North Shore, an accredited not-for-profit community-based agency that offers education, support, and counselling services. Jessie’s Legacy also provides services in the community of Metro Vancouver including and Early Childhood Development Program, Family Fundamentals, Girl Talk for adolescents, and a Speakers Bureau.</p>
<p><u>KUU-US Crisis Line Society</u> Toll Free: 1-800-588-8717 Youth Line: 1-250-723-2040 Adult Line: 1-250-723-4050</p>	<p>The KUU-US Crisis Line Society provides a First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, toll-free from anywhere in British Columbia.</p> <p>KUU-US services are for First Nations, by First Nations, and all crisis response personnel are certified and trained in Indigenous cultural safety bringing an understanding of First Nations history and trauma from the residential school to their roles. Topics the KUU-US Crisis Line can support individuals with include, but are not limited to, mental health issues and crisis related to residential school, child welfare, addiction, health concerns, divorce and separations, suicide ideation and survivorship, grief and loss, crime, abuse, peer pressure and financial distress.</p>
<p><u>Kelty Mental Health Resource Centre</u> BC Children's Hospital's Healthy Minds, 4555 Heather St Building #85 Vancouver, BC V6H 3N1 Phone: 1-604-875-2084</p>	<p>Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information and resources. The Centre supports people with navigating the mental health system and provides peer support to children, youth, and their families from across British Columbia. The Centre also provides support, information, and resources to people of all ages with eating disorders.</p> <p>Online resources cover a variety of topics for children, youth and adults including anxiety, attention deficit/hyperactivity disorder, behavioral problems, substance use and eating disorders.</p> <p>All services provided by the Kelty Mental Health Resource Centre are free, and include educational events for families, educators, and health professionals such as the Pinwheel Education Series.</p>
<p><u>Kids Help line</u> 789 W Pender St #570, Vancouver, BC V6C 1H2 Toll Free: 1 800-668-6868</p>	<p>The Kids Help Phone is a counselling, referral and support service for children and youth under the age of 20 years old. Professional counsellors provide immediate and caring support to young people who are dealing with a problem, making hard decision, or concerned</p>

	with feelings or mood. The service is free, confidential, anonymous, and available 24 hours a day.
<u>PFLAG Canada</u> Phone: 1-888-530-6777 inquiries@pflagcanada.ca	PFLAG used to stand for Parents and Friends of Lesbians and Gays. Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates, and provides resources to all individuals with questions or concerns 24/7.
<u>Red Cross Disaster Assistance</u> Toll Free: 1-888-800-6493 Email: Wecare@redcross.ca Website: www.redcross.ca	Outreach teams with safety and wellbeing personnel can visit community on invitation of leadership. Also, able to offer workshops in community on psychological first aid.
<u>Senior Abuse and Information Line (SAIL)</u> Phone: 604-437-1940 Toll Free: 1-866-437-1940	If you are an older adult who has been abused or mistreated, Services are available 8:00 a.m. to 8:00 p.m. daily (excluding holidays). SAIL is a safe place for older adults, and those who care about them, to talk to someone about situations where you feel you are being abused or mistreated. For more information about SAIL, visit Seniors First BC. <ul style="list-style-type: none"> • SAIL – Seniors Abuse and Information Line
<u>Tsow-Tun-Le-Lum Society</u> 699 Capilano Rd Lantzville, BC V0R 2H0 Phone: 250-390-3123	Tsow-Tun Le Lum has First stage and Second stage programs. First Stage Substance Abuse: <ul style="list-style-type: none"> • six weeks in length; • residential, individual, and co-ed; • requires two (2) weeks sobriety prior to set intake date. • https://www.tsowtunlelum.org/programs/thuy-namut/ Second Stage Trauma & Grief: <ul style="list-style-type: none"> • five weeks in length; • residential, individual, and co-ed; • requires six (6) months sobriety prior to filling out intake package. • https://www.tsowtunlelum.org/programs/kwnatsustul/ Honouring Grief (grief & loss): <ul style="list-style-type: none"> • two weeks in length; • residential, individual, and co-ed; • requires one (1) months sobriety prior to filling out intake package. • https://www.tsowtunlelum.org/programs/honouring-grief/
<u>VictimLinkBC</u> Toll Free: 1-800-563-0808	VictimLinkBC is a toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week by calling 1-800-563-0808 or sending an email to VictimLinkBC@bc211.ca . It provides information and referral services to all victims of crime and immediate crisis support to

	victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.
<p><u>Y Women's Emergency Shelter</u> 400 Battle Street Kamloops, BC V2C 2L7 Phone: 250-374-6162</p>	For a safe refuge, support for women and children, 24/7 phone support, referrals to community resources, and more. Our services are offered free of charge.