Youth Resources

Kids Help Phone: 1-800-668-6868 or text 686868 24/7, or online chat Wed-Sun, 3-11pm, kidshelpphone.ca/

Local Crisis Line: 1-888-353-2273, 24/7

Crisis Intervention and Suicide Prevention Centre of BC: 1-800-SUICIDE (1-800-784-2433)

Indigenous Youth Crisis Line: 1-800-588-8717

National Suicide Crisis Helpline: call 988 or text

Mental Health Crisis Line: 310-6789

VictimLinkBC: crime and crisis support 1-800-563-0808 (or text 604-836-6381), 24/7

Youth Against Violence: anonymous support for youth 1-800-680-4264 (or text 604-836-6381)

Human Trafficking Hotline: 1-833-900-1010

Youth Space (Suicide support): youthspace.ca for online chat, text 1-778-783-0177 (6pm to midnight)

Crisis Centre: 1-800-784-2433, youthinBC.com for online chat (12pm-1am)

Qmunity Resource Centre (Serving 2SLGBTQIA+): 1-604-684-5307

This Space Belongs to You (supports 2SLGBTQIA+ and/or IBPOC young people): https://wwwthisspacebelongstoyou.com/

Medical Advice from a Nurse: 811

Racist Incident Helpline: 1-833-457-5463 (1-833-HLP-LINE), 9-5pm on weekdays, free, accessible support available in 240 languages

Child Youth Mental Health: 1-250-442-4378, ask for an intake

The Foundry: 1-833-308-6379 or email online@foundry.ca

Boundary Family Services (BFISS): counselling and support for youth and families, 250-442-2267, ask for an intake

Duty to Report (report abuse/neglect): 1-800-663-9122, 24/7

Ministry of Children and Family Development: 250-442-4378

Kelty Eating Disorders: https://keltyeatingdisorders.ca/

Sexual Health Nurse: 250-444-9855 or 250-442-2267, Monday thru Wednesday

Health Unit (nurses): 250-443-3150

Boundary Women's Transition House: 250-442-3131, 24/7

Freedom Quest (drug & alcohol counselling): 250-442-7979 or boundary.outreach@freedomquestyouthservices.ca

Safety Apps: Aspire, bSafe, Circleof6

Wellness Apps: Mindshift, Happify, Healthy Minds, Mental Workout, Insight Timer, Simply Being, Breathe, Always There (Kids Help Phone App), Calm, Tapping Solution, HeadSpace, Finch

Youth Online Resources:

- www.needhelpnow.ca
- www.youthinbc.com
- www.cybertip.ca
- www.legalrightsforyouth.ca
- www.bullyingcanada.ca
- www.loveisrespect.org
- www.drugcocktails.ca
- www.mindcheck.ca
- www.mindyourmind.ca
- www.heretohelp.bc.ca
- www.keltymentalhealth.ca
- www.youth.anxietybc.com
- www.anxietycanada.com
- www.teenmentalhealth.org