

# Mental Health Supports

- **Crisis Intervention & Suicide Prevention Centre of BC**

**Description:** Immediate access to barrier-free, non-judgmental, confidential support and follow-up through 24/7 phone lines and online services.

**Call:** 1-800-784-2433 (1-800-SUICIDE)

**Chat:** [www.crisiscentreachat.ca](http://www.crisiscentreachat.ca)

- **VictimLinkBC**

**Description:** Toll-free, confidential, multilingual service available across B.C. and the Yukon 24 hours a day, 7 days a week. **Call or text:** 1-800-563-0808

**Email:** [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)

- **310Mental Health Support**

**Description:** Toll-free province-wide access to emotional support, information and resources specific to mental health, available 24/7.

**Call:** 310-Mental Health (310-6789) – no need to dial an area code

- **KUU-US Crisis Line Society**

**Description:** 24-hour crisis line for Indigenous adults, elders and youth: First Nations and Aboriginal Peoples helping First Nations and Aboriginal Peoples.

**Call toll-free:** 1-800-588-8717

**Adults and Elders call:** 250-723-4050

**Children and Youth call:** 250-723-2040

- **Indian Residential Schools Survivors Society**

**Description:** Crisis support for Survivors, families and communities, offering emotional, mental, and spiritual support, available 24/7.

**Call:** 1-800-721-0066

- **S.U.C.C.E.S Chinese Help Lines**

**Description:** Serves callers in the province of British Columbia who speak Mandarin or Cantonese.

**For Cantonese, call:** 604-270-8233

**For Mandarin, call:** 604-270-8222

- **Seniors Distress Line**

**Description:** free and confidential telephone support service for seniors, their caregivers or anyone concerned about a senior. Calls are answered 24 hours a day, 7 days a week by highly trained, non-judgmental and caring volunteers.

**Call:** 604-872-1234

- **Prideline (Gay and Lesbian Helpline)**

**Description:** Peer support, information and referrals for anyone in BC, available weeknights (Monday to Friday) from 7:00 pm to 10:00 pm

**Call:** 1-800-566-1170

- **Trans Lifeline**

**Description:** Grassroots hotline offering direct emotional and financial support to trans people in crisis: for the trans community, by the trans community.

**Call:** 1-877-330-6366

- **Black Youth Helpline**

**Description:** Professional, culturally relevant youth and family assessments and intervention

**Call:** 1-833 294 8650

- **Native Youth Crisis Hotline**

**Description:** Answered by staff 24/7. Available throughout Canada and US. **Call:** 1-877-209-1266

- **Kids Help Phone**

**Description:** Canada-wide 24-hour bilingual counselling and information services for children and youth between 5 to 20 years old. Services can be accessed via telephone, mobile app, and online.

**Call:** 1-800-668-6868