

Supporting young people during the holiday break

Holidays can be hard on anyone, even young people. If you need support during the holiday break here are some online and community resources to check out:

Prince George Native Friendship Centre– Native Healing Centre (phone: 250-564-4324)

Closed Dec 24 (at noon), Dec 25, Dec 31 (at noon) and Jan 1

Call or walk-in for support, building hours are 10am-3pm

1600 3rd Avenue (across from Ude Dune Baiyoh/Books & Co.)

Foundry Prince George/Youth Around Prince (phone: 250-645-4010)

YAP is closed: December 25, 26 and January 1. Foundry is closed: December 25 to January 3, inclusive.

DROP-IN Support offered daily from 11am to 3pm at YAP office (right beside Foundry)

Daily services (8:30am to 4:30pm): showers, laundry, food, internet, email, counselling & support

1160 7th Avenue (across from City Hall)

Intersect Youth & Family Services (phone: 250-562-6639)

Closed: December 24 (at noon) – December 28th

December 29, 30 & 31 doors are closed but counsellors are available by phone from 8:30-4:30. Please call our office line or 250-617-2691 if you need support or information.

Reconnect Youth Village (250-562-2538)

Daily services: 24 Hour services: crisis support, outreach, showers, laundry, food, emergency housing

171 George Street http://www.pgnfc.com/programs_services.html

Kelty Mental Health Resource Centre

Peer Support for Families and Youth

Phone: 604-875-2084 or toll-free from anywhere in BC: 1-800-665-1822

<https://keltymentalhealth.ca/youth-young-adults>

FOUNDRY VIRTUAL – GET SUPPORT ONLINE

Foundry BC now offers virtual drop-in counselling sessions, peer support check-ins and group offerings to young people ages 12-24 and their caregivers! Foundry Virtual's offerings will expand over the weeks and months ahead to include primary care. 1-833-FØUNDRY (that's FØUNDRY with a zero or 1-833-308-6379) between 1:15 to 9 pm Monday to Friday. You can send us an email at online@foundrybc.ca or register online to book an appointment at any time!

Foundry Online tools and info

learn about health and wellness topics, use tools to check out what's going on for you, and quickly connect to resources, services and supports.

<https://foundrybc.ca/info-tools/>

Local Crisis Support:

Northern BC 24 Hour Crisis Line: 1 (888) 562-1214

YOUTH SUPPORT: 1 (888) 564-8336 (24 hour access)

Online Chat: <https://www.northernbccrisissuicide.ca/> (4pm to 10pm)

Provincial Crisis Support

Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)

Online Chat Services for Adults: www.CrisisCenterChat.ca (Noon to 1am)

Anywhere in BC 1-800-SUICIDE: 1-800-784-2433 (24 hour access)

310Mental Health Support: 310-6789 (no need to dial area code) (24 hour access)