

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:

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>



MindShift Anxiety App for smart phones

MindShift™ will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

<https://www.anxietycanada.com/resources/mindshift-app>

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/>

Intersect Youth & Family Services (phone: 250-612-1884)

Closed: December 24 (at noon), 25, 26 & January 1

December 27, 30 & 31 doors are closed—please call 250-612-1884 if you need support

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

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

Call or walk-in for support (see attached calendar)

1600 3rd Avenue (across from Uda 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 23 to January 3, inclusive.

DROP-IN Counselling offered daily 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)

Reconnect Youth Village (250-562-2538)

Food, emergency housing, showers, laundry, crisis support, daily programming and outreach.

Find us on Facebook: 'Youth Services – PG Native Friendship Centre'

171 George Street

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 Service for Adults: www.CrisisCentreChat.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)



