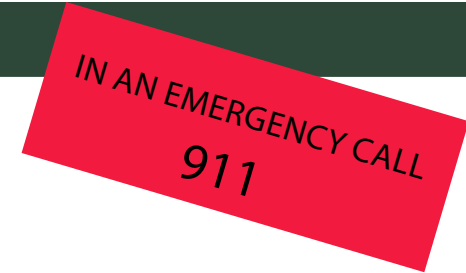




Emergency



Crisis lines



1800SUICIDE

Phone 1-800-784-2433

Hours 24/7

Services The Vancouver Island Crisis Line and other network members of the Crisis Line Association of BC answer this 24/7/365 provincial service to support callers experiencing suicidal thoughts. Workers provide skilled suicide assessment, de-escalation, intervention, resources, and short-term support.

BC211

Phone 211

Hours 24/7

Services Navigators are available 24/7 and can access an interpreter in over 150 languages to help facilitate inquiries.

Email W@bc211.ca



Website www.bc211.ca

CIRCLE OF CARE: KUU-US FIRST NATIONS AND ABORIGINAL CRISIS LINE SUPPORT

Phone 24 hour crisis line: 1-800-588-8717

Services Help comes in various forms, from a listening, supportive ear, with an opportunity to problem solve, through to a risk assessment to determine the level of help that is needed or the opportunity to have a worker or band member sit with the individual in person if that is wanted.

Website www.fnha.ca

Social  

HAVEN SOCIETY TRANSITION HOUSE - CRISIS LINE

Phone 1-888-756-0616 or 250-756-0616

Hours 24/7

Social  


MENTAL HEALTH SUPPORT

Phone 250-310-6789

Hours 24/7

Services Answers the provincial 310Mental Health Support 24/7/365 to provide empowering emotional support, information on appropriate resources, and a wide range of support relating to mental health concerns. Information on mental health, mental disorders, and substance use/abuse for individuals, families, and the community.

Website www.heretohelp.bc.ca

Social 

VANCOUVER ISLAND CRISIS SOCIETY - CRISIS LINE

Phone 1-888-494-3888

Text 1-250-800-3806

Hours 24/7

Social 