



## Emergency



## Crisis lines

**If you require health care advice for a non-urgent concern, call HealthLink BC at 811 (24/7).**

**IN AN EMERGENCY CALL  
911**



### 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.  
Email [W@bc211.ca](mailto:W@bc211.ca)  
Website [www.bc211.ca](http://www.bc211.ca)


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

Phone 1-800-588-8717  
Hours 24/7  
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](http://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 emotional support and support relating to mental health concerns. Information on resources, mental health, mental disorders, and substance use and addictions.  
Website [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)  
Social 

### SERVICE LINK

Phone 1-888-885-8824  
Hours 8:30 am- 4:30 pm, daily  
Services Connects callers to mental health, substance use, harm reduction, treatment and recovery resources in their community. If a call is not answered, callers may leave a message and will be contacted later that day or next.

### VANCOUVER ISLAND CRISIS SOCIETY - CRISIS LINE

Phone 1-888-494-3888  
Text 1-250-800-3806  
Hours 24/7  
Social 