

COVID-19 SUPPORTS

Children, Youth, & Families

JACK.ORG

Easy-to-access hub
Youth mental health
Education + tools
Support
Reliable information

FOUNDRY.ORG

Virtual counselling
Personalized supports
Resources
For youth ages 12-24
and their caregivers

<https://foundrybc.ca/covid19>

HERE2TALK

24/7

Mental health support
Counselling and referrals
For all BC post-secondary
students
App, phone and web

<https://here2talk.ca/getStarted>
1-877-857-3397

KIDS HELP PHONE

24/7

Counselling, info and referrals
French & English
Text CONNECT to 686868
Phone: 1-800-668-6868

CRISIS INTERVENTION AND SUICIDE PREVENTION CENTRE

NOON - 1AM (PST) / 7 days a week

For youth and adults in distress

Free, confidential, non-judgmental support

Services available in 140 languages.

Online for adults: <https://crisiscentrechat.ca/>

Online for youth: <https://youthinbc.com/>

Phone: 1-800-784-2433 (1-800-SUICIDE) | Alternate Phone: 1-866-661-3311

FAMILY SUPPORT

Mental Health & Substance Use
Vancouver Coastal Health (VCH)
Counselling and support
Youth aged 13-19

Self-refer / Other referrals welcome
Erica Dolsen
604-414-5920

YOUTH COORDINATOR

Powell River Child, Youth & Family
Services Society
Open access service
Solution-focused counselling
Parenting education
604-485-3090
admin@prcyfss.com

PARENTS FOREVER

A support group for parents and family members of adult loved ones
struggling with substance use, meets weekly on-line.

604-524-4230 | www.parentsforever.ca

