

# REACH OUT



Distress and Support  
Phone | Text | Online Chat



**CRISIS INTERVENTION AND SUICIDE PREVENTION**  
NOON-1AM  
CRISISCENTRE.BC.CA/DISTRESS-SERVICES/  
1-800-784-2433

**YOUTH + KIDS HELP PHONE**  
TEXT CONNECT OR WELLNESS TO 686868

**24/7 CRISIS LINE**  
GRACE HOUSE  
AVAILABLE TO EVERYONE IN THE REGION  
604-485-9773

**HOPE FOR WELLNESS**  
IMMEDIATE MENTAL HEALTH COUNSELLING FOR  
INDIGENOUS PEOPLES ACROSS CANADA  
HOPEFORWELLNESS.CA  
1-855-242-3310

**KUU-US CRISIS RESPONSE SERVICES**  
24 HOUR PROVINCIAL ABORIGINAL CRISIS LINE  
ADULTS/ELDERS: 250-723-4050  
CHILD/YOUTH: 250-723-2040  
TOLL FREE LINE: 1-800-588-8717

**SENIORS DISTRESS LINE**  
604-872-1234

**TRANS LIFELINE**  
WEBSITE, RESOURCES, AND HELP LINE  
PHONE: 1-877-330-6366  
WWW.TRANSLIFELINE.ORG

**WELLNESS TOGETHER CANADA**  
YOUTH: TEXT WELLNESS TO 686868  
ADULTS: TEXT WELLNESS TO 741741

**24 / 7 ALCOHOL & SUBSTANCE USE INFO &  
REFERRAL**  
1-800-663-1411

**811 HEALTH LINK BC**  
IMMEDIATE REFERRALS: MENTAL HEALTH,  
NURSES, FAMILY SUPPORT, AND MORE  
8-1-1  
7-1-1 for the deaf and the hard of hearing

**310 MENTAL HEALTH SUPPORTS**  
EMOTIONAL SUPPORT, INFO AND RESOURCES  
604-310-6789