

Resources for Families

Emergency Responses:

- Vancouver Island Crisis Line 1-888-494-3888
(Emergency crisis line, and access to Integrated Mobile Crisis Response Team, operating 1:00pm – midnight)
- 911 (for immediate emergencies)

Suicide Concerns (non-emergency):

- High Risk Team: 250-952-5073 (Counselling for youth with suicide ideation)

Resources:

- Orientation to Child, Youth & Family Mental Health and Substance Use Services: A Guide for Families in the South Vancouver Island Area www.islandhealth.ca
- The Foundry www.foundrybc.ca : Mental Health online tools, and access to youth focused supports

- **Phone, Chat & Text Support:**

1. **Youthspace.ca** Chat: www.youthspace.ca, text: (778) 783-0177
Operates 6pm – midnight, all youth under 30
2. **YouthinBC** Chat: www.YouthinBC.com, phone: (604) 872-3311
Operates 24/7 crisis phone service, online chat noon – 1 am
3. **Kids Help Phone** Chat: www.kidshelpphone.ca, phone: 1-800-668-6868
Operates 24/7 crisis phone service, online chat Wed –
Sunday 3pm – 11pm
4. **Van. Island Crisis Line** Chat: www.vicrisis.ca, phone 1-888-494-3888, text: 250-
800-3806, Operates 24/7 phone support, chat and text
6pm – 10pm
5. **1-800-SUICIDE** Phone: 1-800-784-2433
Operates 24/7

- **Online Resources:**

1. www.youthspace.ca Support and information for youth under 30, online chat and text support, a moderated forum, resources and a link to email counselling with Pacific Centre Family Services
2. www.keltymentalhealth.ca Mental Health, substance use, and healthy living Resources for children, youth, families and schools
3. www.youthinbc.com Resources on specific topics including depression, anxiety, suicide, self-injury etc.
4. www.mindcheck.ca Information, resources, and youth-accessible screening tools related to mental health and substance use
5. www.heretohelp.bc.ca Information, support and youth accessible screening tools for mental health, substance use etc.
6. www.mindyourmind.ca Mental health information, support and resources for youth
7. www.bc211.ca Help line identifying community services in BC. There is also a service navigator available from 3:30 – 11:00pm.
8. www.mcf.gov.bc.ca Suicide prevention tab with resources for youth, professionals and families

- **Mindfulness Resources:**

1. www.DoYogaWithMe.com Free online yoga and meditation for all ages
2. www.keltymentalhealth.ca Free mindful meditations, stress relievers and body scans available
3. www.Calm.com Free and easy online relaxation moments
4. www.headspace.ca Guided online meditation. First 10 sessions free
5. www.thinkfull.ca Free online resource for relieving stress, problem solving and living well