

Resource List

Crisis Services

1. **BC Crisis Centre**
 - **Phone:** 1-800-273-8255 (24/7)
 - **Website:** crisiscentre.bc.ca
2. **Kids Help Phone**
 - **Phone:** 1-800-668-6868 (24/7)
 - **Text:** Text "CONNECT" to 686868
 - **Website:** kidshelpphone.ca
3. **First Nations Health Authority (FNHA)**
 - **Crisis Line:** 1-800-588-8717
 - **Website:** fnha.ca
4. **Talk to a Nurse (HealthLink BC)**
 - **Phone:** 8-1-1 (24/7)
 - **Website:** healthlinkbc.ca

Mental Health Services

1. **BC Mental Health and Substance Use Services**
 - **Website:** bhiv.bc.ca
2. **Provincial Health Services Authority (PHSA)**
 - **Website:** phsa.ca
3. **Community Mental Health Services**
 - Available through local health authorities. Check with your regional health authority for specific services.
4. **Counselling Services**
 - Various non-profit organizations offer counselling. Examples include:
 - **Family Services of Greater Vancouver**
 - **Canadian Mental Health Association (CMHA) - BC Division**

Online Resources

1. **Wellness Together Canada**
 - **Website:** wellnesstogether.ca (provides mental health resources and support)
2. **MindBeacon**
 - **Website:** mindbeacon.com (offers online therapy programs)