**Mental Health Support and Crisis Lines**

**24 Hour BC Mental Health Support Line (also helps with service navigation)**: 310-6789 (do not add 604, 778 or 250 before the number)

**Alcohol & Drug Information & Referral Service:** 1-800-663-1441; Lower Mainland: 604 660-9382

This service is available to people across B.C. needing help with any kind of substance abuse issues 24 hours a day. It provides information and referral to education, prevention and treatment services and regulatory agencies.

**Crisis Support Center Chat**: <https://crisiscentrechat.ca/>

**24 Hour Crisis Line BC:** 1-800-SUICIDE ([784-2433](http://www.crisislines.bc.ca/services)**), or SMS/Text: Text 45645**

**KidsHelpPhone (for children and youth):**

Phone: 1-800-668-6868  
Website: <https://kidshelpphone.ca/>

**Call 911 or go to nearest hospital’s Emergency Room if it is an emergency**

**Mental Health Services**

**Mental Health Services in BC**: <https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc>

**Foundry BC –** Provides mental health information and other services for youth ages 12-24 in BC: <https://foundrybc.ca/get-support/>

**Bounce Back Online Program –** Free skill-building program for 15yo+ to help with managing low mood, mild to moderate depression, anxiety, stress or worry: <https://cmha.bc.ca/programs-services/bounce-back/>

**Finding private psychologists or counselors (no physician referral required, self-pay or may be covered in part by extended health)**

**BC Psychological Association**: <https://www.psychologists.bc.ca/find_psychologist>

**BC Association of Clinical Counsellors**: <https://bc-counsellors.org/>

**Other Helpful Websites**

**Mental Health and Faith Community Partnership** – Created by the American Psychiatric Association. This page contains a Mental Health Guide for Faith Leaders (based on the US health system, but has helpful information):<https://www.psychiatry.org/psychiatrists/cultural-competency/engagement-opportunities/mental-health-and-faith-community-partnership>

**Here to Help – Information about mental health and substance use:** <https://www.heretohelp.bc.ca/>

**Kelty Mental Health Resource Centre** – Offers support to families on navigating the mental health system and providing other mental health resources: <https://keltymentalhealth.ca/>

**Resources specifically related to the COVID-19 pandemic**

**Helpful Coping Supports from Anxiety Canada:** <https://www.anxietycanada.com/covid-19/>

**Parenting Resources:** <https://keltymentalhealth.ca/info/parenting-during-covid-19>

**Virtual Mental Health Supports:** <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

**Mental Health and COVID-19:** <https://www.healthlinkbc.ca/mental-health-covid-19>