

SUPPORT LINES (PHONE NUMBERS AND LINKS)

BC Crisis Line (all ages)

(24/7 phone line) Ph: 1-800-784-2433 <https://www.crisislines.bc.ca/>

Crisis Centre (ages 25+)

(online chat) Hours: 12 noon - 1am, daily. Contact: <https://crisiscentrechat.ca/>

Kids Help Phone (ages 5-25)

(24/7 phone/text line) Ph: 1-800-668-6868 or Text "CONNECT" to 686868
www.kidshelpphone.ca

Kids Help Phone: First Nations (ages 5-25)

(24/7 text line) Text "First Nations", "Metis", or "Inuit" to 686868 for youth, and 741741 for adults.

KUU-US Crisis line (all ages)

(24/7 phone lines for First Nations persons)
Ph: Toll-free: 1-800-588-8717, Children & Youth: 250-723-2040, Adults: 250-723-4050, Metis: 1-888-638-4722 <https://www.kuu-uscrisisline.com/>

LGBT National Help Center and Talk Line (all ages)

(phone line/online chat) Hours for all hotlines/online chat: 1pm-9pm Mon-Fri, and 9am-2pm on Sat.

Ph: All ages talk-line: 1-888-843-4564, Youth talk-line (ages 25 and under): 1-800-246-7743, Seniors talk line (50+): 888-234-7243 <https://www.lgbthotline.org/>

Mental Health Support Information Line

(24/7 phone line) Ph: 310-6789 (no area code needed)

QCHAT (ages 25 and under)

(phone line/online chat for LGBTQ+ persons) Hours: 6pm- 9pm all nights except Friday. Toll-free: 1-855-956-1777, Text: 250-800-9036 www.qchat.ca

TalkSuicideCanada (all ages)

(phone/text line) Ph: 1-833-456-4566 (all hours), text 45645 from 4pm - 12am.
www.talksuicide.ca

YouthInBC (ages 12-25)

(online chat) Hours: 12 noon-1am, daily. <https://youthinbc.com>

VictimLink BC (all ages)

(24/7 phone line) Ph: 1-800-563-0808

Community Resources



FOR FURTHER INFORMATION:

Visit our website: sd8.bc.ca

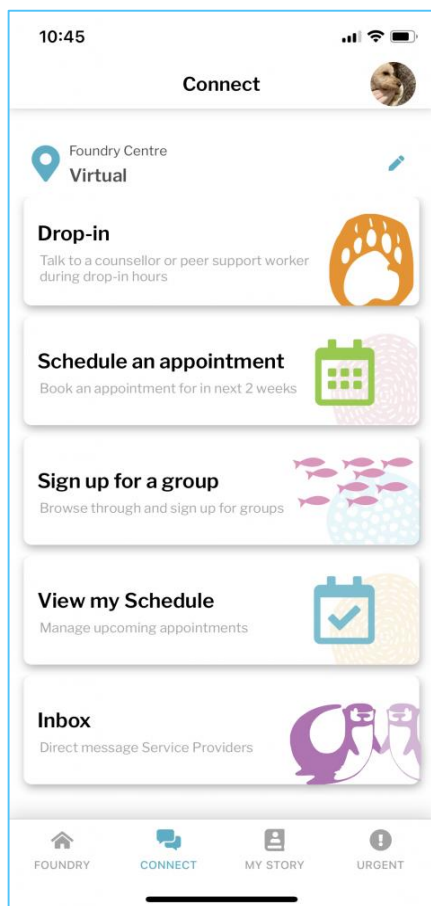
Send us an email: info@sd8.bc.ca

Resources

(All resources are free to access)

RESOURCE SPOTLIGHT

• FOUNDRY •



Free virtual service for youth ages 12-24 and their caregivers/parents. Provides:

- virtual counselling
- peer and family-peer support
- assistance to access primary care
- youth employment support
- groups and workshops
- online tools and resources through their mobile app

Download the app:



About:

<https://www.youtube.com/watch?v=7-2CyVmoFs>

Website: <https://foundrybc.ca/virtual>

STUDENT RESOURCES

BounceBack – Canadian Mental Health Association (ages 13-18 and 19+)

(online/phone) <https://bouncebackbc.ca/> 1-866-639-0522

Child and Youth Mental Health (ages 4-19)

(in-person) Nelson Intake Clinic: 250-354-6480, Thurs 9-11 am

(in-person) Creston Intake Clinic: 250-428-3229 Tues 9-11 am

<https://www.heretohelp.bc.ca/sites/default/files/what-to-expect-from-cymh-services.pdf>

Circle of Indigenous Nations Society (COINS) (in-person/phone/online)

Ph (West Kootenay): 1-877-904-2634 <https://www.coinations.net/>

Foundry Virtual (ages 12-24)

(app/online) Download the app in the App Store for iPhone, or GooglePlay for Android. <https://foundrybc.ca/virtual/> [Insert Video Link]

Freedom Quest Youth Services Society (ages 6-24) (in-person)

Ph: 250-304-2676, Toll-free: 1-877-304-2676

<https://www.freedomquestyouthservices.ca/>

Kelty Mental Health Resource Centre (BC Children's Hospital) (online/phone)

www.keltymentalhealth.ca Ph: 604-875-2084, Toll-free: 1-800-665-1822

Mental Health Act Toolkit for Youth (ages 0-19) (online)

<https://healthymindslearning.ca/mha-toolkit-patient-and-family-resources/>

MindUP (ages 3-13 and families) (online)

<https://mindup.org/>

QCHAT (ages 25 and under) (online/phone/chat)

www.qchat.ca Toll-free: 1-855-956-1777, Text: 250-800-9036. Hours: 6-9pm all nights except Fri.

Stigma Free Society (ages 9-18) (online)

Youth: <https://studentmentalhealthtoolkit.com/youth-corner/>

Teens: <https://studentmentalhealthtoolkit.com/teens-corner/>

YouthSpace (ages 30 and under) (online/text)

Hours: 6pm - 12am, everyday. www.youthspace.ca Text: 778-783-0177

Here2Help (online)

<https://www.heretohelp.bc.ca>

PARENT RESOURCES

- BounceBack – Canadian Mental Health Association (ages 13-18 and 19+)**
(online/phone) <https://bouncebackbc.ca/> Ph: 1-866-639-0522
- Canadian Mental Health Association (BC Division)**
(online) www.cmha.bc.ca Ph: 604-688-3234, Toll-free: 1-800-555-8222
- Child and Youth Mental Health (ages 4-19)**
(in-person) Nelson Intake Clinic: 250-354-6480, Thurs 9-11 am
(in-person) Creston Intake Clinic: 250-428-3229 Tues 9-11 am
<https://www.heretohelp.bc.ca/sites/default/files/what-to-expect-from-cymh-services.pdf>
- Circle of Indigenous Nations Society (COINS)**
(in-person/phone/online). Ph (West Kootenay): 1-877-904-2634
<https://www.coinations.net/>
- FamilySmart**
(online/phone) <https://familysmart.ca/> Ph: 604-878-3400, Toll-free: 1-855-887-8004
- Foundry Virtual (ages 12-24, parents)**
(app/online) Download in the App Store for iPhone or GooglePlay for Android. <https://foundrybc.ca/virtual/>
- Freedom Quest Youth Services Society (ages 6-24, families)**
(in-person) Ph: 250-304-2676, Toll-free: 1-877-304-2676
<https://www.freedomquestyouthservices.ca/>
- HealthyMindsLearning – ADHD (ages 6-12, families)**
(online) <https://healthymindslearning.ca/rollingwith-adhd/>
- Here2Help**
(online) <https://www.heretohelp.bc.ca>
- Kaslo Community Services Society**
(in-person) <https://nklcss.org/home/> Ph: 250-353-7691
- Kelty Mental Health Resource Centre (BC Children's Hospital)**
(online/phone) www.keltymentalhealth.ca Ph: 604-875-2084, Toll-free: 1-800-665-1822
- Kootenay Boundary Eating Disorders Clinic (all ages) – Castlegar**
(in-person) Ph: 250-304-1243 <https://keltyeatingdisorders.ca/kootenay-eating-disorders-program/>
- Mental Health Act Toolkit for Youth (ages 0-19, families)**
(online) <https://healthymindslearning.ca/mha-toolkit-patient-and-family-resources/>
- MindUP (families)**
(online) <https://mindup.org/mindup-for-families/>
- Nelson Cares Society**
(in-person) www.nelsoncares.ca Ph: 250-352-6011 (office hours vary for each program)

PARENT RESOURCES CONT'D...

- Nelson Community Services**
(in-person) <https://www.servicesfyi.ca/> Ph: 250-352-3504, 8:30am-4:30pm Mon-Thurs
- Salmo Community Services**
(in-person) www.scrs.ca Ph: 250-357-2277
- Stigma Free Society**
(online) <https://studentmentalhealthtoolkit.com/parent-resources/>
- Valley Community Services Society (Creston)**
(in-person) www.valley.services Ph: 250-428-5547. 1-4:30 pm, Mon-Fri
- W. E. Graham Community Services Society**
(in-person) www.wegcss.org Ph: 250-355-2484. 9am-4pm, Tues-Fri
- YouthSpace (30 and under)**
(online/text) www.youthspace.ca Text: 778-783-0177

STAFF RESOURCES

- Foundry Virtual (ages 12-24, parents/caregivers)**
(app/online) Download in the App Store for iPhone or GooglePlay for Android.
<https://foundrybc.ca/virtual/>
- Canadian Centre for Child Protection**
(online) <https://needhelpnow.ca/app/en/>
- Canadian Safe Schools Network**
Info: <https://cssn.me/>
- ERASE (Expect Respect and a Safe Education)**
Info: <https://www2.gov.bc.ca/gov/content/erase/about?keyword=ERASE>
- Healthy Kids Program – Dental/Optical/Hearing Assistance**
Info: <https://www2.gov.bc.ca/gov/content/home>
- Nelson Cares Society**
(in-person) www.nelsoncares.ca Ph: 250-352-6011 (office hours vary for each program)
- Vanier Institute of the Family**
(online) <https://vanierinstitute.ca/>

LEARNING RESOURCES

- Brain Story Certification**
(online) <https://www.albertafamilywellness.org/training/> Ph: 1-403-215-4490
- Cannabis and Mental Health**
(online) <https://cannabisandmentalhealth.ca/>
- UBC – Mental Health Literacy**
(online) <https://pdce.educ.ubc.ca/open-learning/>