



Emergency



Crisis lines

If you require health care advice for a non-urgent concern, call HealthLink BC at 811 (24/7)

IN AN EMERGENCY CALL
911

BC 211

Phone 211
Hours 24/7 Navigators are available 24/7 and can access an interpreter in over 150 languages.
Services
Email W@bc211.ca
Website www.bc211.ca

CIRCLE OF CARE: KUU-US FIRST NATIONS AND ABORIGINAL CRISIS LINE SUPPORT

Phone 1-800-588-8717
Hours 24/7
Services Help comes in various forms, from a listening, supportive ear, with an opportunity to problem solve, through to a risk assessment to determine the level of help that is needed or the opportunity to have a worker or band member sit with the individual in person if that is wanted.
Website www.fnha.ca
Social  

HAVEN SOCIETY TRANSITION HOUSE - CRISIS LINE

Phone 1-888-756-0616 or 250-756-0616
Hours 24/7
Social  

HUMAN TRAFFICKING HOTLINE

Phone 1-833-900-1010
Hours 24/7
Services You can reach out 24/7- whether you're being trafficked, you know someone who is, or you're a trafficking survivor. We'll help you explore options that feel right for you. Everything is confidential. We also welcome calls from social service providers and law enforcement agencies who want to know how to better support victims and survivors of trafficking.

MENTAL HEALTH SUPPORT

Phone 250-310-6789
Hours 24/7
Services Answers the provincial 310Mental Health Support 24/7/365 to provide emotional support and support relating to mental health concerns. Information on resources, mental health, mental disorders, and substance use and addictions.
Website www.heretohelp.bc.ca
Social 

SUICIDE CRISIS HELPLINE

Phone 988 (call or text, toll free)
Hours 24/7/365
Services If you are thinking about suicide, or you're worried about someone else, we want to help.
Website 988.ca



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SERVICE LINK

Phone	1-888-885-8824
Hours	8:30 am - 7:45 pm, daily
Services	Connects callers to mental health, substance use, harm reduction, treatment and recovery resources in their community. If a call is not answered, callers may leave a message and will be contacted later that day or next.

VICTIM LINK BC

Phone	1-800-563-0808 (Call or Text)
Email	211-victimlinkbc@uwbc.ca
Hours	24/7 in different languages
Services	A support program for victims of crime and trauma across BC.

VANCOUVER ISLAND CRISIS SOCIETY - CRISIS LINE

Phone	1-888-494-3888
Text	1-250-800-3806
Hours	24/7
Social	