



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**



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



BC211

Phone	211
Hours	24/7
Services	Navigators are available 24/7 and can access an interpreter in over 150 languages.
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	 

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	

SERVICE LINK

Phone	1-888-885-8824
Hours	8:30 am- 4:30 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.

VANCOUVER ISLAND CRISIS SOCIETY - CRISIS LINE

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