

CRISIS SUPPORT RESOURCES FOR YOUTH

WHO	PHONE	TEXT	CHAT
BC 211	211 AVAILABLE 24/7		
VANCOUVER ISLAND CRISIS LINE	1-888-494-3888 AVAILABLE 24/7	250--800-3806 AVAILABLE 6-10pm	vicrisis.ca AVAILABLE 6-10pm
KIDS HELP PHONE	1-800-686-6868 AVAILABLE 24/7	Text HOME to 686868 AVAILABLE 24/7	kidshelpphone.ca
YOUTH SPACE		778-783-0177 AVAILABLE 6pm—midnight	youthspace.ca AVAILABLE 6pm—midnight
CRISIS LINE ASSOCIATION OF BC	1-800-784-2433 AVAILABLE 24/7		
YOUTH IN BC	604-872-3311 AVAILABLE 24/7		youthinbc.com AVAILABLE 12– 1pm
CRISIS SERVICES CANADA	1-833-456-4566 AVAILABLE 24/7	Text: 45645 AVAILABLE 24/7	crisisservicescanada.ca AVAILABLE 24/7

WHERE TO CALL FOR HELP!

2018-2019

**IN CASE OF
EMERGENCY CALL 911**

CHILD AND YOUTH MENTAL HEALTH

Intake Clinic Tuesday 9am -12pm
Thursday 12pm - 3:00pm

Victoria Child Youth and Mental Health

250-356-1123

Saanich Child Youth and Mental Health

250-952-5073

Westshore Child and Youth Mental Health

250-391-2223

Aboriginal Team (call for intake hours)

250-952-4073

FOUNDRY VICTORIA YOUTH CLINIC

The Foundry offers a range of wellness services for young people ages 12-24, including physical and mental health care, substance use supports, social services and peer support.

818 Douglas Street

250-383-3552

Walk in Hours

Monday–Thursday 11am - 5pm and Friday 11am - 4pm

foundrybc.ca/victoria/

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ABUSE and TRAUMA	
Greater Victoria Police Victim Services	250-995-7351
Help Line for Children (up to age 19)	310-1234
Mary Manning Child Abuse Prevention/Counselling	250-385-6111
VictimLINK BC	1-800-563-0808
Youth Against Violence Line	1-800-680-4264
Victoria Sexual Assault Centre	250-383-3232
ADDICTION SERVICES	
Alateen	250-383-4020
Alcohol & Drug Information & Referral Service	1-800-663-1441
Alcoholics Anonymous	250-383-7744
Foundry (Victoria Youth Clinic)	250-383-3552
Problem Gambling Help Line	1-888-795-6111
Narcotics Anonymous	250-383-3553
Salvation Army Addictions and Rehabilitation	250-384-3396
Victoria Native Friendship Centre	250-384-3211
Specialized Youth Detox (YES)	250-383-3514
Island Health Discovery Youth and Family Svs	250-519-5313
EATING DISORDERS	
Kelty Mental Health (Eating Disorders)	1-800-665-1822
Jessie's Legacy Program	1-604-988-5281
Looking Glass BC	604-314-0548
MCFD Eating Disorders Program	250-387-0000
Overeaters Anonymous	250-413-3093
EMERGENCY FOOD	
Alliance Club	250-361-3923
Sanctuary Youth Centre	250-385-6255
Burnside Gorge Food Rescue	250-388-5251
Saanich Neighbourhood Place	250-360-1148
Fernwood NRG (Student Dinner Wed 5:50)	250-381-1552
Mustard Seed Food Bank	250-953-1575
Community Meal Program (Salvation Army)	250-384-3396
LGBTQ	
AIDS Vancouver Island	1-800-665-2437
PFLAG	250-385-9462
Queer, Trans and Allies Youth Drop In	250-475-7624
The Trevor Project	1-866-488-7386
Uvic Pride	250-472-4393
HOUSING ASSISTANCE & SHELTER	
Kiwanis Youth Shelter	250-595-3133
Out of the Rain Youth Night Shelter	250-415-3856
Pandora Youth Apartments	250-380-2663
Threshold Housing Society	250-383-8830

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LEGAL INFORMATION	
Crime Stoppers	1-800-222-TIPS
Dial-a-Law	1-800-565-5297
Law Centre—University of Victoria	250-385-1221
B.C. Ombudsperson	250-387-5855
Restorative Justice Victoria	250-383-5801
Representative for Children & Youth	250-356-6710
MEDICAL HELP	
BC Drug & Poison Information Centre	1-800-567-8911
HealthLink BC	811 or 604-215-8110
Island Health Public Health Nursing	250-388-2200
Foundry (Victoria Youth Clinic)	250-383-3552
MULTI-CULTURAL	
Anti-Dote Multi-Racial Girls Network	info@antidotenetwork.org
Inter-Cultural Association	250-388-4728
Victoria Immigrant and Refugee Centre	250-361-9433
Victoria Native Friendship Centre	250-384-3211
MENTAL & EMOTIONAL HEALTH	
Artemis Place	250-598-5183
B.C. Bereavement Helpline	1-877-779-2223
B.C. Schizophrenia Society	1-888-888-0029
Here to Help BC	310-6789
Kelty Mental Health	1-800-665-1822
Kids Help Phone Line	1-800-668-6868
MCFD Child and Youth Mental Health	250-952-5073
Men's Trauma Centre	250-381-6367
South Island Centre for Counselling	250-472-2851
Vancouver Island Crisis Line	1-888-494-3888
Umbrella Society	250-380-0595
Youth In BC	1-866-661-3311
Youth Space Chat Line	778-783-0177
Victoria Youth Empowerment Society	250-383-3514
POLICE (non emergency)	
Victoria	250-995-7654
Saanich	250-475-4321
Oak Bay	250-592-2424
SEXUAL HEALTH	
AIDS Vancouver Island	250-384-2366
Best Babies Fernwood	250-381-1552
YMCA Young Moms Program	250-382-1004
Island Sexual Health Society	250-592-3479
Sex Sense Help Line	1-800-739-7367
Victoria Pregnancy Centre	250-380-6883
Foundry (Victoria Youth Clinic)	250-383-3552

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Help Line for Children (up to age 19)	310-1234
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VictimLINK BC	1-800-563-0808
Youth Against Violence Line	1-800-680-4264
Women's Sexual Assault Centre	250-383-3232
ADDICTION SERVICES	
Addictions Wellness Lalli Care Clinic	250-386-5100
Alateen	250-383-4020
Alcohol & Drug Information & Referral Service	1-800-663-1441
Alcoholics Anonymous	250-383-7744
Smokers Help Line	1-877-513-5333
Problem Gambling Help Line	1-888-795-6111
Narcotics Anonymous	250-383-3553
Salvation Army Addictions and Rehabilitation	1-800-725-2769
Victoria Native Friendship Centre	250-384-3211
Victoria Youth Empowerment Society	250-383-3514
Island Health Discovery Youth and Family Svcs	250-519-5313
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Cedric Centre	1-866-383-0797
Jessie's Legacy Program	1-604-988-5281
Looking Glass BC	604-314-0548
MCFD Eating Disorders Program	250-387-0000
Overeaters Anonymous	250-413-3093
EMERGENCY FOOD	
Community Meal Program (Salvation Army)	250-384-3396
Food Not Bombs	250-383-5144
Mustard Seed Food Bank	250-953-1575
St Andrews Cathedral -910 Club	778-440-7687
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Greater Victoria School District
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Crisis Support Recourses For Youth

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Vancouver Island Crisis Society	1-888-494-3888 24/7 & Access to IMCERT	250--800-3806 Every evening 6- 10pm	https://www.vicrisis.ca/ Every evening 6-10p	
Kids Help Phone	1-800-686-6868 24/7/365	Text HOME to 686868 24/7	http://www.kidshelpphone.ca	Always There APP
Youth Space (NEED2)		778-783-0177 6pm—midnight	www.youthspace.ca 6pm—midnight	
Crisis Line Association of BC	1-800-784-2433 24/7			
Youth in BC	604-872-3311 24/7		www.youthinbc.com Noon– 1pm BC & Yukon	
Crisis Services Canada	1-833-456-4566 24/7	Text: 45645 24/7	crisisservicescanada.ca 24/7	
BC 211	211 24/7			