

## **NEED URGENT HELP?**

- Call 911 or go to your local hospital's emergency room if you are in need of immediate help.
- Thinking of suicide? Please call 9-8-8 or visit [988.ca](http://988.ca)
- Call 1-800- SUICIDE (1-800-784-2433) anytime
- Experiencing a Mental Health Crisis? Call 310-6789 (do not add 604, 778 or 250 before the number) 24 hours a day to connect to a [BC crisis line](#), without a wait or busy signal.
- Call 811 or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca) to access free, non-emergency health information for anyone in your family, including mental health information.
- KUU-US Crisis Line [1-800-588-8717](tel:1-800-588-8717) [250-723-2040](tel:250-723-2040)  
First Nations and Indigenous specific crisis line available 24/7 days a week
- [North Shore Crisis Services Society](#) [604-987-0366](tel:604-987-0366)  
North Shore Crisis Services Society ("NSCSS") is a registered charity that provides emergency shelter, longer-term housing solutions, essential services, and preventative education to women and children leaving domestic abuse and violence on the North Shore.
- PACT – Peer-Assisted Care Team - CMHA British Columbia  
Call [1-888-261-7228](tel:1-888-261-7228)  
Text 778-839-1831  
A mobile civilian response to mental health crisis calls. Teams include a trained community member and mental health professional.
- Youth Urgent Response Team (YURT) at Foundry North Shore | Vancouver Coastal Health ([vch.ca](http://vch.ca)) [604-230-0389](tel:604-230-0389)  
The Youth Urgent Response Team (YURT) provides short-term crisis, bridging and case management support to youth who are in crisis and/or not connected to other longer-term programs.

## **MENTAL HEALTH RESOURCES - British Columbia**

[Youth Mental Health Canada \(YMHC\)](#)

[NORTH SHORE YOUTH SERVICES DIRECTORY](#)

Serving North & West Vancouver, BC

[Foundry](#)

Offers young people ages 12-24 health and wellness resources, services and supports in communities across BC.

[Suicide Prevention Education and Support](#)

[Family Services of the North Shore Family](#) - youth & child counselling

[Child and Youth Mental Health \(MCFD\)](#) - no cost counselling

[Hollyburn Family Services Family](#) - youth & child counselling

Canadian Mental Health Association: British Columbia Division

Canadian Mental Health Association: The Kelty Dennehy Mental Health Resource Centre: North and West Vancouver Branch

BounceBack - provides free access to online, video and phone-based coaching and skills-building program to seniors, adults and youth experiencing low mood, mild to moderate depression, anxiety, stress, or worry.

Living Life to the Full - offers free access to peer support and practical skill courses for coping with stress, problem solving and boosting mood. The 8-week course is led by a trained facilitator.

Calm meditations

Here to Help - Mental Health and Substance use Information

25 Mental Health Tips for Quarantine - from Tara Branch

Kids Help Phone - Counselling and referral service. Phone or text CONNECT to 686868, and chat confidentially with a trained, volunteer Crisis Responder for support with any issue.

Forensic Nursing Services at Lions Gate Hospital 604-988-3131

If you are 13 years old or older and have experienced sexual assault, intimate partner violence, domestic violence and/or human trafficking within the past 7 days. You can choose to access specialized care through the Forensic Nursing Services at the Lions Gate Hospital emergency department. This service is confidential.

Sexual Assault Response Program (through Family Services of North Shore) 604-924-7676

24-hour line provides free coordinated services for survivors of sexual assault inclusive of all genders and available to all residents of North Vancouver, West Vancouver, Bowen Island and Lions Bay.