

# **CRISIS HELP LINES**

## **The Crisis Centre 24/7 Distress Lines**

Online: [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)

Telephone for Greater Vancouver: (604) 872-3311

Toll free - Howe Sound & Sunshine Coast 1-866-661-3311

1800 SUICIDE – 1-800-784-2433

TTY 1-866-872-0113

## **Helpline for Children - to report child abuse or neglect**

Online: <https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse>

Children's helpline: 310-1234 (no area code required, 24 hours)

Toll-free: 1-800-663-9122

## **Kids Help Phone (24hrs/day 7days/week)**

Online: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Phone: 1-800-668-6868

A national, bilingual, 24 hour toll free confidential phone counselling, referral and internet service for children and youth and/or their parents.

## **BC Partners for Mental Health and Addictions Information Line**

Online: [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

Telephone for Lower Mainland: (604) 669-7600

BC wide: 1-800-661-2121

## **Healthlink BC (24hrs/day 7days/week)**

Online: [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Telephone: 811

Healthlink BC provides confidential health information and advice by registered nurses 24 hours and Pharmacists from 5 p.m. to 9 a.m.

## **BC Health Guide Program**

Online: [www.bchealthguide.org](http://www.bchealthguide.org)

BC Health Guide is a self-care program available 24 hours with the BC Health Guide Handbook, BC Nurseline, BC Health Files to help you understand and manage your health.

## **Poison Control Information Line (24hrs/day 7days/week)**

Online: <http://www.dpic.org/>

Toll-free in BC: 1-800-567-8911

Telephone in Greater Vancouver: (604) 582-5050

Call if concerned about a possible poisoning or exposure to a toxic substance.

## **Youth Against Violence Line (24hrs/day 7days/week)**

Online: [www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com)

Toll Free: 1-800-680-4264

Deaf and hard of hearing callers: TTY (604) 875-0885 (collect calls accepted) or Text (604) 836-6381

Offer one-to-one support and information to help youth deal with issues of youth violence or crime.