

WHERE CAN YOU GO FOR SUPPORT?

Confidential support when you need it



CRISIS

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER CALL 911 OR GO TO THE SECHLT EMERGENCY RIGHT AWAY.

ON LINE & PHONE RESOURCES



- Kids Help Lines: text, phone, message, live chat: <https://kidshelpphone.ca/> or call 310-234 or 1-800-668-6868
- Foundry: Virtual Drop-In Counselling Sessions: Voice, video, or chat – for young people ages 12-24 and their caregivers: <https://foundrybc.ca/>
- Kelty Mental Health Resource Centre-Children's Hospital: <https://keltymentalhealth.ca/>
- Youth in BC Crisis Line: Chat @<https://youthinbc.com/> or Phone 1-866-661-3311
- Here to Help: www.heretohelp.bc.ca – self-help tools and resources
- BC Mental Health Support Line: 310-6789 (no 604 or 778)
- KUU-US Crisis Line- Resources for Indigenous people 24/7: Toll free 1-800-588-8717
- Hope for Wellness Helpline-24/7 for Indigenous people- 1-855-242-3310
- Open Minds: <https://openmindbc.ca/youth-young-adults/>
- Youthspace.ca is an online crisis & emotional support chat service. We listen without judgement, and keep chats confidential & anonymous. TEXT: 778-783-0177
- Mindfulness for Teens: <https://www.mindfulnessforteens.com/>
- Have a question? Get answers from health professionals: <https://goaskalice.columbia.edu/>
- Relationships, body image, families, emotions ... sort it all out: <https://www.kidshealth.org/en/teens/your-mind/>

LOCAL MENTAL HEALTH SUPPORTS



- Community counsellors available for free through Child and Youth Mental Health: 604-886-5525
- Community support counsellors & family support through Sunshine Coast Community Services: www.sccss.ca or 604-885-5881
- Fetch: <https://sc.fetchbc.ca/>
- **SD46 Website** – www.sd46.bc.ca or scan the QR



APPS



- Mindshift: Super-helpful app for anxiety
- Breathr App: Anxiety
- thinkFull: Help with stress
- Always There: full of resources to help – you can personalize and it's password protected
- Booster buddy: keeps track of how you're feeling, teaches coping skills, keeps track of meds and appointments

HELP FOR SUBSTANCE USE: VAPING, DRUGS, ALCOHOL



- Alcohol and Drug Information Referral Services: 1-800-663-1441 or 604-660-9382 - Information, options and support in BC.
- Gibsons Public Health and Prevention-Harm reduction supplies, education, support and referrals: 604-984-5070 ext.6537
- drugcocktails.ca – facts about mixing medicine, booze, and street drugs
- QuitNow.ca: 1-877-455-2233 or TTY 1-888-445-5788 from the BC Lung Association
- Quit Vaping! Download the Quash App @<https://www.quashapp.com/>
- Alcohol and other Drugs: <https://www.heretohelp.bc.ca/>

SAFETY INCLUDES KINDNESS AND RESPECT



- If you see bullying, racism, sexism, homophobia or worrisome behaviour online, you can reach out, ANONYMOUSLY, to erasereportit.gov.bc.ca - a tool for BC students to let someone know about what's going on without being identified
- www.needhelpnow.ca -another resource for cyberbullying, helping a friend, removing sexual photos from the Internet.

OTHER RESOURCES AND SUPPORTS



- LGBTQ+ Resources: <https://qmunity.ca/get-support/youth/>
- Trans Lifeline: 1-877-330-6366 available 7am-1am PST. Peer support hotline run by and for transgender people. www.translifeline.org
- BC Schizophrenia Society - www.bcscs.org or 1-888-888-0029
- Vancouver Coastal Health Eating Disorders Program: 604-675-2531
- Provincial resource for Trans Care supports and services: www.phsa.ca/transcarebc/

YOUTH OUTREACH | SCCSS



Supporting youth 12-23 on the Sunshine Coast with resources you need and support to increase personal safety. Need to talk? DM @scyouthoutreach or text: 604-865-0178

