

Provincial Services

The Alcohol and Drug Information Referral Service - Call 1-800-663-1441 (toll-free in BC) or 604-660-9382 (in the Lower Mainland)

HealthLink BC - Call 811 or visit www.healthlinkbc.ca to access free, non-emergency health info for anyone in your family, including mental health and substance use information.

Mindcheck.ca - this website is designed to help youth and young adults in BC check out how they're feeling and quickly connect to mental health resources and support.

dwdonline.ca - This is an online workbook that teaches skills to deal with depression. Developed for adolescents.

The Trevor Project - www.thetrevorproject.org anti-bullying support for LBGQT youth Transgender Health Program - <http://transhealth.vch.ca> for anyone with questions about transgender issues

Looking Glass Foundation - www.LookingGlass.com or 604-314-0548. Information about disordered eating

Here to Help - www.heretohelp.bc.ca website with self-help tools and resources for mental health, addictions, tool kits, discussion forums.

Representative for Children and Youth - 1-800-476-3933. If you're a youth in care and need help with advocacy.

Youth Against Violence - 1-800-680-4264 24/7 help. Anonymous, confidential.

www.asaferspace.ca - If you have concerns about sexual exploitation

www.needhelpnow.ca - Cyberbullying, helping a friend, removing sexual photos from the Internet.

Mobile Apps

- **Booster buddy** - Viha.ca/boosterbuddy. Helps track how you're feeling, teaches coping skills, keeps track of medications and appointments.
- **MindShift** - www.anxietybc.com/resources/mindshift.app. The Mindshift app is available through Kelty Mental Health website. This app is downloadable to your phone or computer and has programs to help with anxiety, depression and other mental health issues
- **thinkFull** - mindyourmind.ca/interactives/thinkfull Record your stress level along with life events to build self awareness; personalize life tips that help you achieve healthy life balance; and recognize patterns in your stress, and start to solve the real problems.
- **Always There** - kidshelpphone.ca/teens/phoneus/alwaysthere. This app provides a password protected space for you to log your feelings, flip through a ton of youth-submitted tips, inspirational quotes, and jokes aimed at helping you cope with stress.

24/7 - anonymous - confidential - in your language
YOUTH AGAINST VIOLENCE LINE
1-800-680-4264
info@youthagainstvviolenceline.com
Stand up. Be heard. Get help.

youth
IN
bc
BE HEARD. GET HELP.

A Crisis Centre
Service for
Youth

1 866 661 3311

Youth Resources for the Sunshine Coast



School District #46
494 South Fletcher Road, PO Box 220
Gibsons, BC
V0N 1V0
Phone: (604) 886-8811
Fax: (604) 886-4652
Email: questions@sd46.bc.ca

www.sd46.bc.ca



Vancouver Coastal Health

Sunshine Coast Public Health and Prevention

Annaliese Hasler- Family Nurse Practitioner
Women's Health, Youth Health and Harm
Reduction Services

Tel: 604-984-5070 Cell: 604-353-7391

Frances Ardron- Clinical Counsellor,
Adolescent Specialist

SC Mental Health & Substance Use Services
(604) 885-2224 ext. 4334 Cell: 604-989-0667



Jen Davey- Team Lead
Sunshine Coast Youth Outreach
Tel: 604-740-1833 Email: jdavey@sccss.ca



Sechelt: 5498 Wharf Street: 604-740-8900
Gibsons: 206-938 Gibsons Way: 604-886-5525



shishálh first nation

Janet Mulligan- Indigenous Child and Youth
Wellness- Sunshine Coast

Tel: 604-885-9404 ext. 264 Cell: 604-989-6600
Email: jmulligan@secheltnation.net

Youth Resources for the Sunshine Coast

PLEASE BE AWARE THAT ALL MEDICAL SERVICES ARE CONFIDENTIAL!

Crisis Resources: CALL 911 - If you believe that your life or someone else's life is in danger

www.youthinbc.ca- Crisis counselling online or by phone. Crisis counsellors available via IM during afternoon and evening hours.

Kids help line - 310-1234 Kids Help Phone 1-800-668-6868

Free, confidential anonymous counselling

Sechelt Hospital Emergency Room if there is a medical emergency – alcohol poisoning, overdose, accident, assault,

BC Mental Health Support Line - 310-6789 (do not add 604, 778 or 250 before the number). It's free and available 24 hours a day. -

KUU-US Crisis Line-1-800-588-8717 or 250-723-2040 **www.kuu-uscrisisline.ca** Facebook Page: KUU-US Crisis Service bullying, peer pressure, relationships, mental health for First Nations youth.

Medical Help:

Gibsons Youth Clinic Gibsons Health Unit - Drop in - Mondays 3-5pm 604-984-5070 821 Gibsons Way, Gibsons

Sechelt Youth Clinic Sechelt Health Unit - Drop in -Wednesdays 3-5pm 604-885-5164 5571 Inlet Ave., Sechelt

Pender Harbour Youth Clinic Pender Harbour Health Care Centre - Tuesday 3-5pm 604-883-2344 5066 Francis Peninsula Rd., Madeira Park

Food Bank:

Food Bank - Sechelt Tuesday and Wednesday 11-1 5657 Lamprey Lane Gibsons Salvation Army 682 Gibsons Way

Counselling

Child and Youth Mental Health (if depression, anxiety or other mental health issue is present). Can self-refer if over 13. Take a support person with you if you need to. For more information call 604-740-8900.

Alcohol and Drug Services - 604-989-0667. If you or someone you know is having trouble with substances. Call for info, support and/or counselling.

Youth Outreach - 604-865-0178

Aboriginal Wellness Support Worker -604-989-6600 Support available for any First Nations youth.

Pender Harbour Youth and Family Support-604-883-2826. M- F Support and counselling for youth in Pender Harbour.