



Who can I talk to?
 Youth Resource Directory
 Vancouver, BC



Need Help Now?

Available 24/7

- Police, Fire, Ambulance* 911
- Crisis Line* 604-872-3311
- Helpline for Children* 310-1234
- BC Suicide Line* 1-800-SUICIDE (784-2433)
- BC211 (Resource Directory)*† 211 (chat.bc211.ca/chat.html)
- BC Mental Health Support Line* 310-6789
- Kids Help Phone*† 1-800-668-6868 (kidshelpphone.ca)
- Rape Crisis Line* 604-872-8212 or 604-255-6344

Medical Services

- HealthLink BC (Nurse Line)* 811
- Options for Sexual Health† optionsforsexualhealth.org
- 1-800-SEX-SENSE 1-800-739-7367
- Youth Clinics www.vch.ca/youthclinic
- Looking Glass (Eating Disorders) lookingglassbc.com
- Connect with your Family Doctor or Public Health Nurse

Substance Use Services

- Alcohol and Drug Information and Referral Line* .. 604-660-9382
- Centralized Addiction Intake Team (CAIT)
 604-675-2455 ext 22502 or cait.youth@vch.ca
- D-Talks Youth Detox Line 1-866-658-1221
- Overdose Response www.vch.ca/youthOD
- Watari (Counselling & Support Services) watari.ca
- Boys & Girls Clubs 604-879-6554 (www.bgcbc.ca)
- SACY (VSB/VCH Substance Use Prevention)a www.vsb.bc.ca/sacy

Need to Talk?

Counselling Services

- School Counsellors - Every school has one, get in touch with yours.
- Child and Adolescent Response Team (CART) 604-874-2300
- Child and Mental Health Services Intake Line 604-675-3895
- Broadway Youth Resource Centre 604-786-2228
- Inner City Youth Clinic 604-806-9415 (innercityyouth.ca)
- Directions Youth Services* directionsyouthservices.ca
- QMUNITY (Queer Resource Centre) qmunity.ca
- Urban Native Youth Association (UNYA) unya.bc.ca

Online

Apps

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|--------------------------|-----------------------|
| www.anxietybc.com | Mindshift |
| www.keltymentalhealth.ca | Breathr |
| www.heretohelp.ca | Stop, Breathe & Think |
| www.youthinbc.com† | Headspace |
| www.openmindbc.ca | |
| www.teenmentalhealth.org | |

* Available 24/7 † Online chat option

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