

HELPFUL SITES TO SUPPORT WELLNESS



SPECIAL PROGRAMMING DURING THE CURRENT HEALTH SITUATION

No matter what happens, the Crisis Centre of BC will be here to answer your call. We've made our own plans to keep the lines open, and we are sticking to them. If you need someone to talk to about the stress of COVID-19 or any other issue, we are here for you:

- Vancouver Coastal Regional Distress Line: 604-872-3311
- Sunshine Coast/Sea to Sky: 1-866-661-3311
- Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)
- Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

If you are looking for some very timely, free or low-cost programming for adults or youth during this time, please [check out our offerings](#).

Thank you for the support you have shown us.

Stay safe and well,

Stacy Ashton
Executive Director

CRISIS CENTER

Special Programming During the Current Health Situations

The Crisis Centre values the importance of community, connection and support during this current health situation. To support our mental health and wellbeing, we are expanding our mindfulness-based programs online for youth and adults.

Tools for Managing Stress and Burnout: 6-Week Online (Adults)

Tools for Managing Stress and Burnout: 6-Week Online (Adults)

Tools for Managing Uncertainty and Change: Free Online (Youth)

These courses are available, **free of charge**, to provide resources and strategies to help us through these challenging and changing times.

KIDSHELPPHONE

COVID-19

Filter by

All Read



Call us

services

Need help now? You can reach a Kids Help Phone counsellor 24/7 at [1-800-668-6868](tel:1-800-668-6868).

What happens when you call

First, you'll hear a message that goes, "Hi! Welcome to Kids Help Phone." You will then be asked to choose for service in either English or French.

Next comes a message about prank calls. Some young people are just curious about what will happen if they call. Try to remember that our counsellors are here to help, but we need to keep the lines free for youth who need us.

Once you get through, a counsellor will ask how they can help you. Don't sweat it if you don't know what to say. The counsellor will ask you a couple of questions to get the conversation going.

Kelty Mental Health



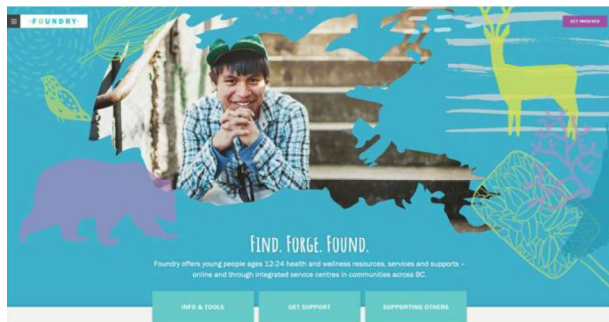
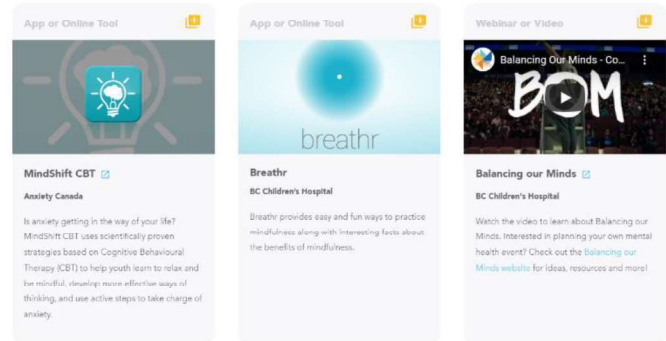
APPS or ONLINE RESOURCES AVAILABLE

- [Mindshift CBT](#)
- [breathr](#)

WEBINARS AVAILABLE

- [BOM – Balancing Our Minds](#)

Featured Resources



FOUNDRYBC.CA

- [ANXIETY](#)
- [FEELING DEPRESSED OR LOW MOOD](#)
- [FEELING STRESSED](#)



QMUNITY

- Qmunity is what happens when queer, trans, and Two-Spirit folks looking for a sense of community come together.
- reach out to our Youth Specialist, Han youth@qmunity.ca, or Facebook chat, through the GAB Youth Facebook group.
- reach out to our Social Worker, Jennie at jennie.mw@qmunity.ca