

HELP!

2009 - 2010

where to call for



ABUSE	
Greater Victoria Police Victim Services	995-7351
Mary Manning-Child Abuse Prevention/Counselling	385-6111
VictimLINK	1-800-563-0808
Women's Sexual Assault Centre	383-3232
Women's Transition House	385-6611
ADDICTION SERVICES	
Addictions Wellness Lalli Care Clinic	386-5100
Alateen	383-4020
Alcohol & Drug Information & Referral Service	1-800-663-1441
Alcoholics Anonymous	383-0415/383-7744
BC Smokers Help Line (Quit Now by Phone)	1-877-455-2233
Counselling Resource Centre of BC	1-800-665-1822
Gambling Info and Service Line	1-888-795-6111
Narcotics Anonymous	383-3553
Salvation Army Addictions and Rehabilitation	384-3396
Vancouver Island Addiction Recovery Society	480-1342
VIHA Discovery Youth and Family Addiction Svcs	721-2669
Victoria Native Friendship Centre	384-3211
Victoria Youth Empowerment Society	383-3514
VIHA Street Nurse Program	388-2225
Youth Recovery House Esquimalt	381-9474
EATING DISORDERS	
Counselling Resource Centre of BC	1-800-665-1822
MCFD Eating Disorders Program	387-0000
Overeaters Anonymous	413-3093
EMERGENCY FOOD	
Community Meal Program Salvation Army	384-3396
Food Not Bombers	383-5144 *1940
FUEL (breakfast program)	475-7111
Mustard Seed Food Bank	953-1575
Victoria Youth Clinic	388-7841
Youth Empowerment Society	383-3514

GAY, LESBIAN, BI-SEXUAL & TRANSGENDERED	
AIDS Vancouver Island	384-2366
PFLAG	385-9462
Pride Line	1-800-566-1170
South Island Pride Community Centre	893-6036
Trans Support Group	413-3220
Victoria Native Friendship Centre	384-3211
University of Victoria Youth Pride Society	472-4393
HOUSING ASSISTANCE	
Cridge Transition House (Hill House)	479-3963
Kiwanis Youth Shelter	386-8282
Out of the Rain Youth Night Shelter	884-3701 or 415-3856
Street Outreach—YMCA/YWCA	857-1173 or 857-1179
Threshold Housing Society (Holly House)	381-1799
Victoria Women's Transition House	385-6611
LEGAL INFORMATION	
Crimestoppers	1-800-222-TIPS
Law Centre—University of Victoria	385-1221
Ombudsman	387-5855
Restorative Justice Victoria	383-5801
MEDICAL HELP	
BC Drug & Poison Information Centre	1-800-567-8911
BC Nurseline (Child, Youth and Family)	1-866-215-4700
Community Health Saanich	519-5100
Community Health Victoria	388-2200
Community Health Esquimalt	360-5600
Victoria Cool Aid Society	385-1466
MULTI-CULTURAL & ANTI RACISM	
Anti-dote Multiracial Girls Network	507-8440
Inter-Cultural Association	388-4728
Multicultural Child and Youth Mental Health	588-3153
Victoria Immigrant and Refugee Centre	361-9433
Victoria Native Friendship Centre	384-3211

MENTAL & EMOTIONAL HEALTH	
Artemis Place	598-5183
B.C. Schizophrenia Society	384-4225
BC Mental Health Information Line	1-800-661-2121
Cascadia Foundation for Community	216-1569
Downtown Outreach and Pacifica Services	356-2555
Greater Victoria Child and Family Counselling	595-4423
Kids Help Phone Line	1-800-668-6868
MCFD Child and Youth Mental Health	952-5073
Victoria Native Friendship Centre	384-3211
Need Crisis Youth Line	386 -TALK (8255)
Pacific Centre Family Services	478-8357
Queen Alexandra Mental Health Services	519-6720
SD # 61 Critical Incidence Response Team	598-4589
Vancouver Crisis Centre	1-866-661-3311
Victoria Youth Empowerment Society	383-3514
YM-YWCA Youth Outreach	413-8853/413-8855
SEXUAL HEALTH & PREGNANCY	
AIDS Vancouver Island	384-2366
BC Women's Pregnancy Options Line	1-888-875-3163
Victoria Best Babies Fernwood	381-1552
Girls Alternative Program	598-3144
Island Sexual Health Society	592-3479
First Reach Program YM/YWCA	413-8858
1-800-Sex-Sense	1-800-739-7367
Options Pregnancy Centre	380-6883
Victoria Youth Clinic	388-7841
VIHA Sexually Transmitted Disease Clinic	388-2225
YOUNG PARENTS	
Victoria Best Babies Fernwood	381-1552
Boys and Girls Club Care Home Parenting	384-9133
Girls Alternative Program	598-3144
Single Parent Resource Centre	385-1114
Kiwanis House Program	382-1004
Young Parents Support Network	384-0552