

**Emotional and Crisis Support Resources for Children & Youth (Phone/Chat & Text)
For Counsellors**

1. **Youthspace.ca** ~ National online emotional and crisis **chat and text** for youth under 30. Operates from 6 p.m. – midnight (PST) every night of the year.

Access chat via www.youthspace.ca, access text @ (778) 783-0177
(Provided by NEED2 Suicide Prevention Education & Support, Victoria, BC).

2. **YouthinBC** ~ Operates a 24/7 crisis phone service. Online **chat** for youth available from **Noon to 1 a.m. (PST) for BC and Yukon residents.**

Access chat via www.YouthinBC.com, access phone @ 604-872-3311
(Provided by Crisis Prevention & Suicide Intervention Centre of BC, Vancouver, BC)
*Specific adult services are also provided.

3. **Kids Help Phone** ~ 24/7 Canada wide **phone** service.
Kids Help Phone offers **online chat** Wednesday to Sunday from 3 p.m. – 11 p.m. (PST)

Access chat via www.kidshelpphone.ca, access phone at 1-800-668-6868

4. **Vancouver Island Crisis Line** ~ Offers 24/7 crisis **phone** support.
Crisis **chat and text** is offered from 6 p.m. to 10 p.m. (PST)

Access chat via www.vicrisis.ca, access text @ 250-800-3806
Access phone 1-888-494-3888

5. 1-800-Suicide ~ 24/7 BC wide phone support line.

Access phone @ 1-800-784-2433
*Crisis prevention and suicide intervention service also available to adults.

Modified by NEED2 for Counsellors_CYMHSU LAT Victoria, November 2016

Greater Victoria Resources for School Counsellors

1. **IMCRT, Integrated Mobile Crisis Response Team**, (formerly EMHS) is a mobile crisis response service available from 1 p.m. to midnight (PST) for those experiencing mental health and/or addiction problems including: thoughts of suicide, behaviours that cause imminent danger to self, self-harm, psychosis (delusions, hallucinations). The team provides support services for Greater Victoria (Malahat to Sidney to Port Renfrew to Victoria). The team consists of child/youth clinician, nurse, plain-clothed police officer & social worker. This service is not an alternative to 911 and should be used when there is an **urgent need or a concern that the situation may become emergent**. If the youth has taken steps to harm themselves already IMCERT will not intervene. Clients may not self-refer and IMCRT is available for consult.
Access via Vancouver Island Crisis Line 1-888-494-3888 and youthspace.ca (serving youth under 30)

2. **High Risk Team** (formerly Project Alive) is a service offered through Saanich Child and Youth Mental Health which supports youth under 19 years old who are experiencing high risk mental and emotional distress, and/or who are at high risk for suicide. Service includes risk assessment, short-term treatment and follow-up, and community connection. Services are confidential and parents are only involved with youth's permission. The team is available from 8:30 – 4:30 p.m. This is only an appropriate referral if the youth will contract for their safety for five days as CYMH High Risk Service workers respond to youth within 3 – 5 business days. Clients may not self-refer.
Access by phone (250) 952-5073

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Youth Mental Health Check-ups

Victoria Youth Clinic

533 Yates Street

(250) 383-3552

Confidential Health Care for Youth (12 – 24 years old)

Drop-in Monday to Thursday 11 - 6

Child & Youth Mental Health - 3 locations in Greater Victoria

Drop-in Tuesdays 9 - 3 & Thursdays 11 - 4:30 (0 to 18 years old)

Victoria Child & Youth Mental Health ~ 2955 Jutland Road

(250) 356-1123

Saanich Child & Youth Mental Health ~ 4478 West Saanich Road

(250) 952-5073

Westshore Child & Youth Mental Health ~ 345 Wale Road

(250) 391-2223

Wellness Centres - 3 locations in Westshore/Sooke

Wellness Centre at Belmont Secondary School ~ 3041 Langford Lake Road

(250) 478-5501 Open 5 days a week 8:00 - 4:00

Wellness Centre at Royal Bay Secondary School ~ 3500 Ryder Hesjedal Way

(250) 474-2377 Island Sexual Health Doctor Wednesdays 11:30 - 3:30

Wellness Centre at EMCS ~ 6218 Sooke Rd, Sooke

(250) 642-5211 Wednesdays 12:30 - 3:30

youthspace.ca

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[Mental Health Resources for Youth/Adults \(NEED2 youthspace.ca endorsed!\)](#)

www.youthspace.ca ~ support and information for youth under 30. Online chat and text support, moderated forum, resources and link to e-mail counselling.

www.keltymentalhealth.ca ~ mental health, substance use and healthy living for children and youth.

www.youthinbc.com ~ resources on specific topics including depression, anxiety, suicide, self-injury etc.

www.mindcheck.ca ~ information, resources and youth-accessible screening tools related to mental health and substance use for youth and young adults.

www.heretohelp.bc.ca ~ information, support and youth-accessible screening tools for mental health, substance use etc.

www.mindyourmind.ca ~ mental health information, support and resources for youth.

www.forcesociety.com ~ support/empowerment for families to work collaboratively with professionals and systems to understand and meet the mental health needs of families, especially children and youth.

[Online Mindfulness Tools for Youth & Young Adults](#)

www.DoYogaWithMe.com ~ free online yoga and meditations for all ages. *We like A Walk in the Woods, Lightness of Being and Yoga Nidra (great when you need help falling asleep!)*

www.keltymentalhealth.ca ~ free mindful meditations, stress relievers and body scans are available for free on this site.

www.Calm.com ~ free and easy online relaxation moments.

www.headspace.ca ~ (\$) guided online meditation. There is a cost associated with the app however; the first 10 sessions are free.

www.thinkfull.ca ~ free online resource to help relieve stress.

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