

[Emotional and Crisis Support Resources for Children & Youth \(Phone/Chat & Text\)
For Parents/Caregivers/Teachers](#)

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.

youthspace.ca

Modified by NEED2 ~ for Youth, Caregivers & Teachers, CYMHSU Victoria LAT (Victoria, BC) November 2016

Mental Health Check-ups for Youth in Greater Victoria

Victoria Youth Clinic

533 Yates Street

(250) 383-3552

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

Drop-in Monday to Thursday 11 - 5

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 – 3:00

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

Modified by NEED2 ~ for Youth, Caregivers & Teachers, CYMHSU Victoria LAT (Victoria, BC) November 2016

[Mental Health and Mindfulness Websites you might like!](#)

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 and healthy living information for children and youth. Also includes free meditations, stress relievers and body scans.

www.youthinbc.com ~ resources on specific topics including depression, anxiety, suicide, self-injury etc. Also has free mindfulness meditations and body scans.

www.mindcheck.ca ~ information, resources and 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.calm.com ~ free and easy online relaxation moments.

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

www.doyogawithme.com ~ free online yoga and meditations for all ages.