

GET CONNECTED

with youth health resources

EMERGENCY/CRISIS

Kids Help Phone - 1-800-668-6868
Representative for Children & Youth Kids Helpline
 250-310-1234 www.rcybc.ca
Vancouver Island Crisis Line
 1-888-494-3888, www.vicrisis.ca
Youth Space Online Support Chat & Forum
www.youthspace.ca



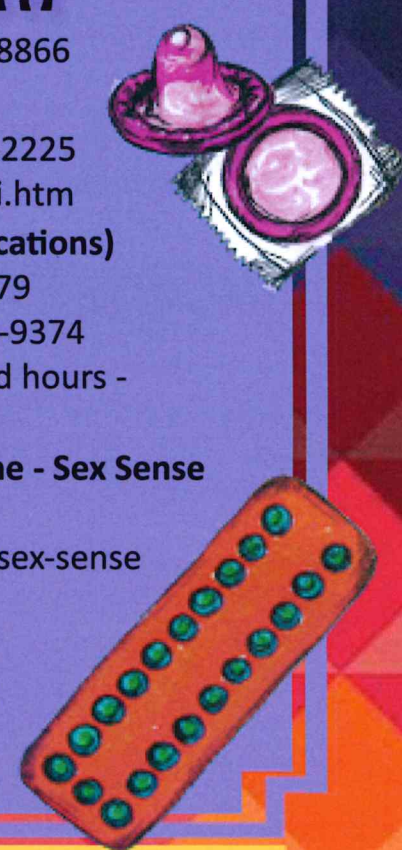
ADDICTIONS RESOURCES

**Salvation Army Beacon of Hope
 Detox and Counselling**
 250-381-9474 www.victoriahopehouse.ca
Umbrella Society - 250-380-0595
www.umbrellasociety.ca
**VIHA Youth and Family Discovery
 Addictions Services**
 250-519-5313
www.viha.ca/youth-substance-use/discovery.htm
**YES - Youth Empowerment Society
 Counselling and Detox**
 250-383-3514 www.vyes.ca



SEXUAL HEALTH

AIDS Vancouver Island - 250-413-8866
avi.org
Island Health STI Clinic - 250-388-2225
www.viha.ca/mho/disease/sti_bbi.htm
Island Sexual Health (Multiple Locations)
 Main Phone Number: 250-592-3479
 Confidential Texting Line: 250-812-9374
 See website for clinic locations and hours -
www.islandsexualhealth.org
Options for Sexual Health Info Line - Sex Sense
 1-800-SEX-SENSE
www.optionsforsexualhealth.org/sex-sense
PEERS - 250-388-5325
www.safersexwork.ca
Vancouver Island Women's Clinic
 250-480-7338
www.viwomensclinic.ca



PREGNANCY & PARENTING

BC Women's Pregnancy Options Line
 1-888-875-3163
Choices Adoption and Counselling - 250-479-9811
www.choicesadoption.ca
HerWay Home - 250-519-3681
www.viha.ca/children/pregnancy/herwayhome
Vancouver Island Women's Clinic - 250-480-7338
www.viwomensclinic.ca
YMCA Young Mom's Program
 250-382-1004 www.vancouverislandy.com/program-services/community-health
Youth Prenatal & Parenting Program
 250-384-9133 www.bgciviv.org
Young Parent Support Network
 250-384-0552 www.ypsn.ca



MENTAL HEALTH & COUNSELLING

BC Mental Health Information Line
 310-6789 'Do not add an area code'
www.cmha.bc.ca/get-informed/crisis-information
Children & Youth Mental Health Victoria
 250-387-9749
www.mcf.gov.bc.ca/mental_health/index.htm
Child & Youth Mental Health Westshore
 250-391-2223 www.childrenshealthvi.org
Mary Manning Centre
Child abuse prevention and counselling
 250-385-6111 www.marymanning.com
MCDF Eating Disorder Program
 250-387-0000 Crisis Line: 250-310-7689
Saanich Children & Youth Mental Health
 250-952-5073 www.healthlinkbc.ca
Sooke Family Resource Society
Youth Outreach and Navigator Service
 250-642-5152 www.sfrs.ca/counselling-services/youth/navigator
Victoria Sexual Assault Center
Youth Counselling
 250-383-3232 www.vsac.ca



ABORIGINAL RESOURCES

QOM, QEM SLANI Tsawout First Nations Clinic
 250-544-2424
Sooke Aboriginal Child and Youth Mental Health
 250-642-7748
**Victoria Aboriginal Child and Youth
 Mental Health** - 250-952-4041
Victoria Native Friendship Centre
Youth Health & Addictions Team - 250-384-3211
www.vnfc.ca/programs-services/youth-department
For more aboriginal health resources please visit:
www.viha.ca/aboriginal_health/resources.htm



LGBTQ+ RESOURCES

AVI - Aids Vancouver Island
 250-413-8866 www.avi.org
PFLAG - 250-385-9462
www.pflagcanada.ca
SEXY - LGBTQ Youth Support Group
 250-386-7511 www.vancouverislandy.com
Trans Vancouver Island
www.transvancouverisland.ca
Victoria Pride Society
 250-483-6846, www.victoriapridesociety.org



MEDICAL

Health Link BC - 8-1-1
Greater Victoria Public Health Units
VIHA: 250-388-2200
Victoria Youth Clinic
 Youth Outreach: 250-818-0897
 Downtown: 250-383-3552
www.victoriayouthclinic.ca

