

CRISIS SUPPORT RESOURCES FOR YOUTH

WHO	PHONE	TEXT	CHAT
BC 211	211 AVAILABLE 24/7		
VANCOUVER ISLAND CRISIS LINE	1-888-494-3888 AVAILABLE 24/7	250--800-3806 AVAILABLE 6-10pm	vicrisis.ca AVAILABLE 6-10pm
KIDS HELP PHONE	1-800-686-6868 AVAILABLE 24/7	Text HOME to 686868 AVAILABLE 24/7	kidshelpphone.ca
YOUTH SPACE		778-783-0177 AVAILABLE 6pm—midnight	youthspace.ca AVAILABLE 6pm—midnight
CRISIS LINE ASSOCIATION OF BC	1-800-784-2433 AVAILABLE 24/7		
YOUTH IN BC	604-872-3311 AVAILABLE 24/7		youthinbc.com AVAILABLE 12– 1pm
CRISIS SERVICES CANADA	1-833-456-4566 AVAILABLE 24/7	Text: 45645 AVAILABLE 24/7	crisisservicescanada.ca AVAILABLE 24/7

WHERE TO CALL FOR HELP!

2018-2019

IN CASE OF EMERGENCY CALL 911

CHILD AND YOUTH MENTAL HEALTH

Intake Clinic Tuesday 9am -12pm
Thursday 12pm - 3:00pm

Victoria Child Youth and Mental Health

250-356-1123

Saanich Child Youth and Mental Health

250-952-5073

Westshore Child and Youth Mental Health

250-391-2223

Aboriginal Team (call for intake hours)

250-952-4073

FOUNDRY VICTORIA YOUTH CLINIC

The Foundry offers a range of wellness services for young people ages 12-24, including physical and mental health care, substance use supports, social services and peer support.

818 Douglas Street

250-383-3552

Walk in Hours

Monday–Thursday 11am - 5pm and Friday 11am - 4pm

foundrybc.ca/victoria/



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ABUSE and TRAUMA	
Greater Victoria Police Victim Services	250-995-7351
Help Line for Children (up to age 19)	310-1234
Mary Manning Child Abuse Prevention/Counselling	250-385-6111
VictimLINK BC	1-800-563-0808
Youth Against Violence Line	1-800-680-4264
Victoria Sexual Assault Centre	250-383-3232
ADDICTION SERVICES	
Alateen	250-383-4020
Alcohol & Drug Information & Referral Service	1-800-663-1441
Alcoholics Anonymous	250-383-7744
Foundry (Victoria Youth Clinic)	250-383-3552
Problem Gambling Help Line	1-888-795-6111
Narcotics Anonymous	250-383-3553
Salvation Army Addictions and Rehabilitation	250-384-3396
Victoria Native Friendship Centre	250-384-3211
Specialized Youth Detox (YES)	250-383-3514
Island Health Discovery Youth and Family Svcs	250-519-5313
EATING DISORDERS	
Kelty Mental Health (Eating Disorders)	1-800-665-1822
Jessie's Legacy Program	1-604-988-5281
Looking Glass BC	604-314-0548
MCFD Eating Disorders Program	250-387-0000
Overeaters Anonymous	250-413-3093
EMERGENCY FOOD	
Alliance Club	250-361-3923
Sanctuary Youth Centre	250-385-6255
Burnside Gorge Food Rescue	250-388-5251
Saanich Neighbourhood Place	250-360-1148
Fernwood NRG (Student Dinner Wed 5:50)	250-381-1552
Mustard Seed Food Bank	250-953-1575
Community Meal Program (Salvation Army)	250-384-3396
LGBTQ	
AIDS Vancouver Island	1-800-665-2437
PFLAG	250-385-9462
Queer, Trans and Allies Youth Drop In	250-475-7624
The Trevor Project	1-866-488-7386
Uvic Pride	250-472-4393
HOUSING ASSISTANCE & SHELTER	
Kiwanis Youth Shelter	250-595-3133
Out of the Rain Youth Night Shelter	250-415-3856
Pandora Youth Apartments	250-380-2663
Threshold Housing Society	250-383-8830

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This document is intended for information purposes only. Inclusion in this document does not imply endorsement by the GVSD or the Healthy, Safe and Caring Schools Program. It is the readers' responsibility to determine the suitability of the service for their specific needs.

LEGAL INFORMATION	
Crime Stoppers	1-800-222-TIPS
Dial-a-Law	1-800-565-5297
Law Centre—University of Victoria	250-385-1221
B.C. Ombudsperson	250-387-5855
Restorative Justice Victoria	250-383-5801
Representative for Children & Youth	250-356-6710
MEDICAL HELP	
BC Drug & Poison Information Centre	1-800-567-8911
HealthLink BC	811 or 604-215-8110
Island Health Public Health Nursing	250-388-2200
Foundry (Victoria Youth Clinic)	250-383-3552
MULTI-CULTURAL	
Anti-Dote Multi-Racial Girls Network	info@antidotenetwork.org
Inter-Cultural Association	250-388-4728
Victoria Immigrant and Refugee Centre	250-361-9433
Victoria Native Friendship Centre	250-384-3211
MENTAL & EMOTIONAL HEALTH	
Artemis Place	250-598-5183
B.C. Bereavement Helpline	1-877-779-2223
B.C. Schizophrenia Society	1-888-888-0029
Here to Help BC	310-6789
Kelty Mental Health	1-800-665-1822
Kids Help Phone Line	1-800-668-6868
MCFD Child and Youth Mental Health	250-952-5073
Men's Trauma Centre	250-381-6367
South Island Centre for Counselling	250-472-2851
Vancouver Island Crisis Line	1-888-494-3888
Umbrella Society	250-380-0595
Youth In BC	1-866-661-3311
Youth Space Chat Line	778-783-0177
Victoria Youth Empowerment Society	250-383-3514
POLICE (non emergency)	
Victoria	250-995-7654
Saanich	250-475-4321
Oak Bay	250-592-2424
SEXUAL HEALTH	
AIDS Vancouver Island	250-384-2366
Best Babies Fernwood	250-381-1552
YMCA Young Moms Program	250-382-1004
Island Sexual Health Society	250-592-3479
Sex Sense Help Line	1-800-739-7367
Victoria Pregnancy Centre	250-380-6883
Foundry (Victoria Youth Clinic)	250-383-3552