

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
Umbrella Society	250-380-0595
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	250-386-8282
Out of the Rain Youth Night Shelter	250-415-3856
Pandora Youth Apartments	250-380-2663
Threshold Housing Society	250-383-8830

# WHERE TO CALL FOR HELP!

IN CASE OF EMERGENCY CALL 911



## FOR YOUTH 2019-2020



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information  
online



*This document is intended for information purposes only. Inclusion in this document does not imply endorsement by the Greater Victoria School District. 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	250-384-4225
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
Youth In BC	1-866-661-3311
Youth Space Chat Line	Text 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