

ABUSE and TRAUMA	
Child Abuse Prevention/Counselling (Mary Manning)	250-385-6111
Greater Victoria Police Victim Services	250-995-7351
Help Line for Children (up to age 19)	250-310-1234
VictimLINK BC	1-800-563-0808
Victoria Sexual Assault Centre	250-383-3232
Youth Against Violence Line	1-800-680-4264
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
Island Health Discovery Youth and Family Services	250-519-5313
Narcotics Anonymous	250-383-3553
Problem Gambling Help Line	1-888-795-6111
Specialized Youth Detox (YES)	250-383-3514
Umbrella Society Mon-Fri 9-1PM	250-380-0595
Victoria Native Friendship Centre	250-384-3211
EATING DISORDERS	
Jessie's Legacy Program	1-604-988-5281
Kelty Mental Health (Eating Disorders)	1-800-665-1822
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
Burnside Gorge Food Rescue	250-388-5251
Mustard Seed Food Bank	250-953-1575
Saanich Neighbourhood Place	250-360-1148
Sanctuary Youth Centre	250-385-6255
LGTBQIA2S+	
AVI (AIDS Vancouver Island) Health & Community	1-800-665-2437
PFLAG (victoriabc@pflagcanada.ca)	n/a
Trans Lifeline	1-877-330-6366
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 Youth Can Call For HELP

CHILD AND YOUTH MENTAL HEALTH

Victoria 250-356-1123

Saanich 250-952-5073

Sooke 250-642-7748

Westshore 250-391-2223

Indigenous Team
250-952-4073



IN CASE OF EMERGENCY CALL 911



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

Scan to access this information online

2022-2023



LEGAL INFORMATION	
B.C. Ombudsperson	250-387-5855
Crime Stoppers	1-800-222-8477
Dial-a-Law	1-800-565-5297
Law Centre—University of Victoria	250-385-1221
Representative for Children & Youth	1-800-476-3933
Restorative Justice Victoria	250-383-5801
MEDICAL HELP	
BC Drug & Poison Information Centre	1-800-567-8911
Foundry (Victoria Youth Clinic)	250-383-3552
HealthLink BC	811 or 604-215-8110
Island Health Public Health Nursing	250-388-2200
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	
B.C. Bereavement Helpline	1-877-779-2223
Crisis Line Association BC	1-800-784-2433
Kelty Mental Health	1-800-665-1822
Kids Help Phone Line	1-800-668-6868
Kuu Us Crisis Line Society	250-723-2040
Men's Therapy Centre	250-381-6367
Mental Health Recovery Partners	250-384-4225
Need2—Youth Space Chat Line	Text 778-783-0177
South Island Centre for Counselling	250-472-2851
Vancouver Island Crisis Line	1-888-494-3888
Victoria Youth Empowerment Society	250-383-3514
POLICE (non emergency)	
Oak Bay	250-592-2424
Saanich	250-475-4321
Victoria	250-995-7654
SEXUAL HEALTH	
AVI (AIDS Vancouver Island) Health & Community	250-384-2366
Best Babies Fernwood	250-381-1552
Foundry (Victoria Youth Clinic)	250-383-3552
Island Sexual Health Society	250-592-3479
Sex Sense Help Line	1-800-739-7367
YMCA Young Moms Program	250-382-1004
Victoria Pregnancy Centre	250-380-6883