



EMERGENCY RESOURCES

- Interior Health 24/7 Crisis Line; 1-888-353-2273
- Interior Health Mental Health Crisis Line (Emergency After-hours), ask for Critical Care Response Team; 250-492-4000
- Suicide Hotline (All Ages); 1-800-SUICIDE (1-800-784-2433) if you are considering suicide or are concerned about someone who may be considering suicide
- Mental Health Info. Line; 1-800-661-2121
- 24 Hour BC Alcohol and Drug information and referral service; 1-800-663-1441
- BC Crisis Line; 1-800-784-2433
- Call the KUU-US Crisis Line – a 24-hour Aboriginal crisis line; 1-800-588-8717 toll free line; Visit: <http://www.kuu-uscrisisline.ca/> for specific adult/elder or child/youth supports
- 24 Hour Residential School Crisis Line; 1-866-925-4419 if you require emotional support.
- Call the Kids Help Phone; 1-800-668-6868 – confidential support and online resources for children and teens; Visit: <https://kidshelpphone.ca/>
- Crisis Text Line; text HOME @ 686868
- National Youth Crisis Hotline; 1-800-448-4663
- Call 310Mental Health Support at 310-6789 (no area code needed) for emotional support, information and resources specific to mental health
- Visit BC211 – this online resource is provided by the United Way and will help you find appropriate health and wellness resources within your community; Visit: <http://www.BC211.ca>
- BC Nurse Line; 1-866-215-4700; www.bcmhsus.ca
- Call 8-1-1 – HealthLinkBC is toll free and available 24 Hours; Visit: <https://www.healthlinkbc.ca/explore-health-topics>