



**IN A CRISIS: PATHWAY TO
CARE, VANCOUVER**

[November 2018]

Are you feeling sad, anxious, depressed, helpless, isolated? Sometimes? Often? THERE IS HELP

1. In an Emergency

Call **911** immediately.

2. Crisis Intervention and Suicide Prevention Centre

Confidential, non-judgmental, free emotional support 24 hours a day, 7 days a week for people experiencing feelings of distress or despair, including feelings which may lead to suicide.

Phone: 604-872-3311

Deaf or hearing-impaired: 1-866-872-0113

3. Walk-in Clinic

Cross Roads Walk-in Clinic

The walk-in clinic offers extended hours including evenings and weekends. They pride themselves on being friendly, helpful and courteous.

Suite 350 - 507 West Broadway, Vancouver BC, V5Z 1E6

Phone: 604.568.7229

<http://crwalkin.com/index.html>

Additionally, **HealthLink BC**

24-hour, confidential health information and advice service **Phone: 811**

Deaf or hearing-impaired: 1-866-889-4700

4. Need someone to talk to right away?

If you are worried, confused or just need someone to talk to, there is help available:

Kid's Help Phone: Call 1-800-668-6868 For kids and teens (ages 20 and under), professional counsellors are available to help, 24 hours a day. It's free, confidential and anonymous.

Mental Health Support Line: Call 310-6789 (do not add 604, 778 or 250 before the number).

This number will connect you to your local BC crisis line without a wait or busy signal, 24 hours a day. Crisis line workers are trained to help provide emotional support as well as mental health information and resources.

Call 1-800-SUICIDE (1-800-784-2433). If you are thinking about ending your life or are concerned about someone who may be, you can call for help any time of day or night, from anywhere across BC. It's a free call.

5. Is alcohol & drug misuse causing harmful consequences & loss of control? Feeling guilty or ashamed about your drinking/drug taking? Need to drink in order to relax/feel better?

Addiction Services (detox)

A network of direct and contracted addiction services for substance use problems, including counselling, needle exchange, opiate replacement therapy, withdrawal management and youth prevention.

Phone: 1-866-658-1221

Alcohol & Drug Information and Referral Service

1-800-663-1441 (toll-free in B.C.) or

604-660-9382 (in the Lower Mainland)

Further Helplines:

Problem Gambling Help Line

A province-wide information and referral service for anyone who is adversely affected by their own, or another's gambling habits.

Phone: 1-888-795-6111

Deaf and hard of hearing callers call collect: 604-875-0885

Violence Against Women 24 hour toll-free crisis number

604-255-6344

1-877-392-7583

Vancouver Police Department non-emergency line: 604-717-3321

Shelter line call 211

Nurses Helpline call 311: They can be excellent in terms of advice for medication and other simple medical questions but if it is more serious they can transfer you to a doctor.

Main Hospitals in Vancouver Region:

St. Paul's

Vancouver General

UBC Hospital

Lionsgate North Vancouver

Royal Columbia New West

Burnaby Hospital

Surrey Memorial

BC Health Services Card: How to Apply

To get a BC services card you need to enroll with a BC Medical Services Provider

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents>

After 3 months you are considered a resident of BC and can enroll and will be expected to stay at least 6 months. It takes a few weeks to enroll; you will need a copy of Passport and Work Permit with the application.

It is about \$75 per month.

IEC visa holders see requirements: <http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/are-you-eligible/working-holiday-programs>

Premium assistance is for persons who earn less than \$42k per year. You will need to have filed taxes the previous year to be considered to qualify. It's worth applying for and it is something not many people are aware of.

Follow this link: <http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/premiums/rates>