



VANCOUVER MINDING
YOURSELF- WHERE CAN I GO
FOR HELP?

[May 2019]

Crisis Intervention & Suicide Prevention Centre	Confidential, Free Emotional Support 24 Hrs a day, 7 days a week For those feeling distress, despair, incl. feelings which may lead to suicide	Tel: 604-872-3311 Deaf or hearing impaired: 1-866-872-0113
Crossroads Walk-in Clinic	Offers Extended hrs. incl. evenings and weekends	http://www.crowalkin.com/ Tel: 604-568-7229
Health Link BC	24 Hrs. Confidential Health info and advice	Tel: 811 Deaf or hearing impaired: 1-866-889-4700
Call 1-800-SUICIDE Helpline 1-800-784-2433	Anytime Day or Night, Anywhere across BC, If you are thinking about ending your life or are concerned about someone who may be	Toll Free: 1-800-784-2433
Mental Health Support Line	Connects you to a local BC crisis line, 24 Hrs., provide Emotional support as well as MH information & resources	Tel: 310-6789
Kid's Help Phone	For Kids and Teens (20 and under) Counselors are avail. To help, 24 Hrs. Free, Confidential Anonymous	1-800-668-6868
Addiction Services	Network of direct & contracted addiction services for substance use problems	Tel: 1-866-658-1221 Online resource: https://knowyoursource.ca/
Alcohol & Drug Information and Referral Service		Toll Free BC: 1-800-663-1441 Lower Mainland: 604-660-9382
Problem Gambling Helpline		1-888-795-6111
Violence Against Women	24 Hrs Toll Free crisis number	Tel: 604-255-6344 1-877-392-7583
Shelter Line		Call 211
Nurses Helpline	Advice on Medication and other general medical questions	Call 311
In an Emergency		Call 911
Vancouver Police Dept.	Non-emergency Line	604-717-3321