resources for youth

IN AN EMERGENCY DIAL 911

Counselling & Groups

Youth Integrated Services Hub
Child and Youth Mental Health
North Okanagan Youth & Family Services
Family Resource Centre
Archway Society for Domestic Peace
Vernon Mental Health & Substance Use
First Nations Health Authority
Foundry Virtual BC

250-540-5202 250-549-5404 250-545-3572 250-545-3390 250-558-3850 ext 221 250-549-5737 1-866-913-0033 1-833-308-6379





Helplines

Kids Help Phone
Trans Lifeline
Here to Help
Suicide Support
Hope for Wellness Hotline
Indigenous Crisis Line KUU-US
National Suicide Crisis Helpline

1-800-668-6868 1-877-330-6366 310-6789 1-800-SUICIDE 1-855-242-3310 1-800-588-8717 9-8-8

Online Resources

MindShift
Kelty Mental Health
Self-injury Outreach & Support
Wellness Together Canada
Help Starts Here
Foundry
Youth Space
Metis Nation Connection Program

anxietycanada.com
keltymentalhealth.ca
sioutreach.org
wellnesstogether.ca
helpstartshere.gov.bc.ca
foundry.bc.ca/virtual/
youthspace.ca
mnbc.ca/form/mental-health-contact-form





Helping Someone in Crisis

If someone you care about is struggling, remember that you don't have to support them on your own. School Counsellors are available to help you find and access support for both you and your friend. If the person is in immediate danger, it's important to call 911 for immediate assistance.

Safety

Options for Sexual Health Youth Safe House Reporting Child Abuse Help Starts Here Alcohol & Drug Information Referral Service

optionsforsexualhealth.org 250-260-7077 1-800-663-9122 2-1-1 1-800-663-1441





Scan to access more resources: