

1. Online Chat Crisis Support:

crisiscentrechat.ca for adults
(7 days per week, 12:00pm-1:00am)

youthinbc.com for youth
(7 days per week, 12:00pm-1:00am)

kidshelpphone.ca
For kids and youth
(Wed-Sun, 3:00pm-11:00pm)

Crisis Text Services Text:
CONNECT to 686868
(7 days a week, 6:00pm-10:00pm)

2. Crisis Services

604-861-3311
1-800-784-2433 (24/7)
Crisiscentre.bc.ca

3. BC Bereavement Helpline

604-738-9950 (M-F 9:30am-3:00pm)
1-877-779-2223
BC Bereavement Helpline

4. Sea to Sky Hospice Society Counselling

For more information about our counselling services please call
604-892-6051 ext. 5, or email us
info@seatoskyhospicesociety.ca

5. SAFER

604-875-4794
Suicide specific support

6. VictimLinkBC

1-800-563-0808
Information and referral services to all victims of crime

7. Qmunity – LGBTQ/2S and their allies'

Services and support
604-684-5307

8. SUCCESS

Multi-Cultural Help Line (10:00am-10:00pm)
604-684-1628
Senior's Distress Line 604-872-1234