



**Who can I talk to?**  
 Youth Resource Directory  
 Vancouver, BC



## Need Help Now?

Available 24/7

- Police, Fire, Ambulance\* ..... 911
- Crisis Line\* ..... 604-872-3311
- Helpline for Children\* ..... 310-1234
- BC Suicide Line\* ..... 1-800-SUICIDE (784-2433)
- BC211 (Resource Directory)\*† ..... 211 (chat.bc211.ca/chat.html)
- BC Mental Health Support Line\* ..... 310-6789
- Kids Help Phone\*† ..... 1-800-668-6868 (kidshelpphone.ca)
- Rape Crisis Line\* ..... 604-872-8212 or 604-255-6344

## Medical Services

- HealthLink BC (Nurse Line)\* ..... 811
- Options for Sexual Health† ..... optionsforsexualhealth.org
- 1-800-SEX-SENSE ..... 1-800-739-7367
- Youth Clinics ..... www.vch.ca/youthclinic
- Looking Glass (Eating Disorders) ..... lookingglassbc.com
- Connect with your Family Doctor or Public Health Nurse

## Substance Use Services

- Alcohol and Drug Information and Referral Line\* .. 604-660-9382
- Centralized Addiction Intake Team (CAIT)  
 ..... 604-675-2455 ext 22502 or cait.youth@vch.ca
- D-Talks Youth Detox Line ..... 1-866-658-1221
- Overdose Response ..... www.vch.ca/youthOD
- Watari (Counselling & Support Services) ..... watari.ca
- Boys & Girls Clubs ..... 604-879-6554 (www.bgcbc.ca)
- SACY (VSB/VCH Substance Use Prevention)a ..... www.vsb.bc.ca/sacy

## Need to Talk?

### Counselling Services

- School Counsellors - Every school has one, get in touch with yours.
- Child and Adolescent Response Team (CART) ..... 604-874-2300
- Child and Mental Health Services Intake Line ..... 604-675-3895
- Broadway Youth Resource Centre ..... 604-786-2228
- Inner City Youth Clinic ..... 604-806-9415 (innercityyouth.ca)
- Directions Youth Services\* ..... directionsyouthservices.ca
- QMUNITY (Queer Resource Centre) ..... qmunity.ca
- Urban Native Youth Association (UNYA) ..... unya.bc.ca

## Online

## Apps

- |                          |                       |
|--------------------------|-----------------------|
| www.anxietybc.com        | Mindshift             |
| www.keltymentalhealth.ca | Breathr               |
| www.heretohelp.ca        | Stop, Breathe & Think |
| www.youthinbc.com†       | Headspace             |
| www.openmindbc.ca        |                       |
| www.teenmentalhealth.org |                       |

\* Available 24/7 † Online chat option

Published June 2017