

Crisis Services and Hotlines in Vancouver - April 2022

If you are experiencing a mental health emergency, please call 911.

- **1-800-SUICIDE**, BC-wide, 24/7.
- **Wellness Together Canada - 1-866-585-0445** - Phone counselling: 24/7 access to a professional counsellor. Or text **WELLNESS** to 741741.
- **Crisis Intervention and Suicide Prevention Centre of BC - 24/7: Phone 604-872-3311** (Vancouver) or **1-866-661-3311** (toll free); **Chat** (noon-1am): <https://crisiscentrechat.ca/> or **youth chat**: <https://youthinbc.com/> (noon-1am)
- **Health Link BC - Nurse Line - 24/7 - Phone: 8-1-1 or 7-1-1 (hearing impaired)**
- **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling**
Toll Free: 1-855-242-3310 **Chat Line: www.hopeforwellness.ca**
Immediate counselling and crisis intervention to all Indigenous people across the country.
- **KUU-US Indigenous Crisis Line (24/7)** **Toll Free: 1- 800-588-8717**
Adult/Elder: 250-723-4050 Child/Youth: 250-723-2040
- **National Residential School Crisis Line** (former residential school students) 24/7 – **1-866-952-4419**
- **WAVAW 24-7 Rape Crisis Line - 604-255-6344** or Toll-Free: **1-877-392-7583**
- **Kids Help Phone - 24/7 - 1-800-668-6868** or Text **CONNECT** to 686868
- **Youth Against Violence Line - 24/7: 1-800-680-4264** or **Text: 604-836-6381**
TTY: 604-875-0885. Help for youth in danger, being threatened or concerned about others.
- **Chinese/Korean Help Lines** - Cantonese: **604-270-8233** Mandarin: **604-270-8222** Korean: **1-888-721-0596, ext 3** – 10am-10pm
- **Trans Lifeline - Toll Free in Canada: 1-877-330-6366** - <https://translifeline.org/>
Peer support hotline run by and for trans people. 7am-1am Pacific Time.
- **Critical Incident Response - WorkSafe BC - 1-888-922-3700** (9am-11pm, 7 days wk)
For workers who have witnessed a traumatic incident in the workplace. Free.
- **Gambling Support Line (24/7) – 1-888-795-6111**
- **Seniors Abuse and Information Line - 604-437-1940** / Toll-Free: **1-866-437-1940** TTY: 604-428-3359
or **TTY toll-free 1-855-306-1443**.
Weekdays 8am-8pm; Weekends 10am to 5:30pm, excluding statutory holidays.
- **Access and Assessment Centre (AAC) - 604-675-3700** Non-life-threatening mental health or addictions concerns - 7:30am-11pm, 7 days a week. Phone or drop in. - Segal Centre, VGH - 803 W. 12th Ave. Vancouver. Response times may vary.
<http://www.vch.ca/your-care/mental-health-substance-use/vancouver-access-assessment-centre>