Crisis Services and Hotlines in Vancouver - July 2026

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

Old Version? The most current version can be found at this permalink:

https://willowtreecounselling.ca/wp-content/themes/willowtree/crisis-services-hotlines-vancouver.pdf

SUICIDE HOTLINES
1-800-SUICIDE, BC-wide, 24/7.
9-8-8 Suicide Crisis Helpline - **Call or text 988** if you or a loved one is having **suicidal thoughts or a mental health crisis.** Rapid access to support, 24/7. 988.ca
Crisis Intervention and Suicide Prevention Centre of BC - 24/7: **Phone 604-872-3311** (Vancouver) or **1-866-661-3311** (toll free)
310 Mental Health Support - 24/7 - **Call 310-6789** anywhere in BC (no area code needed)

MENTAL HEALTH SUPPORT
Mental Health Support Line - Connect to a crisis line with no busy signal, 24/7 - **310-6789** (no area code)
Health Link BC - Nurse Line - 24/7 - **Phone: 8-1-1** or **7-1-1** (deaf or hard of hearing)
Access and Assessment Centre (AAC) - **604-675-3700** Non-life-threatening mental health or addictions concerns for Vancouver residents - 7:30am-11pm, 7 days a week. Response times may vary. Phone or walk-in.
Here2Talk - ***Registered BC post-secondary students only*** - 24/7 professional counselling and crisis support. **604-642-5212** or **1-800-857-3397** or here2talk.ca to download app.
BC Bereavement Helpline - **604-738-9950** or **1-877-779-2223** Monday-Saturday (hours vary). Check: bcbh.ca/grief-support/our-helpline/
Ligne De Soutien En Français (French Support Line) - Monday-Friday 10am-6pm - **604-653-8213**
CTC Telecare Crisis and Caring Line (Christian Crisis Line) - Monday-Friday 1pm-9pm - **1-888-852-9099**

SEXUAL ASSAULT / INTIMATE PARTNER VIOLENCE
Vancouver General Hospital Sexual Assault Service (24/7) drop in **@ the ER** - 604-875-2183 **UBC Hospital Sexual Assault Service** (8am-10pm) drop in **@ the Urgent Care Centre -** 604-822-7121
Vancouver Rape Relief and Women's Shelter Crisis Line (24/7) **604-872-8212**
Salal 24-Hour Crisis & Information Line (formerly WAVAW) - 604-255-6344 or **1-877-392-7583**
Battered Women's Support Services - 24/7 - **1-855-687-1868** - Text: **604-652-1867**
Women's Support Line - 24/7 - North Shore Crisis Services Society/SAGE House - **604-987-3374**
Victim Link BC - 24/7 - Call or text **1-800-563-0808** Confidential, multilingual helpline for victims of crime.

SUPPORT FOR INDIGENOUS / BIPOC
First Nations and Inuit Hope for Wellness Help Line and Online Counselling - 24/7 **Ph: 1-855-242-3310** **Chat Line:** hopeforwellness.ca
KUU-US Indigenous Crisis Line - 24/7 **1- 800-588-8717**
National Residential School Crisis Line - 24/7 – **1-866-925-4419**
Missing and Murdered Indigenous Women and Girls (MMIWG) Line - 24/7 - **1-844-413-6649**
Lamathut Crisis Line - 24/7 - **1-800-721-0066**
Metis Crisis Line - 24/7 - 1-833-METIS-BC (**1-833-638-4722**)
Native Youth Crisis Hotline - 24/7 - **1-877-209-1266**
Racist Incident Helpline - Monday-Friday: 9am-5pm; 240+ languages | **1-833-457-5463**
Black Youth Helpline - 6am-7pm PT - **1-833-294-8650**
Chinese/Korean/Farsi-Dari/Ukranian Help Lines - 10am-10pm. **1-(888)-721-0596**, ● **Ext 1** for *Mandarin* ● **Ext 2** for *Cantonese* ● **Ext 3 f**or *Korean* ● **Ext 4** for *Farsi-Dari* ● **Ext 5** for *Ukranian*
Nisa Helpline - Phone support for Muslim women - 5am-9pm PT - **1-888-315-6472** ● Services in English, French, Urdu, Arabic and Somali
Thrive Lifeline - Text THRIVE to 1-313-662-8209 from anywhere Text support for marginalized community members in crisis: BIPOC, queer, neurodivergent, disabled

CHILDREN AND YOUTH
Kids Help Phone - 24/7 - **1-800-668-6868** or Text CONNECT to 686868
Jordan's Principle Call Centre - 24/7 - **1-855-572-4453** - Crisis support for Indigenous youth
Bullying Canada Lifeline 24/7 - Call or text **877-352-4497**
Youth Against Violence Line - 24/7: **1-800-680-4264** or **Text: 604-836-6381** or **TTY: 604-875-0885** Help for youth in danger, being threatened or those concerned about a youth
Black Youth Helpline - 6am-7pm PT - **1-833-294-8650**
Need Help Now - needhelpnow.ca Helps stop the spread of sexual images or videos for youth under 18.
Helpline for Children - 24/7 **1-800-663-9122** - Line to report child abuse and/or neglect. Ministry of Children and Families (MCFD)
QCHAT - peer support line and resources for **2SLGBTQIA+ youth** across BC. Saturday-Thursday. 6-9pm. **Call**: **1-855-956-1777** ● **Text**: **250-800-9036** ● **Chat Online**: qchat.ca

ADDICTIONS HELP
National Overdose Response Service - Overdose prevention and safer consumption hotline Call or text **1-888-688-6677** - 24/7 or email: weloveyou@nors.ca
Alcohol and Drug Information Referral Service - 24/7 - **604-660-9382** or **1-800-663-1441**
Gambling Support Line (24/7) – multilingual - **1-888-795-6111**

SENIORS
Seniors' Distress Line - For seniors or anyone concerned about an elder, 24/7 - **604-872-1234**
Seniors Abuse and Information Line - **604-437-1940** / Toll-Free: **1-866-437-1940** Weekdays 8am-8pm; Weekends 10am to 5:30pm, excluding statutory holidays
First Link Dementia Helpline - **604-681-8651** or **1-800-936-6033** - Monday-Friday 9am-4pm

LGBTQ+
Trans Lifeline - Toll Free in Canada: 1-877-330-6366 - translifeline.org Peer support hotline run by and for trans people. 7am-1am PT; check for holiday closures
Thrive Lifeline - Text THRIVE to 1-313-662-8209 from anywhere Text support for marginalized community members in crisis: BIPOC, queer, neurodivergent, disabled
QCHAT - peer support line and resources for **2SLGBTQIA+ youth** across BC. Saturday-Thursday. 6-9pm. **Call**: **1-855-956-1777** • **Text**: **250-800-9036** • **Chat Online**: qchat.ca

ADDITIONAL HOTLINES
Sex Sense - **1-800-739-7367** (BC/Yukon) or **604-731-7803** (Metro Vancouver). 9am-9pm PT.
Victim Link BC - 24/7 - Call or text **1-800-563-0808** Confidential, multilingual helpline for victims of crime.
Caregiver Support Line - 1-877-520-3267 - Monday-Friday 8:30am-4pm PT
Canadian Human Trafficking Hotline - 1-833-900-1010 (24/7) or **chat:** canadianhumantraffickinghotline.ca
National Eating Disorder Information Centre Hotline - hours vary - 1-866-633-4220 or Chat: nedic.ca
Care to Speak - Peer support for ***healthcare and social service workers*** - Mon-Fri 9am-9pm PT **1-866-802-7337** or text: 1-866-802-7337
Available Beds in BC Shelters -call: **2-1-1** or bc211.ca/shelter-lists - updated twice daily
Ministry of Social Development and Poverty Reduction (After-Hours and Emergency Line) 604-660-3194

Information compiled and revised by willowtreecounselling.ca as a public service only.
Willow Tree Counselling does not provide crisis response services to the public.
Accuracy of information, including phone numbers, is endeavoured but cannot be guaranteed.
Corrections welcome to megan@willowtreecounselling.ca