

Crisis Services and Hotlines in Vancouver - July 2024

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

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); **Chat** (noon-1am): crisiscentrechat.ca or **youth chat**: youthinbc.com

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**

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**

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**

Metis Crisis Line - 24/7 - 1-833-METIS-BC (**1-833-638-4722**)

Native Youth Crisis Hotline - 24/7 - **1-877-209-1266**

Black Youth Helpline - 6am-7pm PT - **1-833-294-8650**

Chinese/Korean/Farsi-Dari Help Lines - 10am-10pm. **1-(888)-721-0596, Ext 1** for *Mandarin* & **Ext 2** for *Cantonese*. *Korean*: **1-888-721-0596, ext 3** *Farsi-Dari*: **1-888-721-0596, ext 4**

Nisa Helpline - Phone support for Muslim women - 7am-7pm PT - **1-888-315-6472**

Thrive Lifeline - Text THRIVE to 1-313-662-8209 from anywhere
Text support for marginalized community members in crisis: BIPOC, queer, neurodivergent, disabled

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

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) – 1-888-795-6111

CHILDREN AND YOUTH

Kids Help Phone - 24/7 - 1-800-668-6868 or Text CONNECT to 686868 kidshelpphone.ca/urgent-help

Bullying Canada Lifeline 24/7 - Call or text 877-352-4497 <https://www.bullyingcanada.ca/get-help>

youthspace.ca - 6pm-midnight PT - Text: 778-783-0177 Chat: youthspace.ca

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 - needhelppnow.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)

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

ADDITIONAL HOTLINES

Trans Lifeline - Toll Free in Canada: 1-877-330-6366 - translifeline.org

Peer support hotline run by and for trans people. 7am-1am PT

Thrive Lifeline - Text THRIVE to 1-313-662-8209 from anywhere

Text support for marginalized community members in crisis: BIPOC, queer, neurodivergent, disabled

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 PST

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 PST

1-866-802-7337 or text: 1-866-802-7337

Available Beds in BC Shelters -call: **2-1-1** or shelters.bc211.ca/bc211shelters - 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 is endeavoured but cannot be guaranteed.

Corrections welcome to megan@willowtreecounselling.ca

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

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

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