

WELLNESS RESOURCES

It is normal to sometimes struggle and feel overwhelmed by difficult events. Many people find it helpful to talk to someone about their experiences. Here are some services that may be helpful.



WELLNESS & SELF-CARE INFORMATION

[Anxiety Canada](https://anxietycanada.ca) (anxietycanada.ca)

Free online resources for those struggling with anxiety disorders including CBT programs, education materials and a CBT MindShift app.

[Canadian Mental Health Association \(CMHA\)](https://cmha.ca) (cmha.ca)

CMHA has mental health skill-building courses, free and low-cost counselling services, and information on how parents can support their children through difficult times. Visit the website to find a branch near you.

[eMentalHealth.ca](https://ementalhealth.ca) (ementalhealth.ca)

Trustworthy information on mental health and useful tools to find local services across BC.

[Headspace App](https://headspace.com) (headspace.com)

App with meditation and mindfulness tools to help support your mental health, sleep, movement and focus. Requires paid subscription.

[Here to Help](https://heretohelp.bc.ca) (heretohelp.bc.ca)

Quality information on mental health and substance use concerns, free self-screening tests and connections to key resources.

[Kelty's Key](https://keltyskey.com/self-help/) (keltyskey.com/self-help/)

Online guided CBT therapy, courses and free self-help resources on depression, anxiety, grief, insomnia, family support and substance use.

COUNSELLING SERVICES

[Foundry](https://foundrybc.ca) (foundrybc.ca)

A space for youth aged 12-24 to access health and wellness resources, free/low cost in-person and virtual counselling, drop-in services and youth health clinics. Visit the website to find a Foundry Centre near you.

- **Virtual service information: 1-833-308-6379 (Hours: 1pm-9pm)**

INDIGENOUS SPECIFIC SERVICES

[Hope for Wellness](https://hopeforwellness.ca) (hopeforwellness.ca)

24/7 helpline for all Indigenous people across Canada.

- **1-855-242-3310**
- **[Online chat](#)**

[Indian Residential School Survivor Society](https://irsss.ca) (irsss.ca)

Cultural and emotional support services for residential school survivors and their families, regardless of status.

- **24/7 crisis support: 1-800-721-0066**

[KUU-US Crisis Line Society](https://kuu-uscrisisline.ca) (kuu-uscrisisline.ca)

24/7 helplines for youth and adults

- Line for Aboriginal Elders/adults: **250-723-4050**
- Youth Line: **250-723-2040** or Toll Free: **1-800-588-8717**

[Metis Nation Crisis Line](#)

- **24/7 support: 1-833-638-4722**

[Talking Stick App](https://my.talkingstick.app) (my.talkingstick.app)

A free text-only chat platform for Indigenous people seeking culturally-based peer support on any topic.

24/7 CRISIS LINES

[BC Mental Health Support Line](#)

- **310-6789** (no area code needed)

[BC Suicide Prevention and Intervention Line](#)

- **1-800-784-2433**
- **[Online Chat](#)** (crisiscentrechat.ca) (Hours: 12:00pm - 1:00am)

[Children's Help Line](#)

- **Child or youth: 310-1234** (no area code needed)
- **Report child abuse or neglect: 1-800-663-9122**

[Kids Help Phone](#) (kidshelpphone.ca)

- **1-800-668-6868** or text/type **CONNECT** to **686868**

[National Suicide Crisis Helpline](#)

- **Call or text 9-8-8**

[Senior's Distress and Support Line](#)

- **604-872-1234**

[Youth in BC Distress Line](#) (youthinbc.com)

- **1-866-661-3311**
- **[Online Chat](#)** (Hours: 12:00pm-1:00am)

OTHER SERVICES

[Alcohol & Drug Information and Referral Service](#)

Free, confidential information 24/7 to support yourself or someone you know. Referrals for wide range of counselling and treatment services across BC available.

- **Call toll-free: 1-800-663-1441**
- **Call: 604-660-9382** (Lower Mainland)

[BC 211](https://bc.211.ca) (bc.211.ca)

Free, confidential, multilingual 24/7 service that links people to resources for help and makes referrals to a broad range of services.

- **Call or Text 2-1-1**

[Care for Caregivers](https://carefor caregivers.ca) (carefor caregivers.ca)

A mental health help line for health and social support workers

- **Call/Text 1-866-802-7337 (Hours: Mon-Fri 9am-9pm)**

[Mobile Response Team](#) (Provincial Health Services Authority)

Supports frontline staff, organizations, and communities affected by health and substance use emergencies through psychosocial support, education and crisis intervention.

- **1-888-686-3022**

[S.U.C.C.E.S.S Language Help Lines](#)

Emotional support lines in multiple languages.

- **1-800-721-0596 (Hours: 7 days a week from 10am-10pm)**
- **Extensions:** Mandarin (ext.1), Cantonese (ext. 2), Korean (ext. 3), Farsi-Dari (ext. 4)

[Toward the Heart](https://towardtheheart.com) (towardtheheart.com)

A search tool to help you find harm reduction supplies for safe sex and substance at distribution sites across communities in BC.