



VictimLinkBC

INFORMATION AND SUPPORT FOR ALL VICTIMS OF CRIME

1.800.563.0808 victimlinkbc.ca

Toll-free anywhere in BC and Yukon
24/7 Confidential, anonymous, multilingual
and TTY accessible

IF YOU HAVE BEEN AFFECTED BY CRIME AND
NEED ANY OF THE FOLLOWING:

- Information about the criminal justice system
 - Court support
 - Assistance with forms
 - Referrals to other community agencies
 - Emotional support
 - Information about crime and youth violence prevention
 - Referral to a Transition House
- OR IF YOU'RE NOT SURE WHAT TO DO
Call **1.800.563.0808** or
visit victimlinkbc.ca

Call
8-1-1

Health advice 24/7

HealthLinkBC.ca



HealthLinkBC



Here to listen. Here to help.

Language Service: Both of the 310-6789 and 1-800-SUICIDE phone lines are available in over 140 languages using a language service. Let us know which language you require, and we will try and provide an interpreter.

Contact us:

- Anywhere in BC 1-800-SUICIDE: **1-800-784-2433**
- Mental Health Support Line: **310-6789**
- Vancouver Coastal Regional Distress Line: **604-872-3311**
- Sunshine Coast/Sea to Sky: **1-866-661-3311**
- Seniors Distress Line: **604-872-1234**
- Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)
- Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

KUU-US
CRISIS RESPONSE SERVICES
1-800-KUU-US17 | 1-800-588-8717

CHILD/YOUTH: 250.723.2040

ADULT/ELDER: 250.723.4050

CULTURALLY SAFE
HELP AVAILABLE

24 HOURS A DAY
7 DAYS A WEEK

FIRST NATIONS AND
ABORIGINAL PEOPLES
HELPING FIRST NATIONS
AND ABORIGINAL PEOPLES



Kids Help Phone

Support for youth

Call 1-800-668-6868

Text TALK to 686868

Support for adults

Text WELLNESS to 741741



LIFE CAN BE HARD.
FINDING HELP
CAN BE EASY.



Dial 2-1-1
to find help
for all of life's
challenges.



HELP STARTS HERE

