

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.



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)**

[Wellness Together Canada](https://wellesstogether.ca) (wellesstogether.ca)

A variety of wellness information, online courses and 24/7 support.

- **Free Counselling: 1-866-585-0445**
- **Peer Support Line: 1-888-768-2488**
- **Crisis Support:**

Adults: text/type WELLNESS to 741741

Youth: text/type WELLNESS to 686868

Frontline Workers: text/type FRONTLINE to 741741

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.

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](https://metisnation.ca)

- **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](https://bcmentalhealth.ca)

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

[Children's Help Line](https://childrenshelpline.ca)

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

[Kids Help Phone](https://kidshelpphone.ca) (kidshelpphone.ca)

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

[Senior's Distress and Support Line](https://seniorsdistress.ca)

- **604-872-1234**

[Suicide Prevention Line](https://suicideprevention.ca)

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

[Youth in BC Distress Line](https://youthinbc.com) (youthinbc.com)

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

OTHER SERVICES

[BC 211](https://bc211.ca) ([bc.211.ca](https://bc211.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://careforcaregivers.ca) (careforcaregivers.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](https://provincialhealthservices.ca) (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](https://succes.ca)

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.

This resource list was compiled by Provincial
Psychosocial Services, Health Emergency
Management BC (PHSA).