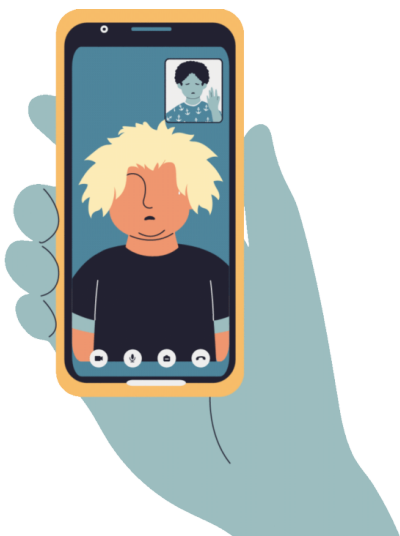


resources for youth

IN AN EMERGENCY DIAL 911

Counselling & Groups

Youth Integrated Services Hub	250-540-5202
Child and Youth Mental Health	250-549-5404
North Okanagan Youth & Family Services	250-545-3572
Family Resource Centre	250-545-3390
Archway Society for Domestic Peace	250-558-3850 ext 221
Vernon Mental Health & Substance Use	250-549-5737
First Nations Health Authority	1-866-913-0033
Foundry Virtual BC	1-833-308-6379



Helplines

Kids Help Phone	1-800-668-6868
Trans Lifeline	1-877-330-6366
Here to Help	310-6789
Suicide Support	1-800-SUICIDE
Hope for Wellness Hotline	1-855-242-3310
Indigenous Crisis Line KUU-US	1-800-588-8717
National Suicide Crisis Helpline	9-8-8

Online Resources

MindShift	anxietycanada.com
Kelty Mental Health	keltymentalhealth.ca
Self-injury Outreach & Support	sioutreach.org
Wellness Together Canada	wellnesstogether.ca
Help Starts Here	helpstartshere.gov.bc.ca
Foundry	foundry.bc.ca/virtual/
Youth Space	youthspace.ca
Metis Nation Connection Program	mnb.ca/form/mental-health-contact-form



Helping Someone in Crisis

If someone you care about is struggling, remember that you don't have to support them on your own. School Counsellors are available to help you find and access support for both you and your friend. If the person is in immediate danger, it's important to call 911 for immediate assistance.

Safety

Options for Sexual Health	optionsforsexualhealth.org
Youth Safe House	250-260-7077
Reporting Child Abuse	1-800-663-9122
Help Starts Here	2-1-1
Alcohol & Drug Information	1-800-663-1441
Referral Service	



Scan to access more resources:

