

BC Mental Health and Substance Use Resources

Province of BC's Youth Mental Health Map

<http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/find-services-near-you/youth-mental-health-services>

The Alcohol & Drug Information and Referral Service

1 800 663-1441

Lower Mainland: 604 660-9382

This service is available to people across B.C. needing help with any kind of substance abuse issues 24 hours a day. It provides information and referral to education, prevention and treatment services and regulatory agencies.

Crisis Intervention & Suicide Prevention Centre of BC

<https://crisiscentre.bc.ca/>

11-800-SUICIDE (1-800-784-2433) to speak with crisis line workers anytime of the day or night.

Looking for information and support? Call 310-6789 to reach the Mental Health and Information and Support Line, from anywhere in the province.

You will receive emotional support, and information on appropriate referral options and a wide range of support relating to mental health concerns.

HealthLinkBC

<https://www.healthlinkbc.ca/mental-health>

Anywhere in BC: 8-1-1

TTY (Deaf and hearing-impaired): 7-1-1

HealthLink BC helps you learn about health topics, check your symptoms and find the health services and resources that you need for healthy living. Call 8-1-1 to consult with a nurse, pharmacist or dietitian or visit HealthLinkBC.ca for easy access to help you find the health services you need, closest to where you live.

Translation services are available in over 130 languages on request.

Here to Help

<http://www.heretohelp.bc.ca/>

Kelty Mental Health Resource Centre

<http://keltymentalhealth.ca/>

1 800 665-1822

Lower Mainland: 604 875-2084

Problem Gambling Help Line

<https://www.bcreponsiblegambling.ca/? sm au =iVVjLFDqVLD rF7PP>

1 888 795-6111

Deaf or hearing-impaired (collect calls accepted): 604 875-0885

A 24-hour information and referral service for anyone who is adversely affected by their own, or another's gambling habit.

Provincial Health Services Authority

<http://www.bcmhsus.ca/>

Canadian Mental Health Association – BC Division

<https://www.cmha.bc.ca/mental-health/find-help/>

Open Mind

<http://openmindbc.ca/>

TERRACE

Supportive Agencies for Youth and their families

Child and Youth Mental Health Clinic

WALK-IN INTAKE Clinic

400- 4545 Lazelle Ave

Phone: (250) 615-4860

Ksan Society

Terrace Transition House

(250)635-2373

Kermodie Friendship Society

(250) 635-4906

TDCSS

(250) 635-3178