

# Help for Individuals & Families

## **Crisis Centres and Hotlines**

The Crisis Centre provides emotional support to youth and adults who are in distress. The Crisis Centre also offers suicide prevention and stress management workshops to youths in grades 8-12 and to organizations throughout BC.

### **How can I contact the Crisis Line?**

Counsellors are available 24 hours a day

- 1) Simply dial 604-872-3311
- 2) Or dial 1-800-SUICIDE

## **Youth In BC**

Youth In BC is an online service for youth, which gives them the opportunity to connect to a counsellor. Email support is also available.

### **How can I contact Youth in BC?**

You can find them on the internet at [www.youthinbc.com](http://www.youthinbc.com)

## **Emergency Shelters**

If you have to leave your home due to an emergency or because you are worried about your safety or that of your children, please contact the Welcome Centre immediately. The staff there can help you find a safe place to stay.

## **The Kid's Help Phone**

The Kid's Help Phone provides free, multi-lingual support for children and youth. When you phone, you can get immediate help and support and you do not have to tell anyone your name. What you tell them remains confidential.

### **How can I contact the Kids Help Phone?**

You can reach the Kids Help Phone by dialing 1-800-668-6868

## **The Youth Against Violence Line**

Youth Against Violence is a multilingual help line that is available 24 hours a day. Youth can call in information to report a crime or can get help, and everything remains confidential.

### **How can I contact the Youth Against Violence Line?**

You can reach the Youth Against Violence Line by calling 1-800-680-4264

## **Legal Services Resources**

Please see below for links to several websites that offer legal services resources.

### **Legal Information, education and help for British Columbians**

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

### **Legal Services Society of BC (Legal Aid)**

<http://legalaid.bc.ca/>

### **BC Association of Specialized Victim Assistance and Counselling Programs**

<http://www.endingviolence.org/>

### **Family Law in British Columbia**

<http://www.familylaw.lss.bc.ca/>

