**RESOURCES**

**SUPPORT LINES AND CENTRES**

**If this is an Emergency: Call 911**

Vancouver Island Crisis Society **1-888-494-3888** Vancouver Island Crisis Cell Phone Text (6:00pm-10:00pm, 7 days a week) **1-250-800-3806**

The Crisis Intervention and Suicide Prevention Centre of BC (24 hours / 7 days a week) - **1-800-784-2433**

Canada Suicide Prevention Service (24 hours / 7 days a week) **1-833-456-4566**

KUU-US Crisis Line Support - **1-800-588-8717** 24/7 Crisis support for Indigenous Elders, Adults, Youth, & Children. Indian Residential School Survivors Society (24 hours / 7 days a week) **1-800-721-0066**

BC Mental Health Support Line - **310-6789** (no area code) BC 211 - Dial: **211** - Resources and confidential support in BC

HealthLinkBC - Free non-emergency information for physical + mental health - Dial **811** or **711** for deaf or hard of hearing. Translation services available.

VictimLinkBC - **1-800-563-0808** Information + referrals services for victims of all crime (assault, violence, abuse, etc.)

Seniors First BC (formerly known as the BC Centre for Elder Advocacy and Support) **1-866-437-1940** https://seniorsfirstbc.ca/programs/sail/

Kid's Help Phone **1-800-668-6868** available 24/7. Anxiety Canada https://www.anxietycanada.com/ - **1-888-494-3888** Website with tools + resources for navigating anxiety. (Go to the “Get Help” tab)

Alcohol & Drug Information Referral Service - **1-800-663-1441** Free + confidential information and referral services in BC for any substance use concern

**Foundry Campbell River**

Foundry Campbell River offers young people 12-24 access to mental health and substance use support, primary care, peer support and social services.

**Location:** 140 10th Avenue, Campbell River, BC
**Phone:** (250) 286-0611

[https://foundrybc.ca/campbellriver](https://www.jaimegibsoncounselling.com)

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**Child and Youth Mental Health (Ministry of Children and Families)**

Free and voluntary community-based mental health supports and services for children and youth up to age 19 in Campbell River.

[**Location**](https://www.google.com/search?client=safari&sxsrf=ALeKk00vqDQdrw88qNSQ9zF9XhWCvd4i2w:1582329895158&q=children+%26+families-ministry+for+campbell+river+address&stick=H4sIAAAAAAAAAOPgE-LWT9c3LEnJNU4pMtGSzU620s_JT04syczPgzOsElNSilKLixexmidnZOYA2XkKagppibmZOZmpxbq5mXmZxSVFlQpp-UUKyYm5BUmpOTkKRZllqUUKUJ0AdzOTkWgAAAA&ludocid=8819330712284622050&sa=X&ved=2ahUKEwipjbma7uPnAhVWIDQIHRTkA2gQ6BMwBHoECAQQGg)**:**1180 Ironwood St, Campbell River, BC

[**Phone**](https://www.google.com/search?client=safari&sxsrf=ALeKk00vqDQdrw88qNSQ9zF9XhWCvd4i2w:1582329895158&q=children+%26+families-ministry+for+campbell+river+phone&ludocid=8819330712284622050&sa=X&ved=2ahUKEwipjbma7uPnAhVWIDQIHRTkA2gQ6BMwBnoECAQQLg)**:**(250) 286-7542

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**Campbell River Family Services**

A non-profit, charitable organization providing quality services to individuals, children and families living in the Campbell River area. Campbell River Family Services offers a wide range of programs and services includes support, counselling, education, prevention, and crisis intervention.

**Location:** 487 10th Avenue, Campbell River, BC
**Phone:** (250) 287-2421

[https://www.crfamilyservices.ca](https://www.jaimegibsoncounselling.com)

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**North Island Survivor's Healing Society**

Offering professional counselling and facilitated group support for individuals affected by trauma and abuse.

**Location:**625 D 11th Avenue, Campbell River, BC

**Phone:** (250) 287-3325

[http://www.nishs.ca](https://www.jaimegibsoncounselling.com)

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**Adult Mental Health and Substance Use**

Providing a single point of assessment and access for individuals seeking help for Adult Mental Health and Substance Use services.

**Location:**#207–1040 Shoppers Row Campbell River, B.C.
**Phone:**(250) 850-2620

[https://www.islandhealth.ca/our-services/mental-health-substance-use-services/access-referrals-mental-health-substance-use-services/intake-campbell-river-referrals-mhsu](https://www.jaimegibsoncounselling.com)