SUPPORT LINES AND CENTRES  
**If this is an Emergency:  
​Call 911**

**NATIONAL SUICIDE CRISIS HELPLINE 988**

[**The Crisis Intervention and Suicide Prevention Centre of BC**](https://crisiscentre.bc.ca/)  **1-800-784-2433** (24 hours / 7 days a week)  
  
**Canada Suicide Prevention Service** **1-833-456-4566** (24 hours / 7 days a week)

[**Vancouver Island Crisis Society**](https://www.vicrisis.ca/)   **1‑888-494-3888**  
  
**Vancouver Island Crisis Cell Phone Text**  **1-250-800-3806** (6:00pm-10:00pm, 7 days a week)  

**Seniors Distress Line 1-604-872-1234**  
  
**Indian Residential School Survivors Society** **1-800-721-0066** (24 hours / 7 days a week)    
 [**BC Mental Health Support Line**](https://www.crisislines.bc.ca/services) - **310-6789** (no area code)  
​  
[**BC 211**](http://www.bc211.ca/)  **211**- (Resources and confidential support in BC)  
   
[**HealthLinkBC**](https://www.healthlinkbc.ca/) - **811** or **711** for deaf or hard of hearing. Translation services available

[**VictimLinkBC**](https://www.victimsinfo.ca/en/services/victimlink) - **1-800-563-0808**Information + referrals services for victims of all crime (assault, violence, abuse, etc.)  
  
**Seniors First BC** **1-866-437-1940** (formerly known as the BC Centre for Elder Advocacy and Support)  
  
[**Kid's Help Phone**](https://kidshelpphone.ca/)  **1-800-668-6868**     
  
[**Anxiety Canada**](https://www.anxietycanada.com/)  **1‑888-494-3888**  
  
[**Alcohol & Drug Information Referral Service**](https://www.healthlinkbc.ca/mental-health-substance-use/resources/adirs) - **1-800-663-1441**

**ONLINE APPS FOR:**

**GUIDED RELAXATION, REDUCING STRESS AND ANXIETY**

**OFFERING MEDITATION & MINDFULNESS PRACTICES**

**Calm App** <https://www.calm.com/>

**Insight Timer** <https://insighttimer.com/en-ca>

**Smiling Mind** <https://www.smilingmind.com.au/>

**Headspace** <https://www.headspace.com/headspace-meditation-app>