



Get help now

If you or someone you know is struggling, there are a number of mental health and substance use resources that can help.

General mental health and substance use supports

1-800-SUICIDE

Call 1-800-784-2433

Please call if you are experiencing feelings of distress or despair, including thoughts of suicide.

9-8-8 Suicide Crisis Helpline

Call or text 9-8-8

Alcohol and Drug Information and Referral Service

Call 1-800-663-1441

This service can help you find resources and support.

BC's Mental Health Line

Call 310-6789

This service provides emotional support, information, and resources specific to mental health.

Bereavement and Grief Support Line

Call 1-877-779-2223

Northern Health Virtual Clinic

Call 1-844-645-7811

This service provides access to a family doctor or nurse practitioner, including for mental health needs.

Indigenous mental health supports

KUU-US Crisis Response Service

Call 1-800-588-8717

This service provides culturally aware support for Indigenous Peoples.

Métis Crisis Line

Call 1-833-MetisBC (1-833-638-4722)

National Indian Residential School Crisis Line

Call 1-866-925-4419

This service provides support for former Residential School students and those affected. Call to access emotional and crisis referral services.



Get help now

Youth mental health supports

Kid's Help Phone

Call 1-800-668-6868 or text CONNECT to 686868

Foundry Virtual BC

Visit foundrybc.ca/find-foundry-support-services

Young people aged 12-24 and their caregivers living in BC can access free mental health and wellness same day services virtually through the Foundry BC app.

Kelty Mental Health Resource Centre (BC Children's Hospital)

Call 1-800-665-1822

This service provides mental health and substance use information, resources, and peer support to families across BC, with a child or youth up to the age of 24.

Youth Crisis Line

Call 1-888-564-8336 or text 250-564-8336

Youth mental health resource guides for families



Northern Health

Child and youth mental health and substance use resource guide for families



Child Mind Institute

Helping children cope after a traumatic event

Additional resources



Northern Health mental health and substance use webpage

The Mental Health and Substance Use Program provides a wide range of programs and services to assist persons and their family experiencing difficulties with mental health and/or substance use.



Provincial mental health supports

BC has several virtual mental health supports for anyone experiencing anxiety, depression, or other mental health challenges.