

Mental Health Resource List

It can be frightening and overwhelming when you or someone you know is experiencing a mental health crisis. It is important to remember that you are not alone and in the event of a mental health emergency there are various resources available to help support those in need. The following is a diverse list of the many services available on **Southern Vancouver Island** that range from immediate crisis support to long-term services and support groups for those directly impacted by mental health issues, as well as their families and support systems.

Immediate Support

- **Mental Health Support:** 310-6789 (24-hour service, no area code needed)
- **Vancouver Island Crisis Line:** 1-888-494-3888 (24-hour service) or text 250-800-3806 (6:00 pm to 10:00 pm PST)
- **Integrated Mobile Crisis Response Team (IMCRT):** Call 1-888-494-3888 (1:00 pm to midnight)
- **KUU-US Crisis Line Society:** 1-800-588-8717 (24-hour service)
- **Kids Help Phone:** Text CONNECT to 686868 or visit kidshelpphone.ca
- **Indigenous Initiatives Network:** Text “First nations” “metis” or “Inuit” to 686868 (youth) or 741741 (adults) or call 1-800-668-6868
- **Crisis Centre: Youth in BC Crisis Chat:** Visit youthinbc.com (noon to 1:00 am)
- **Youthspace.ca:** Text 778-783-0177 or visit youthspace.ca for online chat (6:00 pm to midnight)

Services Available

- **Foundry:** Virtual drop-in counselling sessions, peer support check-ins, and group offerings for young people ages 12–24 and their caregivers (no referral or assessment required). Call 1-833-308-6379 between 1:15 and 9:00 pm Monday to Friday, email at online@foundrybc.ca or register online to book an appointment at foundrybc.ca/virtual
- **Pacific Centre Family Services Association (PCFSA):** Children, youth, and adults can access a full continuum of prevention and early intervention services in-person and online. Services include immediate response single session counselling and referral, youth counselling and outreach, Crime Reduction and Exploitation Diversion (CRED), sexual abuse intervention, Youthtalk email counselling (youthtalk2@pcfsa.org), and affordable counselling on a sliding scale. Call 250-478-8357 or 1-866-478-8357 (toll-free), email pacificcentre@pcfsa.org or visit www.pacificcentrefamilyservices.org to learn more.

- **Canadian Mental Health Association:** BounceBack is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. Register at bounceback.inputhealth.com/ereferral
- **Here to Help:** Find the information you need to manage mental health and substance use problems, and learn how you can support a loved one by visiting www.heretohelp.bc.ca

Support Groups & Workshops

- **Vancouver Island Crisis Society - Suicide Bereavement Support Group** creates a safe space once a month for sharing feelings of loss and grief with others who understand what it is to survive a suicide loss. To learn more call 1-877-753-2495 or email info@vicrisis.ca
- **NEED2 - Suicide Loss Peer Support Group:** A place for adults (18+) who have lost a loved one to suicide to safely share, listen, grieve, learn about how others are coping and receive mutual support. Call 250-386-6328 or visit need2.ca/programs/support-group to learn more.
- **NEED2: Suicide Education and Awareness (SEA):** Suicide prevention education to students (Grade 8–12) and staff throughout the Greater Victoria school system. These classroom workshops support meaningful conversations and help break the stigma and silence surrounding suicide and mental health. Contact sea@need2.ca for more information.
- **Foundry - Emotion-Focused Family Therapy Caregiver Workshops:** Email online@foundrybc.ca or visit foundrybc.ca/virtual/caregiver-groups for more information.