

# OUTREACH

Connecting Youth to Local Supports for Life Success

## Services for Youth, Families & Community Agencies

Online help Services

BC 211 (24/7)

<http://bc211.ca>

Find health resources in your community. Call or text 2-1-1.

HealthLink BC 8-1-1 Services | HealthLink BC

<https://www.healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services>

You can call 8-1-1 to get free health information and advice

First Nations Health Authority

<https://www.fnha.ca>

Culturally safe mental health and wellness services for BC First Nations

Youth & Family Substance Use Services

Northern Health

<https://www.northernhealth.ca/health-topics/school-and-youth-health#mental-health-and-emotional-wellness>

Mental health and emotional wellness

We are here for you 24-7

BC Suicide Line: 1-800-784-2433

Northern BC Crisis Line: 1-888-562-1214

Youth Crisis Line: 1-888-564-8336 or text to 250-564-8336

FoundryBC

<http://foundrybc.ca>

Wellness resources & support for people age 12-24 years.

101-3219 Eby Street, Terrace, British Columbia

250-635-5596

foundryterraceinfo@tdcss.ca

CYMH Terrace

Child and Youth Mental Health

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics#north>

400-4545 Lazelle Avenue

Terrace, BC

Call or text 250-641-0077 to schedule an intake

FamilySmart

<http://www.familysmart.ca>

Support for families with mental health challenges.



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| Kelty Mental Health Centre                        | <a href="http://www.keltymentalhealth.ca">http://www.keltymentalhealth.ca</a><br>Support for B.C. youth, families & agencies.  |
| 1-800-SUICIDE                                     | <a href="https://www.crisiscentre.bc.ca/get-support/crisis-lines/">https://www.crisiscentre.bc.ca/get-support/crisis-lines/</a><br>BC Suicide Prevention and Intervention Line<br>Text or call 988   |
| Crisis Centre BC                                  | <a href="https://www.crisiscentre.bc.ca">https://www.crisiscentre.bc.ca</a><br>Experiencing a mental health crisis?<br>Call 1-800-784-2433 or 310-6789 (no area code) or dial 9-1-1.   |
| Crisis Centre for Northern BC                     | <a href="https://crisis-centre.ca">https://crisis-centre.ca</a><br>24-Hour Crisis Line: 1-888-562-1214   |
| Racist Incident Helpline                          | <a href="http://racistincidenthelpline.ca">http://racistincidenthelpline.ca</a><br>1-833-457-5463 Support for people who have experienced or witnessed a racist incident.  |
| Kids Help Phone (24/7)                            | <a href="https://kidshelpphone.ca">https://kidshelpphone.ca</a><br>1-800-668-6868 Live, online chat noon to 1 a.m.<br>Text: 686868   |
| erase for Students - Province of British Columbia | <a href="https://www2.gov.bc.ca/gov/content/erase/erase-for-students">https://www2.gov.bc.ca/gov/content/erase/erase-for-students</a><br>erase = expect respect & a safe education - Province of British Columbia<br>Online reporting tool available to students to seek help or submit reports if you see or hear something that concerns you |
| Trans Lifeline Hotline                            | <a href="https://translifeline.org">https://translifeline.org</a><br>A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.   |
| Youth Support Line                                | Call: 1-888-564-8336 24/7<br>Text: 250-564-8336 (4pm-10pm PST)<br>Online Chat: <a href="https://crisis-centre.ca">https://crisis-centre.ca</a> (4pm-10pm PST)  |

