

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

