

BC Mental Health Resources

Struggling with or supporting someone with a concussion can be mentally and emotionally challenging and may intensify during stressful periods, such as COVID-19.

The following BC mental health crisis response services are free, staffed and available 24/7.

Emergency:

9-1-1

To **connect directly 24/7** with someone for emotional support, information and resources specific to mental health.

BC Crisis Centre:

1-800-SUICIDE / 1-800-784-2433

www.YouthinBC.com for online services for youth

www.CrisisCentreChat.ca for online services for adults

BC Mental Support Line:

310-6789 available throughout BC; area code not required

Kids Help Phone:

1-800-668-6868

<https://kidshelpphone.ca/text> or text CONNECT to **686868**

KUU-US Crisis Line Society: First Nations and Indigenous-specific Crisis Line

1-800-588-8717

HealthLinkBC:

8-1-1

Vancouver Coastal Health Region:

604-872-3311 for Vancouver, Richmond, North Shore, Sea to Sky

1-866-661-3311 for Howe Sound, Sunshine Coast, Bella Coola

Fraser Health Region Crisis Line:

604-951-8855

Toll-free Phone: **1-877-820-7444**

Vancouver Island Health Region Crisis Line:

1-888-494-3888

Interior Health Region Crisis Line:

1-888-353-2273