

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

Here2Talk:

Confidential, free counselling and referral services by app, phone or online chat for all registered post-secondary students. Here2Talk is available 24 hours a day, seven days a week.

<https://here2talk.ca/> or dial **1-877-857-3397**

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

Canada Mental Health Crisis and Suicide Prevention Hotline

- Calls and texts to 9-8-8 will be directed to a mental health crisis or suicide prevention service free of charge.

Other Mental Health Resources

- **Anxiety Canada:** <https://www.anxietycanada.com/>
- **Here to Help:** <https://www.heretohelp.bc.ca/>
- **Kelty Mental Health Resource Centre:** Free mental health and substance use information, resources, and peer support for BC parents, caregivers, and families of children and youth. Call 1-800-665-1822
- **Foundry virtual:** Access province-wide virtual services with counselling, peer support, family support, groups, and workshops for young people 12 to 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app, chat, phone (1-833-308-6379) or video calls.
- **EASE (Everyday Anxiety Strategies for Educators) at home:** EASE at home offers helpful tips for parents, like how to teach children calming breathing techniques or use structured games like scavenger hunts to build routine in a way that's fun:
<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>
- **MyHEARTSMAP:** MyHEARTSMAP is a digital tool that will help families, children and youth self-assess their mental health needs. Once the self-assessment is completed, the tool will recommend appropriate resources.
www.bcchildrens.ca/our-services/mental-health-services/assessment-treatment/myheartsmap-mental-health-self-assessment-tool