

Support Resources

Emergency Services

Emergency Services	Call: 911	24/7 emergency services for life-threatening situations, connecting you to police, fire, or ambulance assistance.
Nurse Line	Call: 811	24/7 medical advice and guidance by registered nurses for non-emergency health concerns.
Island Health Resource Directory	https://www.islandhealth.ca/find-care	An online directory of various healthcare resources available on Vancouver Island.

Crisis Supports (Hotlines)

Resource Name	Contact Information	Website	Description
BC Crisis Centre (24/7)	Call: 1-800-SUICIDE (1-800-784-2433) or 988 Text: 45645	crisiscentre.bc.ca	24/7 confidential support for people in emotional distress, including suicide prevention.
National Suicide Prevention Lifeline (Canada)	Call: 988	crisisservicescanada.ca	Offers 24/7 support for anyone experiencing thoughts of suicide, with access to counseling services.
Vancouver Island Crisis Line (Island Health)	Call: 1-888-494-3888	vicrisis.ca	24/7 mental health crisis line for individuals on Vancouver Island.
Kids Help Phone (Canada-Wide)	Call: 1-800-668-6868 Text: 686868	kidshelpphone.ca	24/7 counseling and emotional support for children, teens, and young adults.
Telecare Crisis & Caring Line	Call: 1-888-852-9099	telecarebc.com	Faith-based support through compassionate listening & confidential conversations, 9am to 9pm, 7 days/week.

Chimo Crisis Line	Call: (604) 279-7070	chimoservices.com	Free mental health support from 8:00am to midnight, 7 days/week.
BC VictimLink Crisis Support (For Victims of Crime or Violence)	Call or text: 1-800-563-0808	victimlinkbc.ca	24/7 multilingual support for individuals affected by crime or violence, offering referrals to crisis services.
Indigenous Crisis and Wellness Support (Hope for Wellness)	Call: 1-855-242-3310 (Indigenous-specific Crisis Line)	hopeforwellness.ca	Culturally relevant crisis support for Indigenous people in BC, including suicide prevention.

Mental Health Support Lines

Resource Name	Contact Information	Website	Description
BC Mental Health Support Line	Call: 310-6789 (no area code required)		A 24/7 line offering support for mental health crises or challenges.
First Nations Health Authority (FNHA) Mental Wellness & Crisis Support	Call: 1-800-588-8717		Mental wellness crisis support for Indigenous people in BC.
Youth Against Violence Line	Call: 1-800-680-4264	youthagainstviolenceline.com	A 24/7 line (anonymous & confidential) for young people across BC to talk through any type of problem.
BC 211	Call: 211		Connects you to community services, including mental health support.
Kelty Mental Health Resource Centre	Call: 1-800-665-1822		Provides information and resources on mental health for children, youth, and families.
MindHealthBC		mindhealthbc.ca	Provides mental health resources and connects individuals to support services in BC.
Mindshift CBT App		anxietycanada.com	Free anxiety relief app that focuses on Cognitive Behavioral Therapy (CBT) strategies.
BounceBack BC	Call: 1-866-639-0522	bouncebackbc.ca	Free skill-building program (online & phone) designed to help individuals manage their mental health.

BC Bereavement Helpline Call: 1-877-779-2223 bcbh.ca

9am-5pm Mon. to Fri. help for those who may be struggling or looking for support with grief & loss.

Therapy and Counselling Services

Resource Name	Contact Information	Website	Description
British Columbia Psychological Association		psychologists.bc.ca	Access to professional psychologists and mental health resources.
BetterHelp (Online Therapy)		betterhelp.com	Offers online therapy with licensed professionals.
Talkspace (Online Therapy)		talkspace.com	Provides online therapy with licensed professionals.
Canadian Mental Health Association (CMHA)		cmha.bc.ca	Offers mental health support, counseling services, and community-based programs across British Columbia.
Psychology Today (Find a Therapist)		psychologytoday.com	Search for licensed therapists, counselors, and psychologists in Canada and worldwide.
The Foundry BC		foundrybc.ca	Provides mental health services and support for youth aged 12-24, including counseling, peer support, and health services.
Theravive (Find a Therapist)		theravive.com	An online directory of licensed therapists and counselors available for both in-person and online therapy.
Counselling BC		counsellingbc.com	Provides an online directory of professional counselors in British Columbia, offering individual, family, and couples therapy.
MindBeacon (Online CBT)		mindbeacon.com	Offers online Cognitive Behavioral Therapy (CBT) based therapy for individuals looking to manage stress, anxiety, depression, and more.
Beating the Blues (Online CBT)		beatingtheblues.co.nz	Provides online Cognitive Behavioral Therapy (CBT) for anxiety and depression, accessible in Canada.

Community Supports

Resource Name	Contact Information	Website	Description
The Mighty		themighty.com	A community where people share stories and experiences related to mental health, chronic illness, and disabilities.
Mood Disorders Association of BC (MDABC) Peer Support Group		mdabc.net	MDABC peer-led support groups (facilitated by trained volunteers with mental health experience) offer a place to share your story and to listen to others do the same.
Communitas Supportive Care Society (Peer Support)	Call: (604) 850-6608	peersupportcsc.com	Provides support toward recovery through group learning, workshops, and one-on-one support from a staff member who has lived experience of mental illness.
Youthspace.ca	Text 'youthspace' to 741741; available 6:00 PM to 12:00 AM PST.		Provides online and text-based support for youth in crisis. Peer support and crisis intervention for youth.
BC Alcohol and Drug Information and Referral Service (ADIRS)	Call: 1-800-663-1441		Confidential service offering addiction-related support and referrals.
Kelty Eating Disorders		keltyeatingdisorders.ca	Connects people with resources and information for every stage of the eating disorder journey.
BC Gambling Support Line	Call: 1-888-795-6111	gamblingsupportbc.ca	24/7 support for individuals dealing with gambling problems, including crisis intervention.

Addictions Support (Naloxone)

Eduation and resources may be made available through:

Thetis Island Volunteer Fire Department	Call: (250) 246-4834	thetisislandfire.ca	Overdose resources are available upon request.
Rexall (Willow St.)	Call: (250) 246-3821	rexall.ca	Overdose resources and education are available upon request.
Rexall (Esplanade St.)	Call: (250) 246-2151	rexall.ca	Overdose resources and education are available upon request.

Faith-Based Supports

Resource Name	Contact Information	Website	Description
The Professional Association of Christian Counsellors and Psychotherapists		paccp.ca	Provides certification for Christian counselors in Canada, a directory of Christian counselors, and training resources for faith-based counseling.
Focus on the Family Canada	1-800-661-9800	focusonthefamily.ca	Offers support and guidance for families and individuals dealing with mental health struggles. Provides articles, podcasts, and access to Christian counseling services.
Mental Health Grace Alliance		mhgracealliance.org	Provides tools, support groups, and coaching from a Christian perspective for individuals struggling with mental health challenges, offering a holistic faith-based approach.
Hope for the Heart	1-800-488-HOPE (4673)	hopefortheheart.org	Offers biblical resources for mental health, providing practical steps for overcoming struggles like anxiety, depression, and other mental health issues.
Faithful Counseling (sponsored by BetterHelp)		betterhelp.com	An online platform that connects individuals with licensed Christian counselors for therapy via text, video, or phone calls, integrating Christian principles with mental health care.

Canadian Biblical Counselling Coalition	canadianbcc.ca	A network offering biblical counseling resources, training, and services. Helps individuals address mental health concerns using a biblical framework.
YouVersion Bible App (Mental Health Plans)	youversion.com	Provides Bible reading plans focusing on mental health topics like anxiety, depression, and healing. Available to Canadian users as a free app.
Burnaby Counselling Group (604) 430-1303	counsellinggroup.org	Christian counselling group that offers child, youth, adult and couple counselling. Offers remote counselling as well as a subsidy program for lower income individuals.
Rooted in Grace Counselling (250) 436-0248	rootedingracecounselling.ca	Local christian counsellor Tessa Thudian (Registered Professional Counsellor-Candidate) sees women only and specializes in youth and young adults, motherhood, family therapy and faith journeys.

This document is intended to serve as a resource only and not an endorsement.