

RESOURCE GUIDE:

CRISIS LINES.

BC Crisis Line:

- 1-800-SUICIDE
 - (1-800-784-2433)

BC211 – Referral Hotline

- Dial 211
- Available 24/7.
- <http://www.crisislines.bc.ca>

Trans Life Line

- 1-877-330-6366
- <https://translifeline.org/hotline/>
- 10am-6pm Monday to Friday
- Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.

Vancouver Island Crisis Line

- 1-888-494-3888
- Open 24 Hours

Crisis Text

- 250-800-3806
- 6pm-10pm.
- <https://www.vicrisis.ca/>

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310 Mental Health Support Line

- Province wide.
- 310-6789
- Available 24/7.
- <https://www.crisislines.bc.ca>

KUU-US Crisis Line Society

- Crisis 24 hrs: 1-800-588-8717
- Teen line: 250-723-2040
- Serving the entire province of British Columbia. KUU-US Crisis Line Society is the only Aboriginal Crisis Line in B.C.
- <https://www.kuu-uscrisisline.com/>

S.U.C.C.E.S.S. Chinese Help Lines

- Cantonese Help Line:
 - 10am – 10pm
 - 604-270-8233.
- Mandarin Help Line
 - 10am – 10pm
 - 604-270-8222
- email: chlvolunteer@success.bc.ca

9-8-8 Crisis Line/Text 24 hours

- 9-8-8
- National crisis line run by CAMH
- <https://988.ca/>

Salal Centre Rape Crisis Line

- Crisis and Information Line 24 hours: 1-877-392-7583
- For people of all marginalized genders.