

MENTAL HEALTH SAFETY

*NEED HELP but
need to stay at
home?*

**Use your
phone for
Mental Health
Support**

**Call
310-6789**

Toll free. No area code
required

Provides a toll-free number connecting callers to a BC crisis line, without a wait or busy signal. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health. In 140 Languages.

A program of the Crisis Intervention and Suicide Prevention Centre of British Columbia.



***Are You a
Senior?***

***Turn this
page over
for online
and
telephone
supports
just for
you...***

During this pandemic, many people feel isolated and alone.

Don't ignore your mental health – call for help today!

Transgender Health Information

Program (THiP) is a BC-wide information hub providing access to information about gender affirming care and supports, created by **Vancouver Coastal Health Authority**

Call: 1-866-999-1514
Toll Free

Hope for Wellness Indigenous Help Line

Call 1-855-242-3310
(toll-free) or connect to the online Hope for Wellness chat.

Available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are feeling distressed.

Telephone and online counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.