2019 Community Resource List

Mental Health Support

BC Crisis Centre: 1-800-784-2433 (toll-free), 604-872-3311 (Vancouver); online chat: http://www.crisiscentrechat.ca/

Seniors' distress line: 604-872-1234

Access and Assessment Centre @ Joseph and Rosalie Segal Centre (803 12th Ave W): non-suicidal mental health crisis; 17+ or referred by adult, walk-ins 7am-11pm; 604-675-3700

Text "HOME" to 686868, explain the situation; chat with trained crisis worker

Violence and Sexual Assault

Women Against Violence Against Women (www.wavaw.ca/); 24-hour crisis line: 604-255-6344; toll-free: 1-877-392-7582

Battered Women's Support Services (bwss.org/support), 604-687-1867 (M-F 10am-5pm, W 10am-8pm)

BC Society for Male Survivors of Sexual Abuse: http://bc-malesurvivors.com; 604-682-6482

VictimLink BC: support and referrals for Victims of hate crimes/violence; 24/7 toll-free line: 1-800-563-0808

Legal advice for victims of islamophobia: islamophobiahotline.ca/en/ ; free confidential legal advice 604-343-3828

Vancouver Association for Survivors of Torture: supports refugee mental health; 1-866-393-3133 for info; group meets Wednesdays 10am-12 @ 2610 Victoria Drive

Addictions Support

Smart Recovery BC: daily secular meetings, 778-323-3165

Narcotics Anonymous help line: 604-873-1018

Alcoholics Anonymous: http://www.vancouveraa.ca/ 24-hour support line: 604-434-3933

Problem Gambling Help Line: 1-888-795-6111

Indigenous Resources

Kuu-us: 24/7 provincial crisis line for Indigenous people: 1-800-588-8717

Hope For Wellness: 24/7 counselling services for Indigenous people: 1-855-242-3310; online chat www.hopeforwellness.ca

LGBTQ+ Support

Trans lifeline: http://translifeline.org 24/7 support toll-free: 1-977-330-6366

Prideline BC: available weeknights 7-10pm, 1-800-566-1170

Trevor Project: lifeline 1-866-488-7386; trevorspace.org (online peer support for LGBTQ+ youth 12-24 years old)

Sex Worker Support

PACE society: drop-ins Monday-Thursday 10:30am-4:30pm @ 148 W Hastings

WISH foundation: overnight drop-ins daily, 6pm-12pm @ 334 Alexander Street

Youth Resources

The Foundry: foundrybc.ca/get-support (resources, weekday drop-ins 3-6pm, youth 12-24 years old

Broadway Youth Resource Center: 13-24 years old; connect with support workers, get a hot meal; drop-in 2-7pm @ 2455 Fraser Street

REACH Clinic: healthcare and referrals for youth under 25 years; access to healthcase with no ID @ 1145 Commercial Drive

Online crisis chat for youth: www.youthinbc.com (noon until 1am)

Kids help phone: https://kidshelpphone.ca (text and online chat); 1-800-668-6868

Bereavement

BC Bereavement help line: weekdays 9am-5pm, 604-738-9950; toll-free 1-877-779-2223

Disability Resources

Disability resource network of BC: http://drnbc.org/resources.php (there is a list of numerous resources on the right side of the website)

Eating Disorders Support

BC Crisis line - support for eating disorders: 310-6789 (no area code needed)

Vancouver Anti-Anorexia and Anti-Bulimia League: 24/7 help line: 604-731-7304

Mediation services **COSTS $$**

Mediate BC: 800 Hornby Street, 604-684-1300