

Free Mental Health and Wellness Resources

<u>Children and Youth Mental Health</u>	Sooke Office: 250-642-7748 Westshore Office: 250-391-2223 Indigenous Office: 250-952-4073	Community based mental health support and counselling services.
<u>Pacific Centre Family Services</u>	Counselling Intake and Referrals: 250-940-4373 Community Health Centre: 250-480-7333	Integrated community health center offering counselling and social services, primary care and Indigenous liaison
<u>Sooke Family Resource Centre</u>	Information and program intakes: 250-642-5152	A community hub offering a number of services and resources, including youth and family counselling, and youth navigator services
<u>Hualitan Family and Community Services</u>	Information and intakes: 250-384-9466	Various resources including the L,KI,L program, offering support to Aboriginal children and youth aged 0-19 and their families, with an intent to help improve mental health and overall well-being through both cultural and mainstream interventions. This program strives to facilitate a better awareness and understanding of colonization and the intergenerational impacts of residential schools
<u>Surrounded By Cedar Child and Family Services</u>	For more information, email counselling@sccfs.com	Individual and group counselling for Indigenous urbanized youth and families impacted by complex trauma
<u>Victoria Native Friendship Centre</u>	Information and Intakes: 250-384-3211	Culturally safe services woven into the needs and wants of community,

		including health and wellness services
Foundry BC	Victoria Reception: 250-383-3552 Virtual Services: onlinefoundrybc.ca, or www.foundrybc.ca	An integrated youth hub, with multi-disciplinary resources including counselling and peer support
Thrive	250-383-4821	A team of social service professionals with a mission to help children, youth, adults and families live their best lives by providing high-quality services through a variety of programs including mental health outreach, employment support, family services, and more
Kids Helpline	Call: 1-800-668-6868 TEXT: 686868	24/7 e-mental health service offering free, multilingual and confidential support to help all young people Feel Out Loud, including mental health tips and info, crisis support, and professional counselling
988 Suicide Crisis Helpline	Call or text: 988	24/7 mental health and suicide prevention support. Trained crisis responders able to listen, provide support with compassion and a safe space to talk, while connecting to other resources as appropriate
Vancouver Island Crisis Line	Call: 1-888-494-3888 Text: 250-800-3806 Online Chat: iCarol Messaging	24/7 Crisis Line, as well as Crisis Chat and Crisis Text services offering short-term nonjudgemental support, crisis intervention, information, and resources

KUU-US Crisis Line	Adults: 250-723-4050 Youth: 250-723-4050 Toll free: 1-800-588-8717	Support to Indigenous people throughout the province of British Columbia, with the goal of establishing a non-judgmental approach to listening and problem solving. Supports put into place where the caller is brought back to a pre-crisis state through mediating, de-escalating and interventions, as well as debriefing to any front line worker who works within the field. KUU-US maintains an in-depth referral database.
Erase BC	A website supported through the BC Ministry of Education, offering resources for students, caregivers, and school staff, pertaining to safety and wellness	
Mind Your Mind	A space where mental health, wellness, engagement and technology meet. Intended to support young people with interactive tools and innovative resources to build capacity and resilience, promote wellness, reduce the stigma around mental health, and increase access to community supports, both professional and peer-based	
Calm Harm	An app providing immediate activities and techniques to help break the cycle of self-harm behaviour and explore underlying trigger factors, while building a 'safety net' of helpful thoughts, behaviours, and access to supportive people	
Kelty Mental Health	Support to families across the province seeking to navigate the mental health system, connect with peer support, and access resources and tools to support well-being	