

I need someone to talk to...

Crisis Lines/Resources (24 Hours)

24 Hour Line (General)	1-888-562-1214
Youth Line	1-888-564-8336
Kids Help Line	1-800-668-6868
Help Line For Children (Reporting Abuse/Neglect)	310-1234
Teen Crisis Line	1-888-564-8336
Dunmore Place Women's Transition House	250-632-6070
Crisis Line – 24/7 (BC Wide)	1-866-661-3311
1-800-SUICIDE (BC Wide)	1-800-784-2433
BC Mental Health Info Line	1-800-661-2121
BC Alcohol & Drug Information & Referral	1-800-663-1441
Problem Gambling Line	1-888-795-6111
KUU-US Crisis Line	1-800-588-8717
Griefworks BC	1-877-234-3322
LGBTQ Prideline (7 Days/week—7PM—10PM)	1-800-566-1170
Trans Life line (LGBTQ)	1-877-330-6366
Ministry for Children and Families (MCFD)	1-800-663-9122
Northwest Inter Nation Family –Community Services (NIFCS)	1-800-663-9122

Crisis Lines cont'd...

Credit Counselling Society	1-888-527-8999
Victim Link	1-800-563-0808
Seniors Help & Info	1-866-437-1940
Indian Residential School support line (24 Hours)	1-866-952-4419
Sexual Assault Centre (24 hours)	1-250-635-1911

Counselling

Tamitik Status of Women	250-632-8787
Northwest Counselling	250-632-6400
	1-888-638-8311
TDCSS	250-635-3178
Coastal Mountains Counselling Services	250-639-0669
Jennifer Lagace (Haisla Nation)	250-639-5950
*Ted Altar	1-250-635-3888
*Deborah MCCooey	250-615-6548
*Joelle McKiernan	250-635-6707
Devin Pollitt	250-635-0980
*Katharine Smith	250-631-6194
*Susan Viveiros	250-615-7532

(* = FNHA Approved Counsellors)

Alcoholics Anonymous 250-639-4130