

# Child & Youth Mental Health and Substance Use Resources for Families

If you or a child/youth in your care requires support please contact:

24/7 Urgent/Crisis Supports	
Child & Youth Specific	<b>Youth Crisis Line:</b> Trained peer support: call <b>1-888-564-8336</b> or text <b>250-564-8336</b>
	<b>Kid's Help Phone:</b> offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Reach out by texting <b>CONNECT to 686868</b>
General	<b>Northern BC Crisis Line:</b> a safe and non judgemental crisis line to discuss anything troubling you <b>1-888-562-1214</b> or text <b>250-563-1214</b>
	<b>BC Suicide Line:</b> if you are considering suicide or are concerned about someone who may be, please call <b>1-800-SUICIDE</b> or <b>1-800-784-2433</b> or <a href="https://crisis-centre.ca/faqs/">https://crisis-centre.ca/faqs/</a>
	<b>Alcohol &amp; Drug Information &amp; Referral Service (BC):</b> provides free, confidential information and referral services to British Columbians of all ages in need of support with any kind of substance use issue (alcohol or other drugs). <b>1-800-663-1441</b>
Indigenous	<b>KUU-US Crisis Line:</b> available 24/7 to provide support to Indigenous people in BC Toll free <b>1-800-588-8717</b> or <b>1-250-723-2040</b>

Virtual Counselling (non-emergency)	
Foundry Virtual Counselling	Virtual drop-in counselling sessions by voice, video and chat to young people <b>ages 12-24</b> and their caregivers. Call <b>1-833-FØUNDRY</b> (that's FØUNDRY with a zero! or <b>1-833-308-6379</b> ) to book an appointment. *Note: Go to <a href="https://foundrybc.ca/get-support/virtual">foundrybc.ca/get-support/virtual</a> for the most updated hours on this new service
BounceBack BC	Free online and phone counselling program to manage low mood, mild to moderate depression, anxiety, stress or worry (for ages 15 & up): <a href="https://bouncebackbc.ca">bouncebackbc.ca</a>

## Resources available in community (hours of operation may vary by community, please call)

Community	Type of Service	Contact Information
Burns Lake	Mental Health	Carrier Sekani Family Services 250-692-2387
	Substance Use	Burns Lake Mental Health & Substance Use Services 250-692-2412
Chetwynd	Mental Health	CYMH Chetwynd 250-784-2342
Dawson Creek	Mental Health	CYMH Dawson Creek 250-784-2342 Dawson Creek Aboriginal Family Services 250-782-1169
	Substance Use	Dawson Creek Health Unit 250-719-6525
Dease Lake	Mental Health	CYMH Dease Lake 250-771-3444
Fort Nelson	Mental Health	CYMH Fort Nelson 250-774-5585
	Substance Use	Fort Nelson Primary Care 250-774-7092
Fort St James	Mental Health	CYMH Connexus 250-996-7645
Fort St John	Mental Health	CYMH Fort. St. John 250-263-0121 Nenan Dane zaa Deh Zona Family Services Society 250-787-2151
	Substance Use	Fort St. John Mental Health & Substance Use Services 250-263-6080
Fraser Lake	Mental Health	CYMH Connexus (Vanderhoof) 250-567-9205
Haida Gwaii	Mental Health	CYMH Prince Rupert 250-624-7594 * Haida Child and Family Services 250-626-5257
	Substance Use	Masset: Haida Gwaii Mental Health – Youth Addiction Services 250-626-4721

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		Queen Charlotte City: Haida Gwaii Mental Health – Youth Addiction Services 250-559-4933
<b>Hazelton</b>	Mental Health	CYMH Hazelton 250-842-7624
	Substance Use	Hazelton Community Health Services 250-842-5144
<b>Houston</b>	Substance Use	Houston Health Center 250-847-7727
<b>Kitimat</b>	Mental Health	CYMH Kitimat 250-632-7256
	Substance Use	Kitimat Mental Health & Substance Use Services 250-632-3181
<b>Mackenzie</b>	Mental Health & Substance Use	Mackenzie Counselling Services 250-997-6595
<b>McBride</b>	Mental Health	Robson Valley Community Services 250-569-2266
	Substance Use	McBride Mental Health & Substance Use Services 250-596-2038
<b>Prince George</b>	Mental Health	Prince George Intersect Youth and Family Services 250-562-6639
		Prince George Native Friendship Centre 250-564-4324
	Substance Use	Foundry 236-423-1571
<b>Prince Rupert</b>	Mental Health	CYMH Prince Rupert 250-624-7594
		Northwest Internation Family & Community Services 250-638-0451 (provides ACYMH services to Lax Kw'alaams FN; Metlakatla FN; Gitga;at (Hartley Bay FN); and Gitxaala (Kitkatla FN)
	Substance Use	Prince Rupert Community Health 250-622-6310
<b>Quesnel</b>	Mental Health	CYMH Quesnel 250-992-4267
<b>Smithers</b>	Mental Health	CYMH Smithers 250-847-7727
<b>Terrace</b>	Mental Health	CYMH Terrace 250-615-4860
		Northwest Internation Family & Community Services 250-638-0451 (provides ACYMH services to Kitsumkalum First Nation; Kitselas First Nation; and Haisla First Nation)
	Substance Use	Terrace Youth Substance Use Community Based Outpatient Services 250-631-4202
<b>Tumbler Ridge</b>	Mental Health	CYMH Dawson Creek 250-784-2342
<b>Valemount</b>	Mental Health	Robson Valley Community Services 250-566-9107
	Substance Use	Valemount Mental Health & Addictions 250-566-9138
<b>Vanderhoof</b>	Mental Health	CYMH Connexus 250-567-9205
	Substance Use	Vanderhoof Community Services & Public Health 250-567-6900

## Resources for Common CYMHSU Issues

1. **The Kelty Mental Health Resource Centre:** information and support for children and youth: [kelymentalhealth.ca/](http://kelymentalhealth.ca/)
2. **Foundry:** wellness resources, services and supports for youth & young adults: [foundrybc.ca](http://foundrybc.ca)
3. **Anxiety Canada:** information and self-help resources for anxiety & stress: <https://www.anxietycanada.com/>
4. **From Grief to Action Coping Kit:** information & supports for families affected by substance use: <http://fgta.ca>
5. **Drug Cocktails.ca:** Facts about mixing medicine, booze and street drugs [www.drugcocktails.ca](http://www.drugcocktails.ca)