

Contact Numbers and Online Chats for Youth 24 hours

- ♥ Youth Crisis Line (age 10+) 604-872-3311
- ♥ Kids Help Phone 1-800-668-6868
or text "HELLO" to 686868
- ♥ Mental Health & Suicide Support Call or Text 9-8-8
- ♥ Suicide Support Line 1-800-784-2433
- ♥ Online Chat Service for Youth:
(Noon to 1am) www.YouthInBC.com
- ♥ Online Chat Service for Youth:
(6pm to midnight) www.Youthspace.ca
or text 778-783-0177

Contact Numbers and Online Chats for Parents 24 hours

- ♥ Mental Health & Suicide Support Call or Text 9-8-8
- ♥ Mental Health Support Line: 310-6789 (no area code needed)
- ♥ Vancouver Coastal Regional Distress Line: 604-872-3311
- ♥ Suicide Support Line: 1-800-784-2433
- ♥ 911
- ♥ Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)