

STUDENT HEALTH AND COMMUNITY INFORMATION

INFORMATION FOR STUDENTS

North Shore 24-hour line to find out about youth services	604-990-2244
Public Health Nurse On-Call from Mon-Fri 9-5 pm	604-983-6700
North Vancouver Recreation Commission	604-987-PLAY
West Vancouver Community Services	604- 925-7270

NORTH SHORE HEALTH MANUAL

Manual for schools outlining the services public health provides.

www.vch.ca/schoolhealth/ns

HEALTH INFORMATION

General Health information - **dial 811** or online at www.HealthLinkBC.ca

Callers to 811 can speak to a nurse (24/7), a dietitian (9am – 5pm, Monday through Friday), and a pharmacist (5pm – 9 am everyday)

Tobacco Information at www.quit4life.com

NUTRITION AND HEALTH RESOURCES

Be Real Clinic (disordered eating clinic)	604-983-6847
Healthy Eating at School at www.healthyeatingatschool.ca (tips and resources for healthy eating at school)	
Kelty Resource Centre (mental health and disordered eating information)	
604-875-2084	

SUPPORT AND COUNSELLING LINES

HELPLINE for Children and Adolescence	604-310-1234
North Shore Crisis Services Society	604-987-8212
Victim link	1-800-563-0808
North Shore Youth Safe House (24-hour phone line)	1-877-789-6884
Suicide Support Line (Province Wide)	1-800-784-2433
*Call the Youth BC 24/7 Crisis Line	1-800-661-3311
Child Youth Mental Health	604-903-4336
Call to arrange intake interview to receive counseling support.	
Hollyburn Family Services	604-987-8211
Family Services of the North Shore	604-987-1411
Youth Addiction	604-984-3795

HELPFUL WEBSITES

Anxiety BC
www.anxietybc.com

Crisis Centre
www.crisiscentre.bc.ca

Kelty Mental Health Resource Centre
www.keltymentalhealth.ca

Youth in BC (Chat Live)
www.youthinbc.com

Teen Mental Health
www.teenmentalhealth.org