

MENTAL HEALTH RESOURCES COMOX VALLEY SCHOOLS

| ORGANIZATION | SERVICES AND CONTACT INFO |
|---|---|
| Suicide Prevention (B.C. wide) | Call 1-800-SUICIDE (784-2433) |
| Youth Outreach Suicide Prevention | Call 250-702-6880 |
| Mental Health Support Line (BC-wide) | Call 310-6789 https://crisiscentre.bc.ca/ |
| Vancouver Island Crisis Hotline. | Call 1-888-494-3888 |
| Victim Services | For youth under 18 years of age. Call 250-334-7575 local 224 |
| The KUU-US Crisis Response Service | Provides 24/7 culturally aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 www.kuu-uscrisisline.ca |
| Child and Youth Mental Health | Offering limited services and supports via phone, text and Skype. For more information, call 250-334-5820 (MCFD after hours helpline: 250-310-1234) |
| Denman/Hornby Island Supports | Offers 1:1 support to parents and youth via phone call, Facebook text, video chat, online meeting, and emails. More after-hours support now available for parents who are only able to connect in evenings. Provides counselling support, Emergency Support Benefits, self-care, and parenting support, etc. Call 250-898-0247 or email meredith@hornbydenmanhealth.com , mike@hornbydenmanhealth.com . On Facebook Meredith Hornby Denman, Sara Youth Outreach Denman & Hornby Island. On Instagram @sara.youth.outreach |
| Foundry BC | Offers virtual drop-in counselling sessions by voice, video and chat to BC's young people ages 12 – 24 and their care givers! Virtual services will be expanding to include primary care and peer support. Services are free and confidential and do not require a referral or assessment. |

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| | Call 1-833-308-6379 to book an appointment or visit https://foundrybc.ca/get-support/virtual/ |
| Kids Help Phone | Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Call 1-800-668-6868. Children can text 686868 for support. Kids help phone 310-1234. |
| Mamatoto Counselling | Offering free Online Group support on Tuesdays at 1 p.m. for one hour. Free online support for front-line healthcare workers Mondays 5-6. For more information, email https://www.mamatotocounselling.ca |
| Comox Valley Family Services | Call 250-338-7575 |
| John Howard Society | Child & Youth Mental Health Outreach Counselling, Youth & Family Substance Use Services are all operating either online or in person. Parent support meetings hosted via Zoom 2x per week. Some grocery and meal vouchers will soon be available for youth. Call 250-338-7341 |
| The FORCE | Offering support to understand how to navigate the mental health and substance use system. For more information call 1-855-887-8004 or http://www.forcesociety.com |
| Kelty Mental Health | Offering support for mental health. For more information https://www.keltymentalhealth.ca |
| Youth Mindfulness Group (Y Mind) | YMCA-YWCA in Victoria is offering an online version that is open to all of Vancouver Island. For more information email: mindfulness@vancouverislandy.ca |

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| Anxiety Canada | Great resources for helping navigate the times. For more information visit: https://www.anxietycanada.com/ |
| Starling Minds | Offering free and confidential online support via self directed and digitally delivered Cognitive Behaviour Therapy (CBT). For more information visit https://info.starlingminds.com/covid19-free-mental-health |
| Employee and Family Assistance Program (EFAP) | For SD71 employees only through Homewood Health. For more information, call 1-800-663-1142 or visit www.homeweb.ca |
| Pacific Therapy | Phone and video counselling services. For more information call 250-338-2700 |
| Bounceback Mental Health Coaching | Accepting self-referrals for Anyone in BC age 15 and older who is already connected to a primary care provider (doctor, nurse practitioner or psychiatrist). |
| Comox Valley Hospice Society | Offers support and guidance after a death. Grief and bereavement counselling by phone (free of charge). Call 250-339-5533 or email reception@comoxhospice.com |
| SAIP - Sexual Abuse Intervention Program | Free phone counselling for children and youth ages 3 - 18 who have been sexually abused, and to children under the age of 12 with sexual acting out behaviours. Contact Isabel at Family Services 250-338-7575 ext. 224 |
| Community Based Victim Service (CBVS) Program | Free and open to self and community referrals. Provides emotional support, justice related information, referrals, and practical assistance to victims of crime/trauma and their families. Call 250-338-7575 |