

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
FamilySmart	FamilySmart is dedicated to supporting families whose children and youth are struggling with their mental health - for more information call 1-855-887-8004 or go to FamilySmart.ca
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