

## RESOURCES (ALL RESOURCES ARE FREE TO ACCESS)

### RESOURCE SPOTLIGHT



Free virtual service for youth ages 12-24 and their caregivers/parents. Provides:

- virtual counselling
- peer and family-peer support
- assistance to access primary care
- youth employment support
- groups and workshops
- online tools and resources through their mobile app

Download the app:



Website: <https://foundrybc.ca/virtual>

About: <https://www.youtube.com/watch?v=-7-2CyVmoFs>

## SUPPORT LINES (PHONE NUMBERS AND LINKS)

### BC Crisis Line (all ages)

(24/7 phone line) Ph: 1-800-784-2433  
<https://www.crisislines.bc.ca/>

### Canada Mental Health Hotline: Call 811

### Crisis Intervention and Suicide Prevention Centre of BC (ages 25+)

Ph: 1-800-784-2433 (1-800-suicide).  
Online: <https://crisiscentre.bc.ca/>  
(online chat) Hours: 12 noon - 1am, daily.  
Contact: <https://crisiscentrechats.ca/>

### Kids Help Phone (ages 5-25)

Provides 24/7 online/text/phone support in English or French to youth across Canada. Ph: 1-800-668-6868, Text "CONNECT" to 686868 or visit [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### Kids Help Phone: First Nations (ages 5-25)

(24/7 text line) Text "First Nations", "Metis", or "Inuit" to 686868 for youth, and 741741 for adults.

### KUU-US Crisis line (all ages)

(24/7 phone lines for First Nations persons)  
Ph: Toll-free: 1-800-588-8717, Children & Youth: 250-723-2040, Adults: 250-723-4050, Metis: 1-888-638-4722  
<https://www.kuu-uscrisisline.com/>

### LGBT National Help Center and Talk Line (all ages)

(phone line/online chat) Hours for all hotlines/online chat: 1pm-9pm Mon-Fri, and 9am-2pm on Sat.  
Ph: All ages talk-line: 1-888-843-4564, Youth talk-line (ages 25 and under): 1-800-246-7743, Seniors talk line (50+): 888-234-7243 <https://www.lgbthotline.org/>

### Mental Health Support Information Line

(24/7 phone line) Ph: 310-6789 (no area code needed)

### QCHAT (ages 25 and under)

(phone line/online chat for LGBTQ+ persons) Hours: 6pm-9pm all nights except Friday. Toll-free: 1-855-956-1777, Text: 250-800-9036 [www.qchat.ca](http://www.qchat.ca)

### VictimLink BC (all ages)

For survivors of crime and crisis support to survivors of family/sexual violence in BC/Yukon 24/7 phone line) Ph: 1-800-563-0808

### YouthInBC (ages 12-25)

(online chat) Hours: 12 noon-1am, daily.  
<https://youthinbc.com>

## FOR FURTHER INFORMATION:

Visit our website [Inclusive Education](#)

Digital Copy: Section 14  
*Inclusive Education Procedures in Board Policies and Administrative Procedures.*



## SD8 Community Resources



## PARENT/STUDENT RESOURCES

### **BounceBack – Canadian Mental Health Association (ages 13-18 and 19+)**

(online/phone) <https://bouncebackbc.ca/>  
Ph: 1-866-639-0522

### **Canadian Centre for Child Protection**

(online) <https://needhelpnow.ca/app/en/>

### **Canadian Mental Health Association (BC Division)**

(online) [www.cmha.bc.ca](http://www.cmha.bc.ca) Ph: 604-688-3234,  
Toll-free: 1-800-555-8222

### **Child and Youth Mental Health (ages 4-19)**

(in-person) Nelson Intake Clinic: 250-354-6480, Thurs 9-11  
(in-person) Creston Intake Clinic: 250-428-3229 Tues 9-11 am  
<https://www.heretohelp.bc.ca/sites/default/files/what-to-expect-from-cymh-services.pdf>

### **Circle of Indigenous Nations Society (COINS)**

(in-person/phone/online).  
Ph (West Kootenay): 1-877-904-2634  
<https://www.coinations.net/>

### **FamilySmart**

(online/phone) <https://familysmart.ca/> Ph: 604-878-3400,  
Toll-free: 1-855-887-8004

### **Freedom Quest Youth Services Society (ages 6-24, families)**

(in-person) Ph: 250-304-2676, Toll-free: 1-877-304-2676  
<https://www.freedomquestyouthservices.ca/>

### **HealthyMindsLearning – ADHD (ages 6-12, families)**

(online) <https://healthymindslearning.ca/rollingwith-adhd/>

### **Kaslo Community Services Society**

(in-person) <https://nklcss.org/home/> Ph: 250-353-7691

### **Kelty Mental Health Resource Centre (BC Children's Hospital)**

(online/phone) [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)  
Ph: 604-875-2084, Toll-free: 1-800-665-1822

### **Kootenay Boundary Eating Disorders Clinic (all ages) – Castlegar**

(in-person) Ph: 250-304-1243 <https://keltyeatingdisorders.ca/kootenay-eating-disorders-program/>

### **Mental Health Act Toolkit for Youth (ages 0-19, families)**

(online) <https://healthymindslearning.ca/mha-toolkit-patient-and-family-resources/>

### **MindUP (families)**

(online) <https://mindup.org/>

### **Nelson Cares Society**

(in-person) [www.nelsoncares.ca](http://www.nelsoncares.ca) Ph: 250-352-6011  
(office hours vary for each program)

## Parent/student Resources Cont'd...

### **Nelson Community Services**

(in-person) <https://www.servicesfyi.ca/> Ph: 250-352-3504,  
8:30am-4:30pm Mon-Thurs

### **Salmo Community Services**

(in-person) [www.scrs.ca](http://www.scrs.ca) Ph: 250-357-2277

### **Stigma Free Society**

Parents: <https://studentmentalhealthtoolkit.com/parent-resources/>

Youth: <https://studentmentalhealthtoolkit.com/youth-corner/>

Teens: <https://studentmentalhealthtoolkit.com/teens-corner/>

### **Valley Community Services Society (Creston)**

(in-person) [www.valley.services](http://www.valley.services) Ph: 250-428-5547. 1-4:30 pm,  
Mon-Fri

### **W. E. Graham Community Services Society**

(in-person) [www.wegcss.org](http://www.wegcss.org) Ph: 250-355-2484. 9am-4pm, Tues-  
Fri

### **YouthSpace (30 and under)**

(online/text) [www.youthspace.ca](http://www.youthspace.ca) Text: 778-783-0177

## Staff Resources

### **Foundry Virtual (ages 12-24, parents/caregivers)**

(app/online) Download in the App Store for iPhone or  
GooglePlay for Android. <https://foundrybc.ca/virtual/>

### **Canadian Centre for Child Protection**

(online) <https://protectchildren.ca/>

### **Canadian Safe Schools Network**

Info: <https://cssn.me/>

### **Healthy Kids Program – Dental/Optical/Hearing Assistance**

Info: <https://www2.gov.bc.ca/gov/content/home>

### **Nelson Cares Society**

(in-person) [www.nelsoncares.ca](http://www.nelsoncares.ca) Ph: 250-352-6011  
(office hours vary for each program)

### **Vanier Institute of the Family**

(online) <https://vanierinstitute.ca/>

## Learning Resources

### **Brain Story Certification**

(online) <https://www.albertafamilywellness.org/training/>  
Ph: 1-403-215-4490

### **Cannabis and Mental Health**

(online) <https://cannabisandmentalhealth.ca/>

### **UBC – Mental Health Literacy**

(online) <https://pdce.educ.ubc.ca/open-learning/>

## Other Support Resources

### **Suicide Crisis Hotline: Call 988**

### **BC 211 Services Information and Referrals (24/7)**

Call 211 or text the name of your city to 211 or visit  
the online searchable database at  
<https://uwbc.ca/helpline-services/>

### **BC Mental Health and Substance Use Services**

Phone: 310-6789. Online: <http://www.bcmhsus.ca/>

### **Diverse Family Roots**

Ph: 250-231-7712. Email:  
diversefamilyroots@gmail.com  
<https://diversefamilyroots.ca/>

### **ERASE (Expect Respect and a Safe Education)**

Info: <https://www2.gov.bc.ca/gov/content/erase/about?keyword=ERASE>

### **Here2Help (online)**

<https://www.heretohelp.bc.ca>

### **Self-Injury Outreach and Support (online)**

An international outreach organization that  
provides current information and helpful resources  
about self-injury. <https://sioutreach.org/>

### **Self-Injury and Recovery Resources (online)**

Translates scientific research on self-injury into  
resources and tools useful for those seeking to  
better understand, treat, and prevent it.  
<https://www.selfinjury.bctr.cornell.edu/>

### **Self-Harm What Families Need to Know (online)**

This podcast episode provides psychoeducation on  
why youth self-harm and what parents can do to  
support their child who engages in self-harm.  
<https://keltymentalhealth.ca/podcasts2e1>

### **TalkSuicideCanada (all ages)**

(phone/text line) Ph: 1-833-456-4566 (all hours),  
text 45645 from 4pm - 12am. [www.talksuicide.ca](http://www.talksuicide.ca)

## To Report Suspected Child Mistreatment:

Call 1-800-663-9122 at any time of the day or night.  
If you are a child or youth and would like to talk to  
someone, call the Helpline for Children at 310-1234  
(no area code is required within BC).