



Finding Medical Services in your Area

The HealthLink BC Directory provides listings for health services provided by the provincial government, provincial health authorities, and non-profit agencies across the province. You can search for walk-in clinics, emergency rooms, hospitals, mental health programs, home care programs, pharmacy services, laboratory services, and more.

<https://www.healthlinkbc.ca/health-services/search-services-your-area>

Crisis Intervention & Suicide Prevention Centre of BC

The Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre) is a non-profit volunteer organization committed to helping people help themselves and deal with crisis. 24 hours a day, 7 days a week the Crisis Centre provides emotional support to youth, adults and seniors in distress.

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

988.ca

If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8 is here for you. When you reach out, a trained responder will listen without judgement, provide support and understanding, and can tell you about resources that will help.

<https://988.ca>

National Indian Residential School Crisis Line

For immediate assistance, the National Indian Residential School Crisis Line is available 24 hours a day at **1-866-925-4419**.

<https://www.irsss.ca/>

Hope for Wellness Online Chat

You can also access the Hope for Wellness Help online chat at **HopeForWellness.ca** open 24 hours a day, 7 days a week.

<https://www.hopeforwellness.ca>

Hope for Wellness Phone Number

We encourage anyone who needs support to reach out and know that help is always available through Hope for Wellness Help Line at **1-855-242-3310** (toll free) open 24 hours a day, 7 days a week.