

## Student Community Support Services

### **BC Covid-19 Mental Health Network**

[bccovidtherapists@gmail.com](mailto:bccovidtherapists@gmail.com)

Free, short-term, one-on-one counselling for Covid related impacts

### **Foundry**

1-833-308-6379

<https://foundrybc.ca/virtual>

Health and wellness resources, services and supports – online and through integrated service centres in communities across BC

### **BC Clinical Counselors**

<https://www.betterhelp.com>

Due to the pandemic a large number of counselors are now providing virtual services

### **KUU-US Youth Crisis Line**

250-723-2040

Indigenous crisis line. A place where you can trust, talk, and feel safe

### **Child and Youth Mental Health Team at MCFD**

250-949-8011

Counselling for children, youth, and families

### **North Island Crisis and Counselling Centre Society**

250-949-8333

Mental health services to children, youth, and families

### **North Island Community Services**

250-956-3134

Support services and mental health counselling to children, youth, and their families

### **Discovery Youth and Family Substance Use Services**

250-902-6063

Counselling, information, and support services to youth ages 13-18 and their families regarding substance use

### **'Namgis Health Centre**

250-974-5556

Children, youth, and adult mental health services provided in Alert Bay and at NISS

### **K'wak'walat'si Child and Family Services**

250-974-5356

Services to children, youth, and families in the Alert Bay area

### **Gwa'sala 'Nakwaxda'xw Child and Family Services**

250-949-8131

Mental health and substance use services to children, youth, and families from the Gwa'sala 'Nakwaxda'xw community, on and off reserve.

### **Vancouver Island Crisis Line**

1-888-494-3888

Crisis TEXT 250-800-3806

[www.viccrisis.ca](http://www.viccrisis.ca)

Crisis line, chat, and text with certified crisis workers