

Sample of Child and Youth Supports in Vancouver Island North. For further information or collaboration, see your school counsellor, First Nations Support Workers or CYCW team members.

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| BC Crisis Line | 1-800-SUICIDE (1-800-784-2433) 310-6789 | 24/7 Support for Yourself or Someone You Know who is Having Thoughts of Suicide OR Requires general mental health support if you are worried, upset or just want to talk. |
| Child & Youth Mental Health (Port Hardy) | 250-949-8011 to schedule an intake | Assessment, Therapy, Intervention and Consultation services. Additional Services: MAPLES ADOLESCENT TREATMENT CENTRE services for 12-17 yrs who have a lot of mental health concerns or troubling behaviour YOUTH FORENSIC PSYCHIATRIC SERVICES for youth who are in custody or under community supervision |
| CONNECTS Parenting | In-Person and Online eConnect Online — Connect (connectattachmentprograms.org) | Shelly Wadden and Heather Scott have been trained and will be offering an in-person group after Christmas to help support mental health interventions for vulnerable youth and families |
| Discovery Youth and Family Substance Use Services | Discovery Youth & Family Substance Use Services Island Health 250-902-6064 | Discovery's services are available to anyone in the community directly or indirectly impacted by substance use. This includes: <ul style="list-style-type: none"> • Youth aged 13 to 19 who have concerns about alcohol or drug use • Families/Caregivers who are concerned about a youth using alcohol or drugs • Any support person who is worried about a youth's use of alcohol or drugs • Youth who are affected by someone else's use of alcohol or drugs For new referrals, ask to speak with the Intake Counsellor. |
| ERASE (Expect Respect and a Safe Education) | https://erasereportit.gov.bc.ca | Anonymous reporting tool for students who have seen or heard something that concerns them (includes cyberbullying, mental health concerns, bullying, racism, school safety, SOGI concerns, substance use, gender-based violence) |
| Family Smart | FamilySmart - Together-Centred™ for Child & Youth Mental Health | For anyone in BC, includes parent peer support, resources and videos |

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| First Nations Virtual Doctor of the Day | 1-855-344-3800 | Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments. The intent of the program is to enable more First Nations people and their families to access primary health care closer to home. |
| Foundry | Foundry Port Hardy Now Offering Interim Services - Foundry - (foundrybc.ca) | Foundry Port Hardy will offer young people 12-24 years old access to health and wellness supports including mental health and substance use support, primary health care, peer support and social services. |
| Foundry Provincial Virtual Services | Foundry.bc.ca | Peer Support Group Programs Library of Tools and Resources |
| Gwanak Nations | Health & Family Services - Gwa'sala-'Nakwaxda'xw Nations (gwanaknations.ca) | The Gwa'sala-'Nakwaxda'xw Health & Family Services Department provides health care and family services to Gwa'sala-'Nakwaxda'xw community members. Teams provide programs and services according to their mandates. |
| HERE2TALK | 1-877-857-3397 OR HERE2TALK App | 24/7 Counselling and Community Referral Service |
| Hope for Wellness Helpline | 1-855-242-3310 OR chat @ www.hopeforwellness.ca | 24/7 Mental health support service available to all Indigenous people across Canada. Provides emotional support, crisis intervention and referrals to community-based services. |
| Indian Residential School Crisis Line | 1-866-925-4419 Vancouver Island (fnha.ca) | Provides cultural and emotional support, and mental health counselling services to Survivors of Indian Residential Schools and the families of former students. |
| Indian Residential School Survivor Society | 1-800-721-0066 Indian Residential School Survivors' Society (irsss.ca) | Provincial organization that provides essential services to residential school survivors and families experiencing intergenerational trauma. |
| Kelty Mental Health | https://keltymentalhealth.ca | Help for families across the province to navigate the mental health system, connect with peer support and access resources and tools to support well-being |
| Kids Help Phone | 1-800-668-6868 OR Text Connect to 686868 | 24 Hour Phone, Counselling and Referral Service for Young People |

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| Kids Help Phone Indigenous Initiatives Network | Kidshelpphone.ca/indigenous 1-800-668-6868 OR Text “First Nations” “Metis” or “Inuit” to 686868 (youth) or 741741 (adults) | 24/7 Crisis Line to connect with a First Nations, Inuit or Metis Crisis Responder |
| Kuu-Us Crisis Line Direct Youth Line | 1-800-588-8717 OR 250-723-2040 | 24/7 Crisis Line Support for Indigenous Youth |
| Kwakiutl Health Centre | Kwakiutl District Health Centre Kwakiutl Band Council, Vancouver Island, Canada Ph: 250-949-6625 Fax: 250-902-2246 | Primary care and programming that meet the community’s physical, mental, emotional and spiritual health care needs. Emphasis is placed on wellness, health promotion and chronic illness prevention throughout the lifecycle (from prenatal to senior citizen programming). |
| Metis Crisis Line | 1-833-MetisBC (1-833-638-4722) | 24 hr phone support for Metis people experiencing challenges such as anxiety, grief and loss, abuse, bullying and more |
| Namgis Community Services | 1-888-962-6447 Direct: 250-974-5556 Email: info@namgis.bc.ca Fax: 250-974-5900 | K’wak’walat’si Child and Family Services Programs which support and maintain families through infant/early childhood development, early learning, youth/family support, income assistance, daycare and Head Start programs, legal support services, victim services, domestic wellness and youth justice. preservation homes |
| Namgis Health Centre | 250-974-8015 (8:30am-4:30 pm) Rena Hanuse—Counsellor renah@namgis.bc.ca | Alert Bay (Cormorant Island) Services are confidential, culturally sensitive and honour all regardless of faith, race and sexual orientation. Support for grief, trauma, depression, anxiety, mental illness, sexual abuse, physical abuse, relationship issues and drug/alcohol addiction. Service to T’lialagi’lakw school, Alert Bay Elementary and North Island Secondary School during the school year. |
| Nawalakw | Connect at connect@nawalakw.com . | Grand opening of the Language & Culture Camp at Hada, hi’manis ka’kutla’atsi, in July 2022. The 2400 sq. ft solar-powered camp has capacity for 24 students, teachers, and support staff for year-round cultural and language revitalization programs. |

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| North Island Community Services | HOME North Island Community Services (nicommunityservices.ca) 250-956-3134 | FAMILY LIFE SUPPORT PROGRAM person-centered outreach and home-based support program for individuals or families with children/youth aged 0-18, who may require additional support FOSTER FAMILY SUPPORT services to foster families and relatives, including in home/outreach, assistance with navigating MCFD, advocacy CHILD AND YOUTH MENTAL HEALTH COUNSELLOR support services in MWR for youth 13-18, may be under 13 at the discretion of the counsellor TEEN CENTRE Friday nights from 6-9 September-June |
| North Island Crisis and Counselling Services | Self refer to services 250-949-8333 https://nicccs.org | CHILD AND YOUTH MENTAL HEALTH for ages 4-18. Who are experiencing distress which is impairing their functioning at home, school, with peers or in the community PEACE Program Individual and group for children 3-19 who have witnessed abuse or violence SAIP (Sexual Abuse and Intervention Program) who are showing sexually intrusive or abusive behaviours. Also support for families and/or caregivers THIRD PARTY REPORTING Allows adult survivors to access support and report details of a sexual assault to police anonymously. Youth under 19 may be eligible for TPR in certain circumstances |
| Sex Sense | 1-800-739-7367 | 9am-9pm Monday-Friday Free sexual health resource and referral service |
| Tsow-Tun-Le-Lum Society | 1-888-403-3123 | "Helping House," an Indigenous healing centre providing programs that address addictions, substance abuse, mental health, and trauma. Guidance from an Elder, prayers or a virtual smudging are some of the services for youth. |
| Vancouver Island Crisis Line | 1-888-494-3888 Crisis Chat (6pm-10pm) www.vicrisis.ca Crisis Text (6pm-10pm) 250-800-3806 | Support for people in emotional distress and connection to emergency mental health services when needed |

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| Y Mind Teen | Y Mind Teen YMCA BC | For those who are ages 13 to 18 and struggling with mild-to-moderate anxiety or stress, the YMCA's Y Mind Teen program can help. It is a free seven-week mental wellness program delivered across Canada by YMCAs and community partners. |
| Y Mind Youth | Y Mind Youth YMCA BC | For those who are ages 18 to 30 with mild-to-moderate anxiety or stress. Free seven-week mental wellness program delivered across BC. Participants learn and practice evidence-based strategies to help manage anxiety. |
| Your Life Counts | https://yourlifecounts.org | Online support for various groups impacted by suicide (front line workers, bereaved by suicide, discouraged by the system, distressed, youth, physically challenged, attempt survivors, family & friends, indigenous, military, LGBTQ) |
| Youth in BC Chat | YouthinBC.com | Noon-1 am 1 on 1 online chat to access support and information |
| Youth Intensive Case Management Team | Fax completed forms to 250-519-6952 Inquiries: 250-519-5274 | Integrated services for youth 13-18 primarily with multiple and complex needs related to significant substance use and co-occurring mental health challenges |
| Youth Short Term Assessment and Response (Y-Star) Youth Substance Use Program | 250-902-6063 ext. 66962 (Port Hardy) | The Y Star program supports youth who are experiencing significant crisis related to mental health and/or substance use issues. Y Star services include: <ul style="list-style-type: none"> • Crisis assessment and response • Substance use treatment support • Overdose prevention and follow up • Connections to services • Transition support • Resource and referral coordination • Outreach • Harm reduction Physician or nurse practitioner referral |
| Youthspace (Under 30) | Youthspace.ca OR Text 778-783-0177 | 6pm-midnight online or text chat support to youth wanting emotional support or crisis intervention |