Phone, Online, & Email Counselling Support

[**Crisis Centre**](http://crisiscentre.bc.ca/)**1-800-SUICIDE  (1-800-784-2433)**  
Here to Listen.  Here to help.  The Distress Line provides confidential, non-judgmental, free emotional support 24 hours a day, 7 days a week for people experiencing feelings of distress or despair, including feelings which may lead to suicide.

The Crisis Centre also operates a live chat service for youth from noon to 1:00am each day.   The service offers support, information, and resources.  Here is the link for the chat service:   [**Youth in BC**](http://youthinbc.com/)

[**Kids Help Phone**](https://kidshelpphone.ca/)**1-800-668-6868**

* Support via phone, chat, or text
* Find resources in your area with the “Resources Around Me” feature of the website.
* For ages 20 & under
* Free, 24/7
* Anonymous & Confidential
* Non-judgmental

[**Pacific Centre Family Services Association**](https://www.pacificcentrefamilyservices.org/youthtalk-free-counselling-email)Free counselling by email.  
Pacific Centre offers free email counseling to youth for issues including: anger management, relationships, family concerns, school challenges, alcohol & drug misuse, grief & loss, depression, etc.  Email anytime ([**youthtalk2@pcfsa.org**](mailto:youthtalk2@pcfsa.org)) for support and/or to find out about local youth services.  A counsellor will reply within 3-5 working days.

[**Vancouver Island Crisis Line**](http://www.vicrisis.ca/)**1-888-494-3888**

* 24-hour crisis & information line: 1-888-494-3888
* Crisis Text 6:00pm to 10:00pm every day:  250-800-3806
* Crisis Chat

[**Youth Space**](http://youthspace.ca/)

* Chat live online with trained helpers, 6pm to midnight.
* Get email help from youth counsellors

**Anxiety & Depression**

[**Anxiety Canada**](https://www.anxietycanada.com/)  
Anxiety Canada provides a rich resource of self-help information and programs, as well as resources for parents and caregivers. The mission of Anxiety Canada is to increase awareness, promote education and improve access to programs that work.

[**Dealing with Depression**](http://dwdonline.ca/)  
This online resource is excellent for teens experiencing low mood or depression.  The site provides easy to access and personalized support to help teens understand their moods and to learn & apply effective coping skills.

[**Mood Gym**](https://moodgym.anu.edu.au/welcome/new/splash)Mood Gym is a free, fun, interactive program consisting of five modules, which help you to explore:

* Why you feel the way you do
* Changing the way you think
* Knowing what makes you upset
* Assertiveness and interpersonal skills training

[**Mindfulness for Teens**](http://mindfulnessforteens.com/)  
Being a teen can be really stressful! Mindfulness is a powerful way to handle stress, and live life more fully. Mindfulness is all about living fully in the present moment, without judgment, and with an attitude of kindness and curiosity. It’s about breathing, noticing what’s happening right here and now, sending a gentle smile to whatever you’re experiencing in this moment (whether it’s easy or difficult), and then letting it go. You can be mindful anytime, anywhere, no matter what you’re doing. It sounds simple, but it’s not always easy to do, especially when you are stressed! This website provides information, tools, and resources to help you get started.

**Other Mental Health Information & Resources**

[**Families Change**](https://bc.familieschange.ca/en/teens)  
If your parents have recently separated or divorced (or you think they may be about to), or you have a friend in that situation, this site is for you.  Parental separation and divorce are hard on teens. One thing that can help is information about what separation and divorce mean in Canada, and how they might affect you.  The purpose of this site is to provide you with that information. The site is not intended to provide therapy, support or legal advice.

[**Kelty Mental Health Resource Centre**](http://keltymentalhealth.ca/)The Kelty Mental Health Resource Centre is designed to support BC children, youth and their families to find and use the resources they need in order to make informed decisions and gain access to appropriate services. The Centre, located at Children’s Hospital in Vancouver but accessible from anywhere in the province, is a free, actual and virtual resource for all BC families.

The Centre offers information and resources on a wide range of mental health and substance use issues affecting children and youth in our province. These include, but are not limited to; depression, anxiety, attention deficit and behavioural problems, child/youth eating disorders and substance use.

[**Teen Mental Health**](http://teenmentalhealth.org/)TeenMentalHealth.org uses the best scientific evidence available to develop training programs, publications, tools & resources that enhance the understanding of adolescent mental health and mental disorders.  This site offers information for teens, parents, and educators.

**Suicide Prevention Toolkit for Parents & Caregivers**

This [**toolkit**](http://emcs.web.sd62.bc.ca/wp-content/uploads/sites/8/2019/04/Suicide-Prevention-Toolkit-for-parents.pdf) was created to help parents and caregivers reach out to children and youth who may be at risk for suicide throughout Southern Vancouver Island.   The toolkit provides an outline of resources, some steps you can take, warning signs to be aware of, and compassionate questions to ask a child or youth who may be considering suicide.

**Sexual Health**

[**Island Sexual Health**](http://beyondthetalk.ca/)

* relationships
* sexuality
* birth control
* how to talk to an adult
* and more!