



Need to Chat?

Connect with people who care and want to help

YOU MATTER.
HOW YOU FEEL
AND WHAT LIFE
IS LIKE FOR YOU
RIGHT NOW,
MATTERS.

Things don't need to be really bad before you reach out. There are people who care. These resources are for anyone who wants to talk. We all have challenges and the right help and support can help us feel better sooner.

WHEN YOU NEED TO TALK, CALL:

Mental Health Support Line (24hr):
310-6789

Suicide Prevention Centre of BC (24hr):
1-800-SUICIDE (7842433)

Kid's Help Phone (24hr): 1-800-668-6868

Foundry Virtual: www.foundrybc.ca/virtual

WHEN YOU JUST WANT TO TEXT OR MESSAGE:

Youth In BC: www.youthinbc.com -
Online Chat & 24hr Crisis Line

Youth Space: www.youthspace.ca or
text at (778) 783-0177. Available
between 6:00PM - 12:00AM PST

Kids Help Phone (24hr):
kidshelpphone.ca or text CONNECT
to 686868

QCHAT: www.qchat.ca or text 250-800-
9036. For LGBTQ2S+ youth and young
adults, available Saturday-Wednesday,
6:00PM - 9:00PM PST