



## Mental Health Resources for Child / Youth / Young Adult

### Emergency

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**Police, Ambulance, Fire: 911**

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

(may include access to **Integrated Mobile Crisis Response Team** which is available from 1:00pm to midnight)

**Children's Help Line: 310 1234** (<http://www.safekidsbc.ca/helpline.htm>)

### Online Resources / Chatlines

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Anxiety BC	<a href="http://www.anxietybc.com">www.anxietybc.com</a>
BC Mental Health & Substance Use Services	<a href="http://www.bcmhsus.ca">www.bcmhsus.ca</a>
Canadian ADHD Resource Alliance	<a href="http://www.caddra.ca">www.caddra.ca</a>
Collaborative Mental Health Care	<a href="http://www.shared-care.ca/toolkits-intro">www.shared-care.ca/toolkits-intro</a>
Kids Help Phone	<a href="http://www.kidshelpphone.ca/">www.kidshelpphone.ca/</a>
MindCheck	<a href="http://www.mindcheck.ca/">www.mindcheck.ca/</a>
Need 2	<a href="http://need2.ca/">http://need2.ca/</a>
Teen Mental Health	<a href="http://www.teenmentalhealth.org">www.teenmentalhealth.org</a>
Speakbox	<a href="http://www.speakbox.ca">www.speakbox.ca</a>
Vancouver Island Crisis Line	<a href="http://www.vicrisis.ca">www.vicrisis.ca</a>
Youth in BC	<a href="http://youthinbc.com/">http://youthinbc.com/</a>
Youthtalk (email address for counseling services)	<a href="mailto:youthtalk1@pcfsa.org">youthtalk1@pcfsa.org</a>
Youth Space	<a href="http://youthspace.ca/">http://youthspace.ca/</a>
➤ online chat for youth/young adults up to age 30, 6pm-11pm every day	
➤ texting support – 778 783 0177	

### Anti / Stop Bullying Website Resources

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- <http://www.erasebullying.ca/> (BC Ministry of Health)
- <http://www.redcross.ca/> (Stand Up 2 Bullying)
- <http://youthinbc.com/youth-issues-2/bullying/>
- [Youthspace.ca](http://Youthspace.ca)
- [Youthcore.ca](http://Youthcore.ca)
- [Nonamecallingweek.org](http://Nonamecallingweek.org)
- <http://www.antibullying.net/>
- <http://www.pinkshirtday.ca/>
- <http://www.youthprivacy.ca/en/index.html>
- [www.Stopabully.ca](http://www.Stopabully.ca) (Canada's education online website)
- [www.Bullying.org](http://www.Bullying.org)
- [Dig4kids.org/bully-prevention](http://Dig4kids.org/bully-prevention)
- [NeedHelpNow.ca](http://NeedHelpNow.ca) (contact when involved in self/peer exploitation, picture or video of you on internet or smart phone that you don't want out there)
- <http://www.safeonlineoutreach.com/> (Safe Online Outreach Society)

## Government Services / Counselling

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Ministry of Children & Family Development (MCFD) - Child & Youth Mental Health Services:		
CYMH Saanich	201, 4478 W Saanich Road	250 952 5073
CYMH Victoria	302, 2955 Jutland Road	250 356 1123
CYMH West Shore	2 <sup>nd</sup> Floor, 345 Wale Road	250 391 2223
CYMH Aboriginal Team	2 <sup>nd</sup> Floor, 1195 Esquimalt Road	250 952 4073
Eating Disorders	302, 2955 Jutland Road	250 387 0000
<b>High Risk/Project Alive:</b> teens struggling with suicidal thoughts		
	201, 4478 W Saanich Road	250 952 5073
Youth Forensic Psychiatric Services: youth in conflict with law		250 387 2830

## Community Resources / Services / Counselling

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BC Families in Transition, <a href="http://bcfit.org">http://bcfit.org</a>	250 386 4331
899 Fort Street, Victoria	
➤ Counseling for Children / Youth / Parents as families experience marital change	
Boys & Girls Club of Victoria, <a href="http://www.bgcvic.org">www.bgcvic.org</a>	250 384 9133
1240 Yates Street, Victoria;	
➤ Supportive Recovery / Turning Point Care Homes for youth (13-19), Parenting Programs / Workshops	
Cascadia Consultation Services, <a href="http://www.cascadiaconsultation.com">www.cascadiaconsultation.com</a>	250 590 7050
#300, 755 Queens Avenue, Victoria;	
➤ Child / Youth / Family Counseling – sliding scale	
Citizen's Counselling Centre, <a href="http://www.citizenscounselling.com">www.citizenscounselling.com</a>	250 384 9934
941 Kings Road, Victoria;	
➤ Adult Education Groups & Counseling – age 18+	
Community Options for Children & Families, <a href="http://communityoptions.bc.ca">http://communityoptions.bc.ca</a>	250 380 6363
830C Pembroke Street, Victoria;	
➤ Family Support Services – Children / Youth with developmental challenges	
Hulitan Family & Community Services Society, <a href="http://www.hulitan.ca">www.hulitan.ca</a>	250 384 9466
902A Caledonia Avenue, Victoria;	
➤ Counseling for children age 6-12, Parenting Programs/Support	
Human Nature Counselling, <a href="http://humannaturecounselling.ca/">http://humannaturecounselling.ca/</a>	250 885 0275
➤ Child / Youth / Adult / Family counselling and groups	
Ledger House, <a href="http://www.viha.ca/cyf_mental_health/ledger.htm">http://www.viha.ca/cyf_mental_health/ledger.htm</a>	250 519 6794
2400 Arbutus Road (Professionals referred)	
➤ Child / Youth - Acute inpatient psychiatric services, age 6-16	
Living and Learning Through Loss, <a href="http://www.teenloss.com">www.teenloss.com</a>	
Contact – <a href="mailto:info@teenloss.com">info@teenloss.com</a>	
➤ Free program/counselling for youth age 13-18	
Mary Manning Centre, <a href="http://www.marymanningcentre.com">www.marymanningcentre.com</a> :	250 385 6111
#210, 1175 Cook Street, Victoria;	
➤ Child Abuse Prevention & Counseling	

Pacific Centre Family Services Association, <a href="http://www.pacificcentrefamilyservices.org">www.pacificcentrefamilyservices.org</a> 345 Wale Road, West Shore; ➤ Youthtalk (email counseling), Youth & Family Counseling	250 478 8357
Phoenix Human Services Association, <a href="http://phoenixhumanservices.org/">http://phoenixhumanservices.org/</a> Mackenzie Avenue, Victoria; ➤ Children / Youth Mental Health Outreach	250 383 4821
Power To Be – Outdoor Adventure Therapy, <a href="http://www.powertobe.ca">www.powertobe.ca</a> 1009 Langley Street, Victoria ➤ Provides adventure-based programs for youth and families	250 383 2363
Queen Alexandra Centre for Children’s Health: 2400 Arbutus Road, Victoria; <a href="http://www.viha.ca/cyf_mental_health">www.viha.ca/cyf_mental_health</a> ➤ Ledger House – Acute In-patient Psychiatric Services (6-16), urgent or planned; Professional Referrals; <a href="http://www.viha.ca/cyf_mental_health/ledger.htm">www.viha.ca/cyf_mental_health/ledger.htm</a> ➤ Anscomb Program – Evaluation / Planning Treatment for significant emotional, behavioural, psychological, psychiatric symptoms; Professional Referrals required: <a href="http://www.viha.ca/cyf_mental_health/outpt_svcs/cyf_mentalhealth_anscomb.htm">www.viha.ca/cyf_mental_health/outpt_svcs/cyf_mentalhealth_anscomb.htm</a>	250 519 5390 250 519 6720 250 519 6794
Rainbows Victoria, Pacific Christian School, 671 Agnes Street, Victoria; <a href="http://www.rainbows.ca/">www.rainbows.ca/</a> ➤ Supports children / youth grieve and grow after loss	250 381 6404
Single Parent Resource Centre – 1UP, 602 Gorge Road, Victoria; <a href="http://www.singleparentvictoria.ca">www.singleparentvictoria.ca</a> ➤ Counselling and practical support for single parents	250 385 1114
Sooke Family Resource Centre, <a href="http://www.sfrs.ca">www.sfrs.ca</a> ➤ Sooke - #105, 2145 Townsend Road; Youth Outreach/Navigator Service, Family Support, Pathways Employment ➤ West Shore – 345 Wale Road; Family Support	250 642 5152 250 391 4324
USTAT (Urgent Short Term Assessment & Treatment) <a href="http://www.viha.ca/mhas/locations/victoria_gulf/ustat_groups.htm">www.viha.ca/mhas/locations/victoria_gulf/ustat_groups.htm</a> ➤ Adult Mental Health (19+), referral from family physician	250 213 4400
<b>VIHA Discovery Youth and Family Addiction Services</b> 530 Fraser Street, Victoria; ➤ Counseling for Youth (12-19), and Family/Caregivers	250 519 5313
Victoria Counselling Centre, <a href="http://victoriacounselling.ca">http://victoriacounselling.ca</a> #216, 1175 Cook Street; Individual, Family, and Tele-Counseling for Young Adult	250 984 8052
Victoria Native Friendship Centre, <a href="http://www.vnfc.ca">www.vnfc.ca</a> : 231 Regina Ave, Victoria; ➤ Mental Health Liaison / Outreach / Addictions	250 384 3211

Victoria Youth Clinic, [www.victoriayouthclinic.ca](http://www.victoriayouthclinic.ca): 250 383 3552  
 533 Yates Street;  
 ➤ Doctor / nurse / counsellor / psychiatrist / outreach worker available for  
 Health Concerns / Counseling / Testing – M/Th, 3-7pm; T/W, 11am-3pm

(Victoria) **Youth Empowerment Society**, [www.vyes.ca/programs/](http://www.vyes.ca/programs/):  
 533 Yates Street, Victoria (Hours vary depending on programs)

- Kiwanis Emergency Youth Shelter 250 386 8282
- Youth & Family Support Services 250 386 8282
- Mental Health Liaison 250 383 3514
- Daytime Youth Drop-In 250 383 3514
- Life Skills Day Program 250 383 3514
- Supported Independent Living 250 383 3514
- Specialized Youth Detox 250 383 3514
- Youth Services Outreach Program 250 220 8938
- Alliance Club/Summer Opportunities 250 361 3923

### Neighbourhood Houses

Offer parenting programs, child and youth programs, child care, counselling, assistance with housing, hot lunches, free clothing and bread, and teen drop-in programs.

- Beacon Community Services – Sidney, [www.beaconcs.ca](http://www.beaconcs.ca) 250 655 5309
- Burnside/Gorge Community Centre, <http://burnsidegorge.ca> 250 388 5251
- Esquimalt Neighbourhood House Society, [www.enh.bc.ca](http://www.enh.bc.ca) 250 385 2635
- Fairfield Community Centre, [www.fairfieldcommunity.ca](http://www.fairfieldcommunity.ca) 250 382 4604
- Fernwood Community Centre,  
 ➤ <http://fernwoodnrg.ca/neighbourhood/fernwood-community-centre> 250 381 1552
- James Bay Community School Centre, [www.jamesbaycentre.ca](http://www.jamesbaycentre.ca) 250 389 1470
- Oaklands Community Centre,  
 ➤ [www.oaklandscommunitycentre.com](http://www.oaklandscommunitycentre.com) 250 370 9101
- Quadra Village Community Centre, [www.quadravillageecc.com](http://www.quadravillageecc.com) 250 388 7696
- Saanich Neighbourhood Place, [www.saanichneighbourhoodplace.com](http://www.saanichneighbourhoodplace.com) 250 360 1148
- Sooke Family Resource Society, [www.sfrs.ca](http://www.sfrs.ca) 250 642 5152
- Victoria West Community Association, [www.victoriawest.ca](http://www.victoriawest.ca) 250 590 8922

### Hospitals

- Royal Jubilee Hospital (RJH) 1952 Bay Street 250 370 8000  
 ➤ **Psychiatric Emergency RJH** 250 519 1528
- Saanich Peninsula Hospital 2166 Mt. Newton X Road 250 544 7676
- Victoria General Hospital (VGH) 1 Hospital Way 250 727 4212

### Police Non-Emergency

- Central Saanich Police 250 652 4441
- **Greater Victoria Victim Services** 250 995 7351
- Oak Bay Police 250 592 2424
- Saanich Police 250 642 5241
- Sidney/ N.Saanich RCMP 250 656 3931
- Sooke RCMP 250 642 5241
- Victoria Police (including Esquimalt) 250 995 7654
- West Shore RCMP 250 474 2264