



# Mental Health & Substance Use Fact Sheet

HELP LINES

This Fact Sheet is a compilation of trustworthy Help Lines to support you and guide you to other resources.

## HELP LINES

If you are in crisis and not able to visit or get in touch with your **local Mental Health & Substance Use Centre**, please contact the **Interior Crisis Line Network** at **1-888-353-2273** for immediate assistance.

**Hours for all services listed are 24 hours/day, 7 days/week, unless otherwise stated.**



Help Line	Description	Help Line	Description
<b>Interior Crisis Line Network</b> 1-888-353-2273 Text 45645 www.InteriorCrisisLine.com	Get confidential, accessible, research-based and empowering support for people in the Interior Region. <b>Text hours 1pm-9pm, 7days/week</b>	<b>Kids Help Phone</b> 1-800-668-6868 Text "CONNECT" to 686868 www.KidsHelpPhone.ca	Reach a professional counsellor 24/7. Service is available in English & French.
<b>Suicide Prevention</b> 1-800-SUICIDE (784-2433) www.CrisisLines.bc.ca	Access to skilled suicide assessment, intervention and support.	<b>Online Chat for Youth</b> www.YouthInBC.com	Youth can Chat with a crisis responder. <b>Noon to 1am, 7days/week</b>
<b>KUU-US (Aboriginal) Crisis Line</b> 1-800-588-8717 www.KUU-USCrisisLine.com	Provincial Aboriginal crisis line for adults/elders and youth.	<b>Online Chat for Adults</b> www.CrisisCentreChat.ca	Adults can Chat with a crisis responder. <b>Noon to 1am, 7days/week</b>
<b>Métis Crisis Line</b> 1-833-MÉTISBC (638-4722) www.mnbc.ca	Provincial Metis crisis line for adults and youth.	<b>Mental Health Support Line</b> 310-6789 (no area code needed) www.CrisisLines.bc.ca	Call for emotional support, information and resources specific to mental health.
<b>Indian Residential School Survivors Crisis Line</b> 1-866-925-4419 www.irss.ca	For survivors and family experiencing pain or distress as a result of their Residential school experience.	<b>National Overdose Response Service</b> 1-888-688-NORS (6677) www.nors.ca	NORS is an overdose prevention hot-line for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs.
<b>Hope for Wellness (Indigenous) Help Line / Online Chat</b> 1-855-242-3310 www.HopeForWellness.ca	Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.	<b>Crisis Centre BC</b> 1-800-784-2433 www.CrisisCentre.bc.ca	Here to listen. Here to help. Get non-judgmental, confidential support.
<b>Seniors' Distress Line</b> 1-604-872-1234 www.SeniorsFirstBC.ca	Provides non-judgmental, confidential support to seniors.	<b>TTY Distress Line</b> 1-866-872-0113 www.CrisisCentre.bc.ca	Provides non-judgmental, confidential support for deaf, hard of hearing or speech-impaired people.
<b>Alcohol &amp; Drug Info Line</b> 1-800-663-1441 www.healthlinkbc.ca	Get non-urgent information on a variety of alcohol & drug topics.	<b>Wellness Together Canada</b> 1-866-585-0445 Text "WELLNESS" to 741741 www.wellnesstogether.ca	Provides phone-based professional counselling service for adults (18+).
<b>Trans Lifeline</b> 1-877-330-6366 www.translifeline.org	This trans-led organization connects trans people to community, support & resources.	<b>Interior Health Patient Care Quality Office</b> 1-877-442-2001 www.interiorhealth.ca	Call if Interior Health has not met your expectations. We are committed to working with you to find a reasonable solution.

**Call 8-1-1**

For help from a health service navigator, nurse, dietitian, exercise professional or pharmacist.

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

**Call 2-1-1**

For help from a resource navigator to connect you to programs & services in your community.

[www.bc211.ca](http://www.bc211.ca)

**Call 9-1-1**

For Emergency Medical Help, Police or Fire Department

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