



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

### Call 8-1-1

For help from a health service navigator, nurse, dietitian, exercise professional or pharmacist.  
[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](#)

### Call 9-1-1

For Emergency Medical Help,  
Police or Fire Department

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