

Crisis Lines

We recognize that information being shared around this time may be triggering or hard to learn about. We encourage anyone who is having difficulty processing these emotions to reach out to a trusted family member or friend. If that is not an option, more help is available. You do not need to go through this alone, please reach out.

Indigenous Specific:

The National Indian Residential School Crisis Line

24/7 crisis line for survivors and their family members:

Toll Free: 1-866-925-4419

<https://www.irsss.ca/services>

The KUU-US Crisis Line Society

24/7 crisis line for Aboriginal adults, Elders, children,

Adults/Elders: 250-723-4050

Child/Youth: 250-723-2040

Toll free: 1-800-588-8717

Métis Line: 1-833-MétisBC

<https://www.kuu-uscrisisline.com/>

Lamathut Crisis Line

The Indian Residential School Survivors Society operates a 24-hour crisis line to support survivors and families across British Columbia and beyond.

Call: 1800-721-0066

Hope for Wellness Helpline and Online Counseling

Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada

Call: 1-855-242-3310

Chat Online:

<https://www.hopeforwellness.ca/>

For Everyone:

9-8-8: Suicide Crisis Helpline

Call or text 9-8-8

Phone Hours: 24/7

Text Hours: 24/7

Vancouver Island Crisis Line

A registered non-profit agency providing short-term non-judgmental support, crisis intervention, information, and resources through 24/7 crisis line, or online crisis chat or crisis texting services available between 6:00 PM and 10:00PM PST:

24/7 Crisis Line: 1-888-494-3888

Crisis Text Services: 250-800-3806 (6:00-10:00 PM)

Crisis Chat: <https://www.vicrisis.ca/>

<https://www.vicrisis.ca/>

British Columbia Mental Health Support Line for Emotional Support

Provides a toll-free number connecting callers to a BC crisis line, without a wait or busy signal. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health concerns.

Emotional Support line: 310-6789 (no area code needed)

<https://crisiscentre.bc.ca/distress-services/>

For Students:

Here2Talk Mental Health Support

Connects post-secondary students to mental health support for all students, domestic or international registered in a post-secondary institution within British Columbia. No issue too big or small.

Canada-Wide Toll Free: 1-877-857-3397

Canada-Wide Direct: 604-642-5212

International Calling: +1-604-642-5212 (charges may apply)

<https://here2talk.ca/main>

Support Connect 24/7 Help by Phone

For registered University of Victoria Students only.

When you call the toll-free number, a qualified counselor will respond to your request. You can call SupportConnect anytime, from anywhere you are.

Toll-free: 1-844-773-1427 (calls from North America)

International collect calls: 1-250-999-7621

<https://myssp.app/keepmesafe/ca/home>

Kids Help Phone

Counseling, referral and support service for any children and youth under the age of 20 years old. Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.

Crisis Calling Line: 1-800-668-6868

Crisis Texting Services: Text CONNECT to 686868

<https://kidshelpphone.ca/urgent-help>