



CRISIS HELP



HELPING WOMEN NOW

FREE CRISIS TELEPHONE LINES/ TEXTING SUPPORT /APPS

BC Crisis Centre

Province-wide service. Provides barrier-free, non-judgmental, confidential support through 24/7 phone line & online services
1-800-784-2433
<https://crisiscentre.bc.ca/>

Mental Health Support Line

Province-wide line providing support for those dealing with mental health issues
310-6789 (no area code needed)

Vancouver Coastal Health Distress Line

Distress line supporting Vancouver, Richmond, North Shore and Sea to Sky Region
604-872-3311

Provincial Distress Line

Toll-free distress line supporting Howe Sound, Sunshine Coast, and Bella Coola
1-866-661-3311

Suicide Distress Line

Distress line focused on providing support for those contemplating suicide
1-800-SUICIDE (784-2433)

Rape Crisis Line

Support line for victims of sexual violence in the Greater Vancouver Area
604-255-6344

Battered Women's Support Services Crisis Line

Crisis line for victims of physical violence who need a safe exit plan
604-687-1867/1-855-687-1868/Text: 604-652-1867

Victim's Link Crisis Line

Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.

1-800-563-0808

Fraser Health Crisis Line

Free crisis line providing support for those in need from Burnaby to Chilliwack

1-877-820-7444

Indigenous Support Crisis line

Free crisis line focused on helping Indigenous peoples.

1-877-820-7444

Senior's Distress Crisis Line

Free crisis line with a focus on seniors and their needs.

604-872-1234

Youth Crisis Line

Free crisis line for Youth.

604-872-3311

Children's Help Phone

Free crisis line for Children.

1-800-668-6868

Crisis Email for All of BC

Free crisis email address.

bcpartners@heretohelp.bc.ca

Youth in Crisis Online Chat

Free crisis online chat for youth.

<https://youthinbc.com/>

Frontline & Essential Service Support works crisis text

Any frontline and essential service COVID-19 workers help line.

Text FRONTLINE to 74141

BounceBack

Free Mental Health Wellness Program in English, French, Punjabi, Mandarin and Cantonese. Developed by the CMHA, BounceBack uses CBT to help those with mild to moderate anxiety and depression.

Online or with mailed workbooks.

Text FRONTLINE to 74141

Anxiety Canada's CBT App

A free app for Android (google) or iPhones. It has tools to help manage anxiety, such as guided meditations, thought journaling and quick acting practices to offer relief.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Mental Health Commission of Canada First Aid Guide

A free pdf booklet download of simple steps to take to lessen anxiety around COVID-19.

https://www.mhfa.ca/sites/default/files/mhfa_self-care-resilience-guide.pdf

SUPPORTS ESCAPING DOMESTIC VIOLENCE

Family Services of GVRD

Victim Support Workers will assist clients with: safety planning, referral to resources, support navigating the court system, and advocacy navigating various ministries. They help anyone regardless if it has been reported to the police or not. Vancouver: 604-731-4951, New Westminster: 604-525-9144, Richmond: 604-279-7100, Surrey: 604-900-6695

SARA of Abbotsford and Mission

Based in Abbotsford and Mission, SARA has entirely free services and supports (emergency and secondary housing, counselling, support, outreach) that help women escape violence. The programs are offered in both English and Punjabi. The admin offices are now physically closed because of COVID-19, but are available via phone, text and remote video conferencing. Transition Houses and Safe Refuges are still open.

Abbotsford: 604-855-3363 Mission: 604-820-8455
abbotsfordadmin@saraforwomen.ca

Tri-Cities Transitions Society

Based in the Tri-Cities, Transitions Society offers support and operates a shelter to help women escaping violence. Their physical office is closed due to COVID-19, but the shelter (Joy's Place) remains open. They are still taking calls and running counselling appointments remotely.

General Office: Phone: 604-941-7111

Emergency 24hr Helpline: 604- 492-1700

Joy's Place Emergency Shelter 24hr Helpline: 604- 492-1700

Ishtar Women's Resource Society

Based in Langley and Aldergrove, Ishtar society offers support and a 24 hr Shelter to help women escaping violence. Their physical office is closed during COVID-19, but they are still taking and responding to calls and their shelter is open.

Langley: Ishtar Transition House 24 hr Helpline: 604-530-9442

Aldergrove: Libra Transition House 24 hr Helpline: 604-857-5797

FREE LEGAL SUPPORT

Access Pro Bono

Free legal help for people that live in BC.

604.878.7400 or 1.877.762.6664 (toll-free)

<http://accessprobono.ca/>

(list of programs: <http://accessprobono.ca/programs>)

Email: appointments@accessprobono.ca