




## Some Helpful Resources

**KeepSafe Connections** are **Able, Approachable, and Available** to help with suicide. They know how to do suicide first aid (trained in suicide intervention). Different kinds of helpers in your community may have this training but some may not. It is best to check before adding them to this list.

- ❖ BC Suicide Helpline – 1-800-SUICIDE (1-800-784-2433)
- ❖ Speak with your Family Doctor
- ❖ Attend your nearest Hospital Emergency Room, Walk-in Clinic, Community Health Centre
- ❖ Call 911
  
- Vancouver Coastal Health – 604-872-3311 Toll Free 1-866-661-3311
- Fraser Health -604-951-8855 Toll Free 1-877-820-7444
- Vancouver Island Health – 250-754-4447 Toll Free 1-888-494-3888
- Northern Health - 250-563-1214 Toll Free 1-888-562-1214
- Interior Health – 1-888-353-2273
- CHIMO Crisis Line Richmond – 604-279-7070
- Mental Health Support 310-6789 (no area code necessary)
- KUU-US Aboriginal Crisis Line 250-723-4050 Toll Free – 1- 800-588-8717
- S.U.C.C.E.S.S. Chinese Help Lines (10 Am – 10 PM)
  - *Cantonese – 604-270-8233*
  - *Mandarin – 604-270-8222*
- Kid’s Help Line – 1-800-668-6868
- Seniors Distress Line - 604-872-1234 (Lower Mainland)
- Mental Health Emergency Services – 604-874-7307
- Delta/Surrey Mental Health Car 67 – 604-599-0502
- Richmond Mental Health Emergency Services (11 AM – 10 PM) -604-244-5562
- SAFER (Suicide Attempt Follow-up Education and Research) Counselling Service – 604-875-4794
- BC Nurse Line – 1-866-215-4700
- B.C. Mental Health Information Line – 1-800-661-2121
- BC Alcohol and Drug Information Line – 1-800-663-1441
- Problem Gambling Help Line – 1-888 -795-6111
- Mood Disorders Association of BC – 604–873-0103
- BC Bereavement Helpline - 604-738-9950, 1-877-779-2223
- Credit Counselling Society of BC – 1-888-527-8999
- Legal Services Society – 1-866-577-2525
  
- *Anxiety Disorders Association of BC – [www.anxietybc.com](http://www.anxietybc.com)*
- *BC Schizophrenia Society – [www.bcscs.org](http://www.bcscs.org)*
- *YouthinBC.ca (noon to 1 AM)*
- *BC Partners for Mental Health and Addictions Information – [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)*
- *Canadian Association for Suicide Prevention – [www.suicideprevention.ca](http://www.suicideprevention.ca)*

 My Resources:

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