



Emergency Mental Health Numbers

Adults	Children & Youth
<p><u>Vancouver Island Crisis Line & Chat</u></p> <p>Toll Free (24 hours): 1-888-494-3888</p> <p>Crisis Text: (250) 800-3806</p> <p>Crisis Chat: www.vicrisis.ca</p> <p><u>Crisis Line Association of BC</u></p> <p>1800SUICIDE (24 hours): 1-800-784-2433 310</p> <p>Mental Health Support (24 hours): 310-6789</p> <p><u>KUU-US Aboriginal Crisis Line</u></p> <p>Toll Free (24 hours): 1-800-588-8717</p> <p>Adult/Elders Crisis Line (24 hours): (250) 723-4050</p> <p>Child/Youth Crisis Line (24 hours): (250) 723-2040</p> <p><u>Victoria Women's Sexual Assault Centre crisis & Information line</u></p> <p>250-383-3232</p> <p><u>Victoria Women's Transition House 24 crisis line</u></p> <p>250-385-6611</p>	<p><u>Youthspace.ca (NEED2 Suicide Prevention, Education & Support)</u></p> <p>Youth Text (6pm-12am): (778) 783-0177</p> <p>Youth Chat (6pm-12am): www.youthspace.ca</p> <p><u>KUU-US Aboriginal Crisis Line</u></p> <p>Child/Youth Crisis Line (24 hours): (250) 723-2040</p> <p><u>Kids Help Phone</u></p> <p>1-800-668-6868</p>