

Off-Campus Resources

BC Suicide Helpline: 1-800-SUICIDE (1-800-784-2433)

Phone Support:

- **Mental Health Support Line: 310-6789** (no area code required)
 - Aren't only for people in crisis. You can call for information on local services or if you just need someone to talk to. If you are in distress, call 310-6789 (do not add 604, 778 or 250 before the number) 24 hours a day to connect to a BC crisis line, without a wait or busy signal. Workers have received advanced training in mental health issues and services.
- **Kids Help Phone: 1-800-668-6868**
 - On the phone, they provide immediate, bilingual, professional counselling to kids 24-hours a day. On the web, they provide counselling to young people in the "Ask a Counsellor" section. Kids can also get help through our online "Help Yourself" services: reading questions from other kids in the "Ask a Counsellor" section and benefiting from the counsellors' responses; visiting the "Express Yourself" section; and visiting the informational topic library.
- **Aboriginal Crisis Line (KUU-US): 250-723-4050 Toll Free: 1-800-588-8717**
 - Trained phone operators assist those in crisis 24hrs a day servicing all Aboriginal people in the province of British Columbia. KUU-US assesses a caller's need based on the presenting issue, referral access and level of severity. The focus is to change the state of the caller from one of crisis at the beginning to managed problem-solving at the end. KUU-US is unique in that we provide follow up assistance for additional support and when necessary monitors "at risk" individuals - no other centre does this.

- **S.U.C.C.E.S.S. Chinese Help Lines** (10am-10pm):
 - Cantonese: 604-270-8233/Mandarin: 604-270-8222
 - To promote the well-being of Chinese Canadian who are experiencing difficulties in accessing social services because of language and cultural barriers, and/or fear of social stigma

Chat Support:

- **YouthInBC.com** (noon to 1am)
 - Is an online resource where youth (13-24) in distress can: Get help by having a real-time online chat with a trained volunteer, or by getting email.
- **CrisisCentreChat.ca** (noon to 1am)
 - a web-based hotline for adults (25+) in distress where they can access free, confidential, non-judgmental support (noon – 1am, 7 days a week) from dedicated volunteers, supported by a small team of professional staff. For adults who may not otherwise connect with traditional crisis intervention counselling services by phone, or in person.

Other Supports:

SAFER Counseling Services: 604-675-3985

- Provides counselling and support to people who are feeling suicidal and to those who have attempted suicide. Also provides support and education for someone concerned about a loved ones risk for suicide, and counselling for those who have lost someone to suicide. Suicide bereavement services are available to all BC residents. They do not take referrals from UBC but are more for the family and friends of suicidal students.

Kelty Mental Health: 604-875-2084 (www.keltymentalhealth.ca)

- Provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC. We also

provide peer support to people of all ages with eating disorders. Free of charge, and you can reach us over the phone, in person, or through email.

Car 87 – Mental Health Car (Vancouver)– Accessed at (604) 874-7307 or via 911.

- Car 87 teams a Vancouver Police constable with a registered nurse or a registered psychiatric nurse to provide on-site assessments and intervention for people with psychiatric problems. The nurse and the police officer work as a team in assessing, managing and deciding about the most appropriate action.
- The VPD's Police and Community Response Unit operate several "cars" and teams that provide services and support to Vancouver youth. These cars do NOT respond to calls on the UBC Vancouver campus but will attend calls across the Lower Mainland

Delta/Surrey Mental Health Car: 604-599-0502 (24/7)

Richmond: 604-244-5562 (24/7)

North Shore: 604-984-3884 (until 10pm)