

# Worried about your child's, your friend's, or your own mental health?

There are places that offer support including your local Child & Youth Mental Health (CYMH) clinic

Please call us at 604-243-2433 from 9:00 a.m. to 4:00 p.m.\*  
\*9:00 a.m. to 4:00 p.m. for lunch. Outside of these hours.

If you need support outside of clinic hours, please connect with one of the following supports:

[crisiscentre.bc.ca](http://crisiscentre.bc.ca)

[kuu-uscrisisline.com](http://kuu-uscrisisline.com)

[youthspace.ca](http://youthspace.ca)

[kidshelpline.ca](http://kidshelpline.ca)

604-243-2433)

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[familytime.ca/page/0-18-year-support](http://familytime.ca/page/0-18-year-support)

mental health)  
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[curator.bc.ca](http://curator.bc.ca) [candrytic.ca/](http://candrytic.ca/) [rtual](http://rtual)

mental  
peer support.

[kellymentalhealth.ca](http://kellymentalhealth.ca)

## Crisis Centre

For 24/7 support call the mental health support line at 310-7888 (no area code required) from anywhere in B.C.

If you feel unsafe or have a really done something to hurt yourself, please call 9-1-1 or immediately go to your nearest emergency or urgent care department.

Ministry of  
Children and Family  
Development

LGBTQ2S+  
inclusive



