

*\* All the Community Resources listed below are offered free of cost*

<a href="#"><u>Children and Youth Mental Health</u></a>	<p>Sooke Office: 250-642-7748</p> <p>Westshore Office: 250-391-2223</p> <p>Indigenous Office: 250-952-4073</p>	<p>Community based mental health support and counselling services.</p>
<a href="#"><u>Pacific Centre Family Services</u></a>	<p>Counselling Intake and Referrals: 250-940-4373</p> <p>Community Health Centre: 250-480-7333</p>	<p>Integrated community health center offering counselling and social services, primary care and Indigenous liaison</p>
<a href="#"><u>Sooke Family Resource Centre</u></a>	<p>Information and program intakes: 250-642-5152</p>	<p>A community hub offering a number of services and resources, including youth and family counselling, and youth navigator services</p>
<a href="#"><u>Hualitan Family and Community Services</u></a>	<p>Information and intakes: 250-384-9466</p>	<p>Various resources including the L,KI,L program, offering support to Aboriginal children and youth aged 0-19 and their families, with an intent to help improve mental health and overall well-being through both cultural and mainstream interventions. This program strives to facilitate a better awareness and understanding of colonization and the intergenerational impacts of residential schools</p>
<a href="#"><u>Surrounded By Cedar Child and Family Services</u></a>	<p>For more information, email <a href="mailto:counselling@sccfs.com">counselling@sccfs.com</a></p>	<p>Individual and group counselling for Indigenous urbanized youth and families impacted by complex trauma</p>
<a href="#"><u>Victoria Native Friendship Centre</u></a>	<p>Information and Intakes: 250-384-3211</p>	<p>Culturally safe services woven into the needs and wants of community,</p>

		including health and wellness services
<a href="#">Foundry BC</a>	<p>Victoria Reception: 250-383-3552</p> <p>Virtual Services: onlinefoundrybc.ca, or www.foundrybc.ca</p>	An integrated youth hub, with multi-disciplinary resources including counselling and peer support
<a href="#">Thrive</a>	250-383-4821	A team of social service professionals with a mission to help children, youth, adults and families live their best lives by providing high-quality services through a variety of programs including mental health outreach, employment support, family services, and more
<a href="#">Kids Helphone</a>	<p>Call: 1-800-668-6868</p> <p>TEXT: 686868</p>	24/7 e-mental health service offering free, multilingual and confidential support to help all young people Feel Out Loud, including mental health tips and info, crisis support, and professional counselling
<a href="#">988 Suicide Crisis Helpline</a>	Call or text: 988	24/7 mental health and suicide prevention support. Trained crisis responders able to listen, provide support with compassion and a safe space to talk, while connecting to other resources as appropriate
<a href="#">Vancouver Island Crisis Line</a>	<p>Call: 1-888-494-3888</p> <p>Text: 250-800-3806</p> <p>Online Chat: iCarol Messaging</p>	24/7 Crisis Line, as well as Crisis Chat and Crisis Text services offering short-term nonjudgemental support, crisis intervention, information, and resources

<a href="#">KUU-US Crisis Line</a>	<p>Adults: 250-723-4050</p> <p>Youth: 250-723-4050</p> <p>Toll free: 1-800-588-8717</p>	<p>Support to Indigenous people throughout the province of British Columbia, with the goal of establishing a non-judgmental approach to listening and problem solving. Supports put into place where the caller is brought back to a pre-crisis state through mediating, de-escalating and interventions, as well as debriefing to any front line worker who works within the field. KUU-US maintains an in-depth referral database.</p>
<a href="#">Erase BC</a>	<p>A website supported through the BC Ministry of Education, offering resources for students, caregivers, and school staff, pertaining to safety and wellness</p>	
<a href="#">Mind Your Mind</a>	<p>A space where mental health, wellness, engagement and technology meet. Intended to support young people with interactive tools and innovative resources to build capacity and resilience, promote wellness, reduce the stigma around mental health, and increase access to community supports, both professional and peer-based</p>	
<a href="#">Anxiety Canada</a>	<p>Resources and programs intended to reduce the barrier of anxiety and related disorders, and to help individuals find relief from anxiety and obsessive-compulsive disorder (OCD)</p>	
<a href="#">Calm Harm</a>	<p>An app providing immediate activities and techniques to help break the cycle of self-harm behaviour and explore underlying trigger factors, while building a ‘safety net’ of helpful thoughts, behaviours, and access to supportive people</p>	
<a href="#">Mindshift</a>	<p>MindShift® CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help one learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of anxiety. A new feature, the Community forum, also enables one to find and offer peer-to-peer support</p>	

[Kelty Mental Health](#)

Support to families across the province seeking to navigate the mental health system, connect with peer support, and access resources and tools to support well-being