



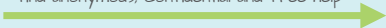
The Help Card

Where can I get help?

Youth Resource Directory

• • • • Saanich Peninsula • • • •

find anonymous, confidential and free help



Created for Youth by Youth

www.thehelpcard.ca

Saanich Schools



Additional Resources



Youthspace Online-Counselling	(www.youthspace.ca)
Youthspace TEXT-Counselling Line	778-783-0177
Victoria Native Friendship Centre (www.vnfc.ca).....	250-384-3211
Two-Spirit, Trans, Queer and Allied Youth Drop In & Family Support.....	250-475-7624
Kiwanis Youth Shelter (www.vyes.ca/programs).....	250-595-3133
Out of the Rain Night Shelter (www.outoftherainvictoria.ca).....	250-884-3701



For a more detailed list of youth health resources check out www.thehelpcard.ca

Health Services




Saanich Peninsula Youth Health Clinic (www.thehelpcard.ca)	250-656-4143
Victoria Youth Clinic (www.victoriayouthclinic.ca)	250-383-3552
Island Sexual Health (www.islandsexualhealth.org)	250-592-3479
TEXT your questions.....	250-812-9374
Saanich Child and Youth Mental Health	250-952-5073
Aboriginal Child and Youth Mental Health	250-952-4073 (and press 1)
Discovery Youth & Family Substance Use Services	250-519-5313
Umbrella Society for Addictions & Mental Health (www.umbrellasociety.ca)	
Call/TEXT	250-380-0595
Eating Disorders Program (www.viha.ca/health_info/eating_disorders.html)	250-387-0000

Emergency Help

Services Available 24/7



Ambulance, Police, Fire	911
Vancouver Island Crisis Line.....	1-888-494-3888 or TEXT 250-800-3806
BC Suicide Crisis Line	1-800-SUICIDE (784-2433)
KUU-US Aboriginal Crisis Services	250-723-2040
BC Mental Health Support Line.....	310-6789 (no area code needed)
Trans Lifeline	877-330-6366
Victoria Sexual Assault Centre (www.vsac.ca).....	250-383-3232

 If you have tried other resources and are still not feeling safe, youth 16 years and under looking for emergency help can go to Victoria General Hospital located at 1 Hospital Way in Victoria.