

# Resources

## **Crisis Centre BC**

Immediate access to barrier-free, non-judgemental, confidential support and follow-up to youth, adults, and seniors throughout 24/7 phone lines and online services

1-800-784-2433

<https://crisiscentre.bc.ca/get-help/>

## *Disability*

### **BC Coalition of People with Disabilities**

Supporting people, with all disabilities, to live with dignity, independence and as equal and full participants in the community.

<https://disabilityalliancebc.org/>

### **British Columbia Aboriginal Network on Disability Society (BCANDS)**

Advancing the unique disability and health priorities of Indigenous persons through collaboration, consultation, and the delivery of comprehensive client services

1-888-815 -5511

<http://www.bcands.bc.ca/>

## *IBPOC communities*

### **Affiliation of Multicultural Societies & Service Agencies of BC**

Collaborative leadership, knowledge exchange and stakeholder engagement to support agencies that serve immigrants and build culturally inclusive communities

1-888-355-5560

<https://www.amssa.org/>

### **Healing in Colour**

A directory of BIPOC therapists committed to supporting BIPOC in all our intersections

<https://www.healingincolour.com/>

## *Indigenous communities*

### **Métis Crisis Line**

The toll-free number is available for immediate crisis intervention, but also a variety of other issues like relationship troubles, depression and anxiety, financial issues, and bullying and peer pressure support.

1-833-MÉTISBC

### **Canadian Council on Rehabilitation and Work (CCRW)**

Helping persons with disabilities find a job or career and support for employers to hire persons with disabilities.

1-800-664-0925

<https://www.ccrw.org/>

### **DAWN Canada — DisAbled Women's Network**

Working to end the poverty, isolation, discrimination and violence experienced by women with disabilities and Deaf women.

<https://www.dawncanada.net/>

### **Black Lives Matter Vancouver - Community Resources**

Working against police brutality and anti-blackness and uplifting black voices

<https://blacklivesmattervancouver.com/resources-2/#resources>

### **Multicultural Helping House Society**

Helping newcomers of all cultural backgrounds successfully participate in Canadian society and economy

(604) 879 3277

<http://helpinghouse.org/>

### **Hope for Wellness Help Line**

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English, French, and Cree, Ojibway and Inuktitut on request.

1-855-242-3310

### **Aboriginal Wellness Program**

Offers adult counselling and support groups  
604-675-2551  
[http://www.vch.ca/locations-services/result?res\\_id=1017](http://www.vch.ca/locations-services/result?res_id=1017)

### **BC Association of Aboriginal Friendship Centres**

Friendship Centres are community hubs. They offer culturally safe programs and services, and provide a welcoming space for all members of the community to share knowledge and connect with others.  
250-388-5522  
<https://bcaafc.com/>

### ***LGBT2Q+ communities***

#### **QMUNITY**

Queer, trans, and Two-Spirit folks coming together to meet, guide, support each other and create community.  
(604) 684-5307 ext. 100  
<https://qmunity.ca/>

#### **The Greater Vancouver Prideline**

604-684-6869  
BiLine 604-692-6305

### ***Programs and counselling support with multi-lingual services.***

#### **Family Services of Greater Vancouver**

Free Masters' level therapists offering individual, couples, and family counselling. Services provided in English, Cantonese, Korean, Mandarin, and Spanish.  
604-874-2938 (extension 4141)  
<https://fsgv.ca/programs/counselling/>

#### **MosaicBC**

Free, confidential counselling support and multicultural outreach services by phone/email during Covid-19 (9am-5pm, weekdays). Services in English, Punjabi, Hindi.  
236-521-7080  
[women.support@mosaicbc.org](mailto:women.support@mosaicbc.org)  
[victim.support@mosaicbc.org](mailto:victim.support@mosaicbc.org)

### **FNHA First Nations Health Benefits Mental Health Services**

Counselling services from qualified mental health providers for individuals experiencing a difficult situation to resolve their emotional distress and enjoy greater wellness. Coverage for counselling includes: Mental Wellness and Counselling (MW&C); The Indian Residential School Resolution Health Support Program (IRS RHSP); and The Missing and Murdered Indigenous Women and Girls Health Support Services (MMIWG HSS).  
1-855-550-5454  
<https://www.fnha.ca/benefits/mental-health>

#### **Trans Care BC**

Gender affirming care and transgender health services  
1-866-999-1514  
<http://www.phsa.ca/transcarebc>

#### **Mental Health Program at the Health Initiative for Men (HIM)**

Check out some of the ways that gay guys are taking time for their minds - resources, coaching and counselling.  
<http://checkhimout.ca/mind/>

#### **BounceBack Coaching**

Free, evidence-based Cognitive Behavioural Therapy program. Led by coaches who are trained by clinical psychologists to deliver the program. and available in English, French, Mandarin, Cantonese, or Punjabi.  
1-866-639-0522  
<https://bouncebackbc.ca/>