



# Where can I get help?

## Youth Resource Directory

• • • • • Saanich Peninsula • • • • •

Find anonymous, confidential and free help

by youth for youth  
[www.thehelpcard.ca](http://www.thehelpcard.ca)

Saanich Schools



## 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 .....	1-800-588-8717
BC Mental Health Support Line.....	310-6789 (no area code needed)
Trans Lifeline .....	1-877-330-6366
Victoria Sexual Assault Centre ( <a href="http://www.vsac.ca">www.vsac.ca</a> ).....	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.

## Health Services



Saanich Peninsula Youth Health Clinic ( <a href="http://www.thehelpcard.ca">www.thehelpcard.ca</a> ) .....	250-656-4143
Victoria Youth Clinic ( <a href="http://www.victoriayouthclinic.ca">www.victoriayouthclinic.ca</a> ) .....	250-383-3552
Island Sexual Health ( <a href="http://www.islandsexualhealth.org">www.islandsexualhealth.org</a> ) .....	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 ( <a href="http://www.umbrellasociety.ca">www.umbrellasociety.ca</a> ) .....	
Call/TEXT .....	250-380-0595
Eating Disorders Program ( <a href="http://www.viha.ca/health_info/eating_disorders.html">www.viha.ca/health_info/eating_disorders.html</a> ) ....	250-387-0000

## Additional Resources



Youthspace Online-Counselling .....	<a href="http://www.youthspace.ca">www.youthspace.ca</a>
Youthspace TEXT-Counselling Line .....	778-783-0177
Victoria Native Friendship Centre ( <a href="http://www.vnfc.ca">www.vnfc.ca</a> ).....	250-384-3211
Two-Spirit, Trans, Queer and Allied Youth Drop In & Family Support.....	250-475-7624
Kiwanis Youth Shelter ( <a href="http://www.vyes.ca/programs">www.vyes.ca/programs</a> ).....	250-386-8282
Out of the Rain Night Shelter ( <a href="http://www.outoftherainvictoria.ca">www.outoftherainvictoria.ca</a> ) .....	250-884-3701



For a more detailed list of youth health resources check out  
[www.thehelpcard.ca](http://www.thehelpcard.ca) and [www.south-island.fetchbc.ca](http://www.south-island.fetchbc.ca)