

# Support and Crisis Contacts and Help Lines

- Crisis Line- for immediate 24/7 support and information and referrals: 250-563-1214  
Toll Free: 1-888-562-1214
- Youth Support Line: 250-564-8336      Chat line at [www.northernbccrisissuicide.ca](http://www.northernbccrisissuicide.ca)
- Provincial Suicide Hotline 1-800-SUICIDE or 1-800-784-2334
- College and University students for mental health
- CNC Counselling: 250-561-5818
- UNBC Counselling: 250-960-6369
- Individuals who identify as aboriginal or wish to access aboriginal services
- Carrier Sekani (Family Services): 250-562-3591
- Central Interior Native Health: 250-564-4422
- Native Friendship Centre: 250-564-4324
- Healing Centre: 250-564-4324
- SUCCESS Chinese Help Line:  
Cantonese Help Line, available 10 a.m. – 10 p.m.: 604-270-8222  
Mandarin Help Line, available 10 a.m. – 10 p.m.: 604-270-8222
- Bounce Back teaches effective skills to help adults overcome early symptoms of depression and improve their mental health: [www.bounceback.ca](http://www.bounceback.ca)