

HEY YOUTH !



Child and Youth Mental Health

For info about where to go, call:
604-740-8900, then press 1

Sunshine Coast Youth Clinics

For the one nearest you, call:
604-886-5600

Alcohol and Drug Services

604-885-2224, ext.4334
Cell # 604-989-0667

www.YouthinBC.ca

Crisis counseling online or by phone
1-866-661-3311



Aboriginal Wellness Liaison

604-989-6600



www.Mindcheck.ca

Helps youth check out how they're feeling and connect to services if needed

www.saferspace.ca

If you have concerns about sexual exploitation

Youth Against Violence

Anonymous, confidential help 24/7
1-800-680-4264

Youth Outreach

Sunshine Coast Community Services
604-741-1129
www.facebook.com/scyouthoutreach

www.needhelpnow.ca

Cyberbullying, helping a friend, removing sexual photos from the internet

Kids Help Line 310-1234

Free, confidential, anonymous counseling



IT'S OK TO ASK FOR HELP