

HEY YOUTH!

IT'S OK TO ASK FOR HELP

Youth Outreach

Sunshine Coast Community Services

604-741-1129

<https://www.facebook.com/scyouthoutreach>

www.mindcheck.ca

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

www.needhelpnow.ca

- Cyberbullying
- Helping a friend
- Removing sexual photos from the internet

www.YouthinBC.ca

Crisis counseling online

or by phone

1-866-661-3311

Aboriginal Wellness Liaison

604-989-6600

Kids Help Line: 310-1234

- Free Counseling
- Confidential
- Anonymous

Sunshine Coast Youth Clinics

For the one nearest you, call:

604-886-5600

Child and Youth Mental Health

For info about where to go, call:

604-740-8900, then press 1

Alcohol and Drug Services

604-885-2224, ext.4334

Cell # 604-989-0667

Youth Against Violence 24/7

- Anonymous
 - Confidential
- 1-800-680-4264

If you have concerns about sexual exploitation

www.saferspace.ca