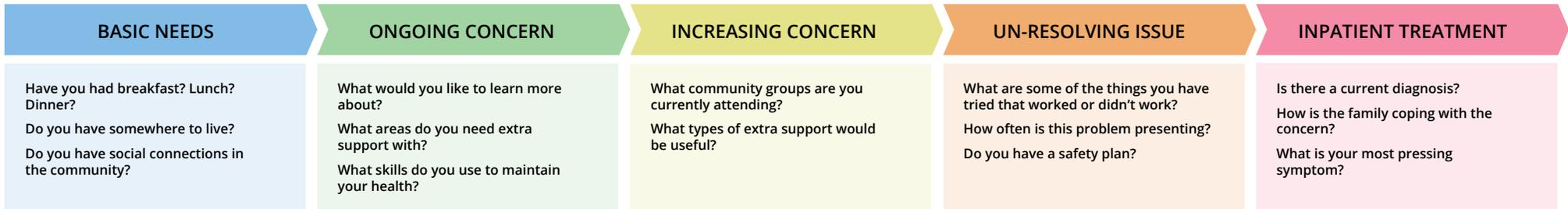
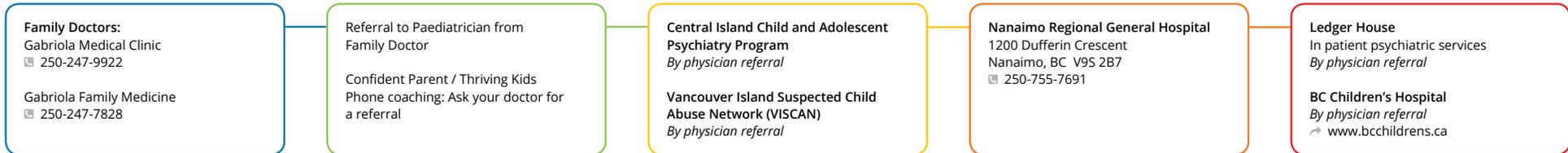


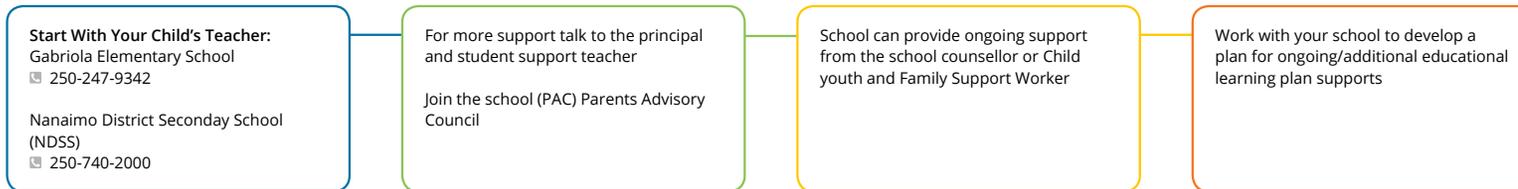
↓ To use the Pathway To Care please begin at left most column. Also see Additional Resources below for further information.



PHYSICAL HEALTH



EDUCATION



FOR CHILD / YOUTH CARE PATHWAY SEE NEXT PAGE



Additional Resources

At any point of the continuum if safety is a concern call the RCMP at **911**

If abuse or neglect is suspected call the MCFD (Ministry Of Children and Family Development) at **1-800-663-9122**

Crisis response team (8am to 9:30pm) at **1-888-494-3888**

CRISIS/HELP PHONE LINES

Haven Crisis Line - 24 hr	1-888-756-0616	Helpline For Children - 24 hr	1-800-663-9122
Vancouver Island Crisis Line - 24 hr	1-888-494-3888	Trans Lifeline	1-877-330-6366
V.I. Crisis Text - 6pm-10pm	250-800-3806	Family Smart Parent Peer Support	1-855-887-8004
Kids/Youth Help Line - 24 hr	1-800-668-6868	Kelty Mental Health Resource Centre	1-800-665-1822

ONLINE RESOURCES

Anxiety BC
Mindcheck
Kelty Mental Health
Here To Help
Family Smart
Canadian Mental Health Association

anxietybc.com
mindcheck.ca
keltymentalhealth.ca
heretohelp.bc.ca
familysmart.ca
cmha.bc.ca

FOOD/NUTRITION

PHC - People for a Healthy Community
Soup Socials (Mon, Wed, Fri - Lunch)
Food Bank (Tuesday 10-1pm)
250-247-7311 www.phcgabriola.org

School Lunch Program
Lunches available daily in the office

PHYSICAL RECREATION

Gabriola Recreation Society
www.gabriolarecreation.org

Soccer - gabriolasoccer.ca

Karaté - www.kyokushin.ca/gabriola-island

Dance - maragoldtheatre.com

FINANCIAL/LEGAL

Income Assistance
www.iaselfserve.gov.bc.ca

Justice Access Center
Monday to Friday 8am-5pm
65 Front Street, Nanaimo
250-741-5447

HOUSING

Housing Rental Assistance Program and Subsidized Housing
BC Housing
www.bchousing.org

BASIC NEEDS	ONGOING CONCERN	INCREASING CONCERN	UN-RESOLVING ISSUE	INPATIENT TREATMENT
<p>Have you had breakfast? Lunch? Dinner?</p> <p>Do you have somewhere to live?</p> <p>Do you have social connections in the community?</p>	<p>What would you like to learn more about?</p> <p>What areas do you need extra support with?</p> <p>What skills do you use to maintain your health?</p>	<p>What community groups are you currently attending?</p> <p>What types of extra support would be useful?</p>	<p>What are some of the things you have tried that worked or didn't work?</p> <p>How often is this problem presenting?</p> <p>Do you have a safety plan?</p>	<p>Is there a current diagnosis?</p> <p>How is the family coping with the concern?</p> <p>What is your most pressing symptom?</p>

CHILD / YOUTH CARE



Most agencies do not share information by default. You can give permission for agencies to communicate with each other.