

KUU-US CRISIS LINE

24 hour service

www.kuu-uscrisisline.ca

Facebook Page: KUU-US Crisis Service

Child/Youth: 250-723-2040

Mobile Outreach available to assist one on one where applicable



First Nations Health Authority
Health through wellness

Crisis Text

Vancouver Island 24 Hour Crisis Line 1-888-494-3888



250-800-3806

Text this number 7 nights a week 6 to 10 pm

THE HELP YOU NEED. NOW.

BC211.CA



211



United Way

Text or Dial 211 from your cell phone for information on:

Addiction, Abuse, Counselling, Employment Assistance, Housing, Language Classes, Legal Assistance, Support Groups, Youth Services & more.

1-800-SUICIDE 1-800-784-2433

WHAT IF I'M THINKING ABOUT SUICIDE?

Seek out help instead of keeping problems to yourself and feeling alone.

- Talk with someone you trust
- Call your local crisis centre
- Call 1-800-SUICIDE

1 800 668 6868
Kids Help Phone
kidshelpphone.ca



VictimLinkBC

INFORMATION AND SUPPORT FOR ALL VICTIMS OF CRIME

1.800.563.0808 victimlinkbc.ca

Toll-free anywhere in BC and Yukon
24/7 Confidential, anonymous, multilingual and TTY accessible

HUNGRY?

KUU-US

4589 Adelaide Street / 250-723-2040

Saturday Evenings

Hot Meal 5:30pm - 7:00pm

BREAD OF LIFE

3131 3rd Avenue / 250-723-4049

Monday - Friday

Light Breakfast 8:30am - 10:30am

7 days/week

Lunch 11:30am

ALBERNI COMMUNITY YOUTH SERVICES

24 Hour Emergency Services

Emergency Services	911
RCMP Port Alberni	(250) 723-2424
KUU-US Crisis Line	(250) 723-2040
available 24 hours a day, www.kuu-uscrisisline.com	
Vancouver Island 24 Hour Crisis Line	1(888) 494-3888
6-10 pm only: Crisis Chat @www.vicrisis.ca, Crisis Text @250-800-3806	
1-800-SUICIDE	1(800) 784-2433
available 24 hours a day, 7 days a week, B.C. only	
Kids Help Phone	1(800) 668-6868
www.kidshelpphone.ca	
VictimLinkBC 24 hours/day, 7 days/week	1(800) 563-0808
for victims of family and sexual violence, crime	

Hospitals

West Coast General Hospital	(250) 731-1370
3949 Port Alberni Hwy, Port Alberni, BC	
Nanaimo Regional General Hospital	(250) 755-7691
1200 Dufferin Crescent, Nanaimo, BC	

Emergency Shelters

Tillicum Lelum - Youth Safe House	(250) 753-8266
479 10th St., Nanaimo, BC ages 12-18	
Port Alberni Transition House	(250) 724-2223
women 19+ and their children	
Port Alberni Shelter Society	(250) 723-6511
3978, 8th Ave, Port Alberni BC 19 years and older	

Walk-in Clinics

Oceanside Health Centre	(250) 951-9550
489 Alberni Hwy, Parksville, BC	local 39141
Single session crisis counselling Mon-Fri, 10am-7pm.	
Brooks Landing Mall	(250) 739-5710
#203-2000 Island Highway, Nanaimo, BC.	
Single session crisis counselling Mon-Fri, 10am-6:15pm.	
West Coast Urgent Care Clinic	(778) 421-1219
3949 Maple Way, Port Alberni, BC Mon to Fri 11am-1pm & 5-7pm	

Family and Child Services

Ministry of Children & Family Development	(250) 720-2650
4088 8th Ave Port Alberni, BC www.gov.bc.ca/mcf	
Nuu-chah-nulth USMA Family & Child Services	(250) 724 3232
4000 Stamp Ave, Port Alberni, BC	or 1(877)722-3232
Safe Kids BC abuse crisis line	310-1234
www.safekidsbc.ca/teens.htm	no area code required

Counselling & Mental Health Services

Child and Youth Mental Health	(250) 720-2650
4088 8th Ave Port Alberni, BC	
Alberni Community & Women's Services	(250) 724-7111
ACAWS 3082 - 3rd Ave Port Alberni BC	
Port Alberni Family Guidance Association	(250) 724-0125
3039 - 4th Ave. Port Alberni, BC	
Port Alberni Wilde Youth	(250) 724-6166
LGBT2SQ youth group on Facebook	
Aboriginal Child and Youth Mental Health	(250) 724-0202
4000 Stamp Ave Port Alberni BC	
Friendship Center	(250) 723-8281
3555 4th Ave, Port Alberni, BC	
Alberni Drug & Alcohol Prevention Service	(250) 724-6166
Friendship Center Addictions Counselling	(250) 723-8281

Other Resources

Kelty Mental Health www.keltymentalhealth.ca	
Youth in BC www.YouthinBC.com on-line chat noon to 1 am	
Qmunity youth@qmunity.ca	1(604) 684-5307
Support for LGBT2SQ youth in BC	extension 107
Pacific Centre Family Services Association	(250) 478-8357
Email counselling at youthtalk2@pcfsa.org	or 1(866)478-8357
Youthspace.ca online counselling with youth forums	
MindCheck.ca mood check quiz, youth mental health services in BC	

Mobile Apps

BoosterBuddy viha.ca/boosterbuddy	
MindShift anxietybc.com/resources/mindshift-app	
thinkFull thinkfull.ca	
AlwaysThere kidshelpphone.ca/teens/phoneus/alwaysthere.aspx	

Am I depressed? (check what applies to you)

- sad, feeling hopeless
- feeling guilty or worthless
- tearful, crying, wanting to cry but can't
- tired, loss of energy
- withdrawn from friends or family
- nothing to look forward to, no positive feelings
- loss of interest in activities
- angry, irritable, sensitive to criticism
- difficulty concentrating, difficulty making decisions
- problems with sleep, problems with appetite
- headaches, stomach pains

What if I'm thinking of hurting myself?

- * call family or friends
- * call a crisis support telephone, chat or text line
- * call or visit a youth counsellor
- * call or visit your doctor
- * call 911 or go to closest hospital Emergency Room

Why am I sad? (check what applies to you)

- conflict with parents/siblings/relatives
- problems with friend(s)
- boyfriend/girlfriend problems
- alcohol or drug problems
- worried about school grades/teacher
- being bullied / cyber bullying
- being judged, feeling stupid, feeling worthless
- money problems
- threats or abuse
- traumatic event
- neglect, feeling people don't care
- worried about my health

Other: _____

Who will I talk to that can support me?

- friend(s)
- parent, relative
- teacher, coach
- counsellor, doctor, psychiatrist

Other: _____

What things I can think about or do to help myself feel better?

- meet with a friend
- go for a walk
- get something to eat
- watch a funny movie
- play with a pet
- read a good book or magazine
- listen to happy music
- take a relaxing bath or shower
- get some sleep

Other: _____

You can get through this. Ask for help!

The information provided on this card is not intended for diagnostic or treatment purposes. Please consult with your health care provider.

Am I anxious? (check what applies to you)

- rapid heart rate
- sweaty palms
- difficulty breathing
- feeling like I am going to faint
- feeling like I am going to vomit
- stomach pains
- numbness or tingling in hands or around lips

Other: _____

What am I worried about?

Am I in danger?

If you are in danger get help from an adult, friend or call 911.

What can I do to feel better?

Relax your breathing and your body.

This will make the symptoms fade and go away.

Panic attacks are uncomfortable but not dangerous.

Have I felt like this before? What did I do to feel better?

What would a friend suggest?

What would a parent or adult (relative, teacher, counsellor) suggest?

What is the worst thing that could happen? How would I handle it?

What is the best thing that could happen?

Who will I talk to that can support me?

- friend(s)
- parent, relative
- teacher, coach
- counsellor, doctor, psychiatrist

Other: _____

You can get through this. Ask for help!

Supported by:

Alberni Child & Youth Mental Health and Substance Use

Local Action Team (CYMHSU LAT)

Royal Canadian Mounted Police RCMP Port Alberni