

Kids Help Phone

Kids Help Phone (1-800-668-6868) has toll-free, 24-hour phone, online chat, counselling and referral service for young people. You can also connect by texting CONNECT to 686868, you can chat confidentially with a trained, volunteer Crisis Responder for support with any issue, if you would like to stop the conversation text STOP.

Mental Health Support and Information Line

310-6789 – no area code needed. This line provides 24/7 support if you are worried, feeling upset, or just want to talk with someone.

Youth Against Violence Line

24/7 anonymous and confidential line to talk to a trained support worker. You can contact them about bullying, gang activity, harassment, intimidation, sexual exploitation, and many other issues.

You can use the YAV line via:

Phone: **1-800-680-4264**

Text: **604-836-6381**

Email: info@youthagainstvviolenceline.com

Online Anonymous Reporting Tool for Students

PSSTWorld is a secure and confidential area where students can share information about anything that concerns them at school. The "Report It" link on the front page provides students with a quick, safe and anonymous way for students to report bullying, cyberbullying, abuse, weapons/drugs/sex crimes, suicidal thoughts, vandalism, discrimination of any kind, threats of school attack and any other safety concerns. Students only need to provide their name and contact details if they would like someone to call them directly.

Site: <http://erase.gov.bc.ca>

Foundry

Foundry offers young people ages 12-24 health and wellness resources, services and support.

Site: <https://foundrybc.ca/get-support/>

Qmunity

QMUNITY is a non-profit organization based in Vancouver, BC that works to improve queer, trans, and Two-Spirit lives. We provide a safer space for LGBTQ/2S people and their allies to fully self-express while feeling welcome and included. Our building serves as a catalyst for community initiatives and collective strength.

Phone: **604-871-0450 ext. 765**

Email: genourtm@plea.bc.ca

Site: <https://www.qmunity.ca>

PFLAG CANADA

PFLAG Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their non-heterosexual children. The "coming-out" process can be a critical time for families. We support these families through today, and give them hope for a better tomorrow.

Site: <https://www.pflagcanada.ca>

CRISIS RESPONDER

Text HOME to 686868 in Canada to text with a trained Crisis Responder. Every texter is connected with a Crisis Responder, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem-solving. All of our Crisis Responders are volunteers.

Site: <https://www.crisistextline.ca>

SHER Vancouver

Sher Vancouver hopes to reduce the alienation, depression, and suicidal ideation of people dealing with sexuality, gender and coming-out issues. Everyone is welcome to join regardless of ethnicity, religious belief or sexuality.

Phone: **604-842-7340**

Email: info@shervancouver.com