



EMERGENCY	
Police, Fire, Ambulance	9-1-1
<u>Suicide Crisis Helpline</u>	9-8-8 (bilingual)
Greater Victoria Police – <u>Victim Services</u>	250-995-7351
<u>KUU-US Crisis Line</u> BC wide Indigenous 24hr crisis and support line.	1-800-588-8717 (toll-free)
<u>Vancouver Island Crisis Line</u> + <u>Victoria Sexual Assault Centre</u> (after hours)	1-888-494-3888 (24hr call line) 250-800-3806 (text available from 6-10pm)
<u>AVI Crisis Response, Community Led (CRCL)</u> Peer assisted care team that provides mobile crisis response. Teams are made up of both individuals with lived experience and mental health professionals.	250-818-2454
<u>Poison Control Centre</u>	1-844-764-7669 (24hr)
<u>Victim Link BC</u> Confidential support program for victims of crime and trauma across BC and Yukon.	1-800-563-0808 (24hr)
<u>Ministry of Children and Family – Child Protection</u>	1-800-663-9122 (toll-free) 310-1234 (no area code needed)

ABUSE/VIOLENCE - GENERAL	
<u>Men’s Therapy Centre</u> Psychological, legal and practical support to males (16yrs+) who suffer from the effects of abuse, assault, and/or exploitation.	250-381-6367
<u>Pacific Centre Family Services Association</u> Provide free and sliding scale services to help individuals and families address family violence. Services available both for the person using violence and for the affected partner.	1-866-478-8357
<u>Victoria Sexual Assault Centre</u> Offers crisis support, counselling, forensic exams, and outreach services in a safe and inclusive environment.	250-383-3232 1-800-494-3888 (after hours)
<u>Victoria Child Abuse Prevention and Counselling Centre</u> Support children, youth, and families who have been impacted by abuse, trauma and violence.	250-385-6111
<u>Victoria Women in Need (WIN) Community Coop Programs</u> Provides support through crisis and referral programs, gift certificates, assisting individuals transitioning to new living arrangements, and financial assistance for education and training.	250-480-4006 ext. 206



ABUSE/VIOLENCE – TRANSITION HOUSES

<u>Annie’s Place Transition House (Sooke)</u>	250-642-2591
<u>Cridge Centre for the Family – Emergency Shelter Crisis Line</u> Transitional housing, self-development programs, counselling, groups for women and children.	250-479-3963 (24 hr crisis line)
<u>Victoria Women’s Transition House</u> Support, counselling, advocacy and education for women in abusive relationships and children/adolescents exposed to violence.	250-385-6611 (24hr crisis line) 250-592-2927 (office)
<u>Bridges for Women Society</u> Counselling, financial education and employment programs for women affected by trauma, violence or abuse.	250-385-7410 1-866-896-3356 (toll-free)

SEPARATION AND DIVORCE

<u>1 Up/Single Parent Resource Centre</u> Resources, support programs and education for single parents.	250-385-1114
<u>Family Services of Greater Victoria</u> Accessible and affordable counselling and family separation support services.	250-386-4331 1-877-386-4333 (toll-free)

LEGAL

<u>The Law Centre (UVic)</u> Advice, assistance and representation for clients who can’t afford a lawyer.	250-385-1221
<u>Legal Aid BC</u> Free legal aid and advice to qualifying BC residents.	1-866-577-2525
<u>Victim Services (Victoria Police)</u> Emotional support, practical assistance and referrals for individuals who have been victimized by crime or trauma.	250-995-7351 1-800-563-0808 (toll-free 24/7)
<u>Victoria Justice Access Centre</u> Assists families with child custody, access, guardianship, and child/spousal support.	250-356-7012
<u>Tenant Resource and Advisory Centre</u> Tenant Resource and Advisory Centre Free legal information about residential tenancy law in BC.	1-800-665-1185

CHILDREN AND YOUTH

<u>BC Child and Youth Mental Health</u> Provide a range of free mental health assessment and treatment options for children and youth (0-18 years of age).	250-356-1123 (Victoria) 250-952-5073 (Saanich) 250-391-2223 (West Shore)
<u>Foundry Victoria Youth Clinic</u> Free and confidential mental health and wellness services for youth ages 12-24 and their families.	250-383-3552
<u>Kids Help Phone</u>	1-800-668-6868



CHILDREN AND YOUTH CONTINUED

<p><u>Kiwanis Emergency Youth Shelter</u> Emergency short-term shelter for youth 13-18yrs.</p>	250-386-8282
<p><u>Discovery Youth & Family Substance Use Services</u> Offers fee community-based counselling services, access to residential care and treatment for youth (13-19) struggling with substance use.</p>	250-519-5313 (Victoria/South Island)

PARENTING AND FAMILY SUPPORT

<p><u>Esquimalt Neighbourhood House</u> Provides individual and couples counselling, as well as pre-natal and parenting education.</p>	250-385-2635
<p><u>Pacific CARE</u> Provides services and information related to all things child care.</p>	1-888-480-CARE (2273)
<p><u>Parent Support Services Society of BC</u> Work with Parents, Grandparents & Kinship Caregivers to provide emotional, educational, legal, & child-minding support. (Free)</p>	1-877-345-9777
<p><u>Family Services of Greater Victoria</u> Provides children, youth, adults, and families with accessible, affordable, and personalized counselling and family separation support services.</p>	250-386-4331
<p><u>Sooke Family Resource Society</u> Provide people, of all ages and abilities, with services and resources that encourage them to enhance skills and address challenges.</p>	250-642-5152
<p><u>Child Care Resource & Referral Centre (CCRR) - Victoria</u> Offers families referrals to child care providers, information about assistance with the Affordable Child Care Benefit, and access to community resources.</p>	250-382-7000
<p><u>Cridge Centre for the Family</u> Provide childcare services, support for individuals with brain injuries, transitional housing and support for women, and assisted and independent living for seniors.</p>	250-384-8058
<p><u>La Leche League Canada</u> Provides knowledge, skills and peer support for those breastfeeding.</p>	250-727-4384 (Victoria branch)
<p><u>Pregnancy & Parent Learning Centre</u> Resources and information to help parents feel confident and prepared during their pregnancy, birth and parenting journeys.</p>	See website for resources and courses.



CAREGIVING

<p><u>Family Caregivers of BC</u> Supports caregivers by providing access to information, education and supports groups.</p>	<p>250-384-0408 1-877-520-3267 (toll-free)</p>
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MEDICAL

<p><u>MediMap</u> List of walk-in clinics and wait times.</p>	<p>www.medimap.ca</p>
<p><u>Island Sexual Health Society</u></p>	<p>250-592-3479</p>
<p><u>Vancouver Island Choice Clinic</u> (Formerly Vancouver Island Women’s Clinic). Provide services for abortions, miscarriage management, contraception and cervical cancer screening.</p>	<p>250-480-7338</p>
<p><u>Abortion Support Collective</u> A collective of dedicated abortion doulas and allied health professionals committed to supporting individuals throughout their reproductive journeys.</p>	<p>asc.abortioncollective@gmail.com</p>
<p><u>Trans Care BC</u> Connects trans people, their loves ones and clinicians with information, education, training and support.</p>	<p>1-866-999-1514</p>
<p><u>Songhees Wellness Centre</u> Clinical services available for Songhees Nation Members and families.</p>	<p>250-386-1043</p>
<p><u>HealthLink BC</u> Non-emergency medical advice and health information.</p>	<p>8-1-1</p>
<p><u>AVI Health and Community Services</u> Health centre, support and wellness programs for those infected and affected by HIV and hep. C.</p>	<p>250-384-2366 1-800-665-2437 (toll-free)</p>

MENTAL HEALTH & COUNSELLING

<p><u>BC Psychological Association Referral Service</u> Help finding a psychologist based on geographic location and specific issues. <i>*Languages served: English, French, Spanish, Mandarin, Cantonese</i></p>	<p>1-800-730-0522 (toll-free)</p>
<p><u>Citizens Counselling Centre</u> Affordable (sliding scale), accessible counselling to adult residents of Greater Victoria.</p>	<p>250-384-9934</p>
<p><u>Esquimalt Neighbourhood House Society</u> Free supportive counselling for adults.</p>	<p>250-385-2635</p>
<p><u>Pacific Centre Family Services Association</u> Provides a range of free and sliding scale counselling and social services.</p>	<p>1-866-478-8357</p>



MENTAL HEALTH & COUNSELLING CONTINUED

<u>The Queer Care Collective</u> Counsellors, therapists, coaches and body workers offering inclusive and accessible care.	Contact practitioners directly through website
<u>BC Bereavement Helpline</u> Support, info and referrals for those who are grieving (Available Mon-Fri 0900 to 1700)	1-604-738-9950 1-877-779-2223 (toll-free)
<u>310 Mental Health Support</u> Emotional support, information and resources specific to mental health in BC.	310-6789 (no area code needed)
<u>BC Schizophrenia Society</u> Support, education and info about schizophrenia and other serious/persistent mental illnesses.	1-888-888-0029
<u>Mental Health Recovery Partners, South Island</u> - Provides programs and services for people with mental illness, with or without substance use, regardless of their diagnosis.	250-384-4225
<u>Mood Disorders Association of BC (Vancouver)</u> Provides peer support and education for people with a mood disorder, their families, and friends.	1-604-873-0103
<u>Victoria Brain Injury Society</u> Provides support for persons with acquired brain injury and their families and friends.	250-598-9339

ADDICTIONS

<u>Georgia Straight Women's Clinic</u> Personalized mental health and addictions treatment for women.	1-866-487-9040
<u>Victoria Mental Health and Substance Use</u> Assessment, treatment recommendations and referrals.	250-519-3485
<u>Alcoholics Anonymous Victoria</u> Support groups for those who have a desire to stop drinking.	250-383-7744 (24 hr)
<u>BC Alcohol and Drug Information Referral Service</u> Offers information and referral to education and prevention resources, support groups and full range of counselling and treatment services.	1-800-663-1441 (24hr)
<u>Edgewood Treatment Centre Nanaimo</u> Evidence-based treatment for addictions and mental health disorders.	1-866-630-6814
<u>Gambling Support BC</u>	1-888-795-6111
<u>Homewood Health – Ravensview</u> Mental health and addictions treatment for military members and veterans.	1-866-203-1793



ADDICTIONS CONTINUED

<u>LifeRing Canada</u> Non-religious self-help groups promoting abstinence to alcohol and other addictive drugs.	1-877-920-2095
<u>Narcotics Anonymous – South Island</u> Support groups for those who have a desire to stop using drugs.	250-383-3553
<u>Umbrella Society</u> Mental health and substance use support for individuals and their loved ones. Services include outreach, recovery housing, counselling, harm reduction and education.	250-380-0595

FINANCIAL

<u>Credit Counselling Society of BC</u>	1-888-527-8999 (toll-free) 250-382-9559
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HOUSING & SHELTERS

<u>Tenant Resource and Advisory Centre</u> Free legal information about residential tenancy law in BC.	1-800-665-1185
<u>Greater Victoria Housing Society</u> Provide affordable rental housing for seniors, adults with disabilities, families, working singles and couples in the Greater Victoria area.	250-384-3434
<u>Victoria Cool Aid Society</u> Offer services to adults impacted by poverty and homelessness such as permanent housing, emergency shelters, health and dental care, employment assistance, and social and recreational opportunities.	250-383-1977 250-381-2159 (Next Steps Shelter) 250-383-1951 (Rock Bay Landing Shelter) 250-480-1408 (Sandy Merriman House Shelter – for women)

LANGUAGE SERVICES

<u>Inter-Cultural Association of Greater Victoria</u> Supports immigrants and refugees with full integration into social, economic and civic life.	250-388-4728
<u>Victoria Immigrant and Refugee Society</u> Provide settlement, integration and anti-racism services designed to help newcomers to Canada.	250-361-9433
<u>La Société Francophone de Victoria</u> Répondre à des besoins dans le domaine de la culture, du marché du travail, et de l'information en général: Vous mettons en contact avec les autres membres de notre communauté.	1-888-388-7350



OTHER COMMUNITY RESOURCES

<u>Vancouver Island Trans Resources</u>	See website for extensive list of resources
<u>University of Victoria Pride Collective</u> Fosters community, advocates for Queer and Trans students and offers various events, products and services.	250-472-4393
<u>Pathways Victoria – South Island</u>	See website for extensive list of community health resources.
<u>Support Network for Indigenous Women and Women of Colour (SNIWWOC)</u> A support network that works against barriers that limit women and girl’s access to healthcare and full reproductive choice.	250-277-2545
<u>Victoria Native Friendship Centre</u> Encourage and promote the well-being of urban Indigenous people through the delivery of various programs and services.	250-384-3211 250-940-2669 (Primary Care Clinic)

Notice any missing resources that should be included or any information that is incorrect?

Contact: p-esq.marpachq-healthandwellnessstrategy@forces.gc.ca