



EMERGENCY	
Police, Fire, Ambulance	9-1-1
Suicide Crisis Helpline	9-8-8 (bilingual)
Greater Victoria Police – Victim Services	250-995-7351
KUU-US Crisis Line BC wide Indigenous 24hr crisis and support line.	1-800-588-8717 (toll-free)
Vancouver Island Crisis Line + Victoria Sexual Assault Centre (after hours)	1-888-494-3888 (24hr call line) 250-800-3806 (text available from 6-10pm)
Poison Control Centre	1-844-764-7669 (24hr)
Victim Link BC Confidential support program for victims of crime and trauma across BC and Yukon.	1-800-563-0808 (24hr)
Ministry of Children and Family – Child Protection	1-800-663-9122 (toll-free) 310-1234 (no area code needed)

ABUSE/VIOLENCE - GENERAL	
Men's Therapy Centre	250-381-6367
Psychological, legal and practical support to males (16yrs+) who suffer from the effects of abuse, assault, and/or exploitation.	
Pacific Centre Family Services Association	1-866-478-8357
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.	
Victoria Sexual Assault Centre	250-383-3232
Offers crisis support, counselling, forensic exams, and outreach services in a safe and inclusive environment.	1-800-494-3888 (after hours)
Victoria Child Abuse Prevention and Counselling Centre	250-385-6111
Support children, youth, and families who have been impacted by abuse, trauma and violence.	
Victoria Women in Need (WIN) Community Cooperative Programs	250-480-4006 ext. 206

ABUSE/VIOLENCE – TRANSITION HOUSES	
Annie's Place Transition House (Sooke)	250-642-2591
Cridge Centre for the Family	250-384-8058
Transitional housing, self-development programs, counselling, groups for women and children.	
Victoria Women's Transition House	250-385-6611 (24hr crisis line)
Support, counselling, advocacy and education for women in abusive relationships and children/adolescents exposed to violence.	250-592-2927 (office)



ABUSE/VIOLENCE – TRANSITION HOUSES CONT.	
Bridges for Women Society 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	
1 Up/Single Parent Resource Centre Resources, support programs and education for single parents.	250-385-1114
Family Services of Greater Victoria Accessible and affordable counselling and family separation support services.	250-386-4331 1-877-386-4333 (toll-free)

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

CHILDREN AND YOUTH	
BC Child and Youth Mental Health 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)
Foundry Victoria Youth Clinic Free and confidential mental health and wellness services for youth ages 12-24 and their families.	250-383-3552
Kids Help Phone	1-800-668-6868
Kiwanis Emergency Youth Shelter Emergency short-term shelter for youth 13-18yrs.	250-386-8282



PARENTING AND FAMILY SUPPORT	
Esquimalt Neighbourhood House	250-385-2635
Provides individual and couples counselling, as well as prenatal and parenting education.	
Pacific CARE	1-888-480-CARE (2273)
Provides services and information related to all things child care.	
Parent Support Services Society of BC	1-877-345-9777
Work with Parents, Grandparents & Kinship Caregivers to provide emotional, educational, legal, & child-minding support. (Free)	
Sooke Family Resource Society	250-642-5152
La Leche League Canada	250-727-4384 (Victoria branch)
Provides knowledge, skills and peer support for those breastfeeding.	
CAREGIVING	
Family Caregivers of BC	250-384-0408
Supports caregivers by providing access to information, education and supports groups.	1-877-520-3267 (toll-free)
MEDICAL	
Island Sexual Health Society	250-592-3479
Vancouver Island Choice Clinic	250-480-7338
(Formerly Vancouver Island Women's Clinic). Provide services for abortions, miscarriage management, contraception and cervical cancer screening.	
Trans Care BC	1-866-999-1514
Connects trans people, their loves ones and clinicians with information, education, training and support.	
Songhees Wellness Centre	250-386-1043
Clinical services available for Songhees Nation Members and families.	
HealthLink BC	8-1-1
Non-emergency medical advice and health information.	
MediMap	www.medimap.ca
List of walk-in clinics and wait times.	
AVI Health and Community Services	250-384-2366
Health centre, support and wellness programs for those infected and affected by HIV and hep. C.	1-800-665-2437 (toll-free)



MENTAL HEALTH & COUNSELLING	
BC Psychological Association Referral Service	1-800-730-0522 (toll-free)
Citizens Counselling Centre Affordable (sliding scale), accessible counselling to adult residents of Greater Victoria.	250-384-9934
Esquimalt Neighbourhood House Society Free supportive counselling for adults.	250-385-2635
Pacific Centre Family Services Association Provides a range of free and sliding scale counselling and social services.	1-866-478-8357
The Queer Care Collective Counsellors, therapists, coaches and body workers offering inclusive and accessible care.	Contact practitioners directly through website
BC Bereavement Helpline 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)
310 Mental Health Support Emotional support, information and resources specific to mental health in BC.	310-6789 (no area code needed)
BC Schizophrenia Society Support, education and info about schizophrenia and other serious/persistent mental illnesses.	1-888-888-0029
Mental Health Recovery Partners, South Island - Provides programs and services for people with mental illness, with or without substance use, regardless of their diagnosis.	250-384-4225
Mood Disorders Association of BC (Vancouver) Provides peer support and education for people with a mood disorder, their families, and friends.	1-604-873-0103
Victoria Brain Injury Society Provides support for persons with acquired brain injury and their families and friends.	250-598-9339

ADDICTIONS	
Georgia Straight Women's Clinic Personalized mental health and addictions treatment for women.	1-866-487-9040
Victoria Mental Health and Substance Use Assessment, treatment recommendations and referrals.	250-519-3485
Alcoholics Anonymous Victoria Support groups for those who have a desire to stop drinking.	250-383-7744



ADDICTIONS CONT.	
BC Alcohol and Drug Information Referral Service Offers information and referral to education and prevention resources, support groups and full range of counselling and treatment services.	1-800-663-1441 (24hr)
Edgewood Treatment Centre Nanaimo Evidence-based treatment for addictions and mental health disorders.	1-866-630-6814
Gambling Support BC	1-888-795-6111
Homewood Health – Ravensview Mental health and addictions treatment for military members and veterans.	1-866-203-1793
LifeRing Canada Non-religious self-help groups promoting abstinence to alcohol and other addictive drugs.	1-877-920-2095
Narcotics Anonymous – South Island Support groups for those who have a desire to stop using drugs.	250-383-3553
Umbrella Society 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	
Credit Counselling Society of BC	1-888-527-8999 (toll-free) 250-382-9559
HOUSING & SHELTERS	
Tenant Resource and Advisory Centre Free legal information about residential tenancy law in BC.	1-800-665-1185
Greater Victoria Housing Society Provide affordable rental housing for seniors, adults with disabilities, families, working singles and couples in the Greater Victoria area.	250-384-3434
Victoria Cool Aid Society 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	
Inter-Cultural Association of Greater Victoria Supports immigrants and refugees with full integration into social, economic and civic life.	250-388-4728
Victoria Immigrant and Refugee Society Provide settlement, integration and anti-racism services designed to help newcomers to Canada.	250-361-9433
La Société Francophone de Victoria 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	
Vancouver Island Trans Resources	See website for extensive list of resources
University of Victoria Pride Collective Fosters community, advocates for Queer and Trans students and offers various events, products and services.	250-472-4393
Pathways Victoria – South Island	See website for extensive list of health service and community resources.
Support Network for Indigenous Women and Women of Colour (SNIWWOC) A support network that works against barriers that limit women and girl's access to healthcare and full reproductive choice.	250-277-2545
Victoria Native Friendship Centre 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?

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