



## **Mental Health and Wellness Resources**

**Dial 811** BC Nurses hotline provides BC health system navigation and advice including addiction services, mental health services, domestic violence and general inquiries.

**1-800-Suicide** Free confidential crisis hotline available 24/7.

**Crisis Centre BC** Provides crisis intervention for individuals and families affected by suicide.

**[www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)**

**Sources BC** Provides counselling services for substance abuse, homelessness, suicide prevention employment, domestic abuse and family counselling.

**[www.sourcesbc.ca](http://www.sourcesbc.ca)**

**Victimlink 1-800-563-8080** A 24/7 hotline for victims of domestic or sexual violence.

**United Way, lower mainland** Volunteer organization that helps community members with food security, community kitchens, affordable housing networking and poverty outreach.

**Services are available for individuals and families.**

**[www.uwlm.ca](http://www.uwlm.ca)**

**John Howard Society of BC** A non-profit organization that provides housing options for those at risk of homelessness or economic insecurity, as well as community outreach in the criminal justice system. **Ph. 604-872-5651**

**GroupHealth** Arkay's extended health benefits provider. Check your [EHB booklet](#) for services provided including access to registered psychologists and qualified social workers.

**[www.arkaycontracting.com](http://www.arkaycontracting.com)**

