

**British  
Columbia**

**310Mental Health Support** at 310-6789 (no area code needed) for emotional support, information and resources specific to mental health.

**1-800-SUICIDE** (1-800-784-2433) if you are considering suicide or are concerned about someone who may be.

**Crisis Services Canada – Suicide Prevention and Support** – 24/7 Hours 1-833-456-4566

**Crisis and Suicide Prevention Services Canada** at 1-833-456-4566

**Alcohol & Drug Information and Referral Service** at 1-800-663-1441 (toll-free in B.C.) or 604-660-9382 (in the Lower Mainland) to find resources and support.