

ARE YOU IN CRISIS?

KNOW WHO TO CALL



EMERGENCY

9-1-1

Call **9-1-1** if you or someone you love requires immediate medical attention for injuries/overdose or is at risk of seriously harming themselves or others.

ADULTS

Fraser Health Crisis Line

604-951-8855 or

toll-free 1-877-820-7444

Crisis intervention counselling, 24 hours a day, seven days a week. You can also call for information on local services or if you just need someone to talk to.

Kuu-us Crisis Response Services Line

1-800-KUU-US17 (588-8717)

Culturally sensitive crisis line for First Nations and Aboriginal people. Support is available 24 hours a day, seven days a week.

CHILDREN AND TEENS

Kids Help Phone

1-800-668-6868

Counselling and referral service for young people up to age 20, available 24 hours a day, seven days a week.

START Team

1-844-START11 (1-844-782-7811)

Assessment and intervention services for children and teens (ages 6 to 18) experiencing a mental health crisis.

Monday to Friday: 9 a.m. to 9 p.m.

Weekends & holidays: Noon to 9 p.m.

SUBSTANCE USE

Alcohol and Drug Information and Referral Service

604-660-9382 or toll-free **1-800-663-1441**

24 hours a day, seven days a week. Information and referral to education, prevention and treatment services.



Visit fraserhealth.ca/mentalhealth for more information on mental health and substance use.