Pacific Rim Resource Guide

Mental Health and Support Resources for Children, Youth, and Families in Pacific Rim



Approved: July 2024

Revised: September 2025

Land Statement and Acknowledgment

Pacific Rim School District covers much of Central Vancouver Island's rugged, picturesque West Coast and serves a regional population of approximately 31,000 residing on the ha-houlthee of the cišaaʔatḥ, hupačasath, tlao-qui-aht, Yuułuʔiłʔatḥ, and Huu-ay-aht First Nations within the communities Port Alberni, Tofino, Ucluelet and Bamfield. We gratefully acknowledge that we work alongside these Nuu-chah-nulth nations as well as the Ditidaht, Uchucklesaht, Toquaht, Ahousaht and Hesquiaht First Nations, the Métis Nation of British Columbia and the Alberni-Clayoquot Métis Society to serve the children and youth of the Alberni-Clayoquot region.

Guiding Principles

The Pacific Rim Resource Guide aligns with our Strategic Plan's focus area of promoting mental health and emotional well-being for all. We recognize that it can feel uncomfortable to talk about distressing life circumstances and hard to reach out for help. However, it is a respectful and honorable choice to do our best in taking care of ourselves and others. This concept is beautifully described in the four pillars of nuu-chah-nulth life: ʔiisaakstʼałin (respect one another), hahopstʼałin (teach one another), yaaʔakstʼałin (love one another), and hupiicstʼałin (help one another). The ups and downs on our journeys through life are constantly shifting, as is our learning and ways of helping. Ni Kishkayhtaynaan chi Wiichihiwayaahk (Metis for 'we are learning to help') illustrates this principle and helps guide our efforts to seek supports in ways that are culturally safe, wholistic, and appropriate for the individuals and families we serve.

Updating

The Pacific Rim Resource Guide is a living document, meaning it requires regular updating and revisions to remain current and relevant in the face of evolving budgets, programs, and staffing capacities. The Pacific Rim School District strives to provide you with the most accurate and up-to-date information possible. Please help us with these efforts by emailing daat@sd70.bc.ca should you become aware of any resource updates or additions that may be required.

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Caregiver Supports and Resources

Confident Parents: Thriving Kids – Anxiety Program

Anxiety – Confident Parents: Thriving Kids (cmhacptk.ca)

A free skill-building program designed to help parents support their children aged 3–12 who are experiencing mild to moderate challenges with anxiety. You'll learn effective skills and strategies to empower you and your child to manage their excessive fears and worries and strengthen your role as a parent through a series of short online videos, supported by 4 to 8 weekly coaching sessions by phone. Coaching sessions can be scheduled during day, evening and weekend hours. This program can be referred to by a mental health clinician, doctor, and/or school counsellor/teacher.

Confident Parents: Thriving Kids – Behaviour Program

Behaviour - Confident Parents: Thriving Kids

Telephone-based coaching service for parents proven effective in reducing mild to moderate behavioural problems in children ages 3–12. Through a series of 6 to 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and caregivers to learn effective skills and techniques that support social skills and cooperation in their child. This program is free and must be referred to by a doctor or pediatrician.
Behaviour – Confident Parents: Thriving Kids (cmhacptk.ca)

ERASE (Expect Respect and Safe Education)

Province of British Columbia (gov.bc.ca)

Erase is all about building safe and caring school communities. This includes empowering students, parents, educators and the community partners who support them to get help with challenges, report concerns to schools, and learn about complex issues facing students. Specific areas referenced on the website include:

A direct link for "I need help", "someone I know needs help", and "I'm worried about something". Services and information topics on:

- Online safety
- Mental health and wellbeing
- Bullying
- Racism
- School safety
- Sexual Orientation and Gender Identity (SOGI)
- Substance use
- Compassionate systems leadership
- Gender-based violence

Family Smart

FamilySmart - Together-Centred™ for Child & Youth Mental Health

Helping children and young people by helping their family and other caring adults. Family Smart is grounded in an awareness that children and young people do better when the adults who care about them are supported. Offering:

- Parent peer support
- Monthly events to support parents and caregivers
- Resources and videos
- Training and workshops

Caregiver Supports and Resources

Kelty Mental Health

Home | Kelty Mental Health

We help families across the province navigate the mental health system, connect with peer support, and access resources and tools to support well-being. Resources include:

- Peer support for families (parents and caregivers)
- Multi-language resources
- Resource Library
- Empowered parenting
- Healthy living resources
- Information on mental health and substance use disorders
- Medication and a review of therapeutic approaches to various mental health disorders

Mental Health Foundations

Home | mhfoundations-efft (mentalhealthfoundations.ca)

Offering accessible mental health support through free online offerings via an Emotion Focused Family Therapy foundation, for caregivers and loved ones with mental health issues. Free offerings include:

- Caregiver workshops
- Emotion Focused Family Therapy Video Series – eating disorders
- Emotion Focused Family Therapy Video Series – Prevention Parenting to manage intense emotions with practical skills and techniques
- A video series for Individuals and couples (Beautiful Boundaries, Joy Interrupted, and Couples Series)

Parent Support Services Society of BC

Home - Parent Support Services Society of BC (parentsupportbc.ca)

Supporting the well-being of all families and children by empowering those in a parenting role through community connections, research, education, and advocacy. Offering:

- Kinship Care Helpline (formerly “Grandparents raising Grandchildren”). Confidential support and advocacy for relatives raising a family member’s child. 1-855-474-9777.
- Parenting support groups
- Parenting workshops
- Events and resources

We are Indigenous: Big Worries Strong Spirit

Big Worries – Confident Parents: Thriving Kids (cmhacptk.ca)

The We Are Indigenous: Big Worries, Strong Spirit Program is a no cost telephone and computer based coaching program serving First Nations, Metis, and Inuit families across BC whose children aged 3-12 are experiencing mild to moderate big worries/fears (anxiety). Referrals can come from a mental health clinician, school counsellor/teacher, or doctor, to the We are Indigenous Program with the Canadian Mental Health Association.

Counselling Apps

CALM

Calm - The #1 App for Meditation and Sleep

Calm is a free app designed to promote better sleep, reduced sleep, and mindfulness practices. It focuses on navigating the ups and downs of life by sharing in-the-moment stress relieving tools.

MindFlip

Brain Science Tools for Everyday Living (thinkific.com)

MindFlip is a self-paced, youth-friendly online program with four core modules. Geared towards youth in late elementary and secondary school, topics include brain science and skills for mental fitness, emotional regulation and awareness of our thoughts and emotions, self-awareness and self-compassion, and mindful tools to deal with stress and life challenges.

The Healthy Minds Program App

Try Our Free App for Guided, Mindful Meditation | Healthy Minds Innovations (hminnovations.org)

With a combination of podcast-style lessons and both seated and active meditations, you'll learn what the science says about the brain while developing skills to tap into these learnings for a healthier, happier you.

The Thunderbird Partnership Foundation - Thunderbird Wellness App

Thunderbird Wellness App - Thunderbird (thunderbirdpf.org)

The Thunderbird Wellness App promotes a strengths-based, trauma informed approach to supporting Indigenous wellness. The App provides tangible ways to support First Nations, from opioid and methamphetamine use, to treatment, prevention, addressing stigma associated with substance use and how to support harm reduction strategies, all presented in a user friendly, culturally grounded way. This is a free app available to adults and youth.

Counselling Services

Attention Deficit Hyperactivity Disorder (ADHD)

Kelty Mental Health

Kelty Mental Health offers several support services specific to ADHD such as:

- 10 Common Questions about ADHD: Attention Deficit Hyperactivity Disorder (ADHD): 10 Common Questions | Kelty Mental Health
- An ADHD Toolkit for parents and teachers: The-Ultimate-ADHD-Toolkit-1.pdf (keltymentalhealth.ca)
- ADHD Basics for Families; podcast and further resources: ADHD Basics for Families | Kelty Mental Health
- Rolling with ADHD; a free 8-week module with instructional videos for parents of children with ADHD: Home Rolling with ADHD - Healthy Minds Learning
- Webinar series for parents and caregivers offering free information on the basics of ADHD, evidence-based treatments, self-regulation tools for children, tips for parents kids with ADHD ADHD for Parents and Caregivers: Webinar Series | Kelty Mental Health

Rolling with ADHD: A study resource for teens.

Rolling with ADHD for Teens - Healthy Minds Learning

This guide was created psychologists and teens to offer practical information, tips, and strategies to help youth thrive at school and beyond.

Counselling Services

Eating Disorders

F.E.A.S.T. (Families Empowered and Supporting Treatment) for eating disorders

FEAST: Support and resources for families affected by eating disorders (feast-ed.org)

A global organization serving parents and family members of those struggling with eating disorders. They provide:

- Virtual peer-led support groups for caregivers and siblings.
- Connection to those with lived experience
- Blog: Around the F.E.A.S.T. Table
- Research and Treatment information
- Webinars and information sessions

Looking Glass Foundation for Eating Disorders

Home - Looking Glass Foundation (lookingglassbc.com) T: 604-314-0548
Residential Treatment Facility - 604-829-2585 Email: info@lookingglassbc.com

Supporting individuals affected by eating disorders and disordered eating. Providing inclusive services throughout B.C. to all ages, weights, and proudly 2SLGBTQIA+ friendly. Programs include:

- Affordable counselling
- Peer Support
- Scholarships
- Educational resources
- Residential treatment facility
- Dietician directory

National Eating Disorder Information Centre (NEDIC)

NEDIC | home T: 1-800-931-2237

The helpline is open Monday – Thursday 9:00am – 9:00pm (EST), 9:00am - 5:00pm Friday, and 12:00pm - 5:00pm Saturday and Sunday. NEDIC provides information, resources, referrals and support to anyone in Canada affected by an eating disorder.

Alzheimer Society

First Link: Help for people living with dementia and care partners.
First Link: Alzheimer Society B.C. 1-800-936-6033 Email: info@alzheimer.ca

Provides:

- connection to local health-care providers and support groups
- Peer support from those who have been through it
- Research and information to help answer key questions
- Assistance with planning for the future

Counselling Services

Family and Youth

Foundry BC

Foundry - Where Wellness Takes Shape - (foundrybc.ca)

Foundry's vision is to transform access to services for young people ages 12–24 in BC.

- Health and wellness services for youth (12-24), including online resources for mental health, substance use, life and schoolwork, and tough topics.
- Foundry Virtual provides youth and their caregivers access to free virtual counselling services.
- Work and education programs
- Peer Support programs
- Phone and online chat platforms

Integrated Child and Youth Team (ICY)

B.C.'s Integrated Child & Youth Teams - Province of British Columbia (gov.bc.ca)

Supporting kids, youth, and families with mild to moderate mental health presentations within school district areas. ICY teams offer clinical counselling, concurrent and substance use counselling, Indigenous cultural support and service navigation, and peer support for youth and their parents. The Pacific Rim ICY team is in its early stages of development with a local launch of the program anticipated for the 2024/25 school year.

Outreach Therapy

Outreach Therapy Family Connections Services
Main office: 250-723-1117 Email: programs@outreachtherpay.org

Outreach therapy offers a hub of Family Connections Services to any family living in Pacific Rim Alberni Clayoquot Regional District including:

- Physiotherapy
- Occupational Therapy
- Early Childhood Mental Health Counselling (ages 0-6)
- Extended Childhood Mental Health Counselling (ages 6-12)
- STARS Program (Skills That Achieve Readiness for School)

Port Alberni Family Guidance Association

3039 4th Avenue, Port Alberni BC V9Y2B8
Website: Port Alberni Family Guidance Association – We are a free counselling agency where everyone is welcome (wordpress.com) T: 250-724-0125 Email: info@pafga.ca

Provides free in person, phone, and/or virtual counselling services for individuals, couples, youth, and families.

- Family supervision services (referred via MCFD to offer a safe, positive and culturally sensitive way for parents to remain connected with their children).
- Connect Parenting Group for parents & caregivers of teens (a 10-week small group program to support parents of pre-teens and teens, offering new perspectives on parent-teen relationships and adolescent development)
- Parent Teen Mediation
- Possibilities Youth Program (serving high risk youth ages 15-26)
- Counselling for adults with multiple difficulties; pre-approval required in collaboration with Community Health Services)
- First Nations Health Authority supported counselling sessions (pre-approval required)
- Rainbows group counselling for children, focusing on issues of grief, loss, separation, and divorce.

Counselling Services

General

8-1-1 and HealthLinkBC

About 8-1-1 | HealthLink BC

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.

Help Starts Here

HelpStartsHere (gov.bc.ca)

A provincial mental health navigation hub, managed by the Ministry of Mental Health and Addictions. Everyone's story is unique, whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges. The site was created as a possible starting place for any B.C. residents seeking support to navigate mental health and/or substance use services.

Mental Health Support

www.crisiscentre.bc.ca T: 310-6789 (no area code)

Emotional support, information, and resources specific to mental health

Private Therapy

Home - BC Association of Clinical Counsellors (bcacc.ca).

The BC Association of Clinical Counsellors offers a wide range of counsellors and locations throughout B.C.

Progress Place; Warm Line

Progress Place Warm Line T: 416-960-WARM (9276) or text 647-557-5882

For adults 18+ who are feeling lonely, isolated, anxious, depressed or in need of a friendly ear. Peer support workers are available to chat online, text or call 3-9:00pm PST 7 days a week.

Counselling Services

Grief and Bereavement

Alberni Hospice Society (Ty Watson House)

Home (albernihospice.ca) T: 250-723-4478 Email: info@albernihospice.ca

The Alberni Valley Hospice Society sustains compassionate care and human dignity by providing support, education, and advocacy to individuals and their families facing life-limiting illness, death, and bereavement. Available free of charge locally to people of all ages and cultures providing:

- Counselling
- Putting together your health care plan
- Recording your life story
- Healing touch and Reiki services

B.C. Bereavement Helpline

British Columbia Bereavement Helpline - Homepage New (bcbh.ca)
T: 1-877-779-2223

BCBH's vision is to provide support to anyone coping with grief and loss. The helpline is open Monday – Friday 9-5:00, Wednesday evenings and Saturday mornings.
The website offers specific resources and counselling support for losses such as:

- Suicide grief
- Homicide grief
- Loss due to substance use
- The loss of a pet
- Support groups (in person is posted with locations across the province, as well as virtual offerings when available).
- Webinars and educational sessions

Counselling Services

Indigenous

First Nations Health Authority

First Nations Virtual Doctor of the Day (fnha.ca) T: 1-855-344-3800

This is a unique service open to all First Nations people and their families living in BC. The program includes doctors of Indigenous ancestry. All doctors and allied health care professionals are trained to follow the principles and practices of cultural safety and humility.

Hope For Wellness

Home - Hope for Wellness Helpline T: 1-855-242-3310

Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 365 days a year.

Metis Nation BC

Mental Health & Harm Reduction | MNBC
Metis Crisis Line: 1-833-638-4722 Main office: 1-800-940-1150 Email: info@mnbc.ca

The Metis Counselling Connection Program attempts to reduce financial barriers by providing financial support for counselling services. It is available to all ages for registered MNBC living in B.C. Additional information can be found at Métis Counselling Connection Program (Paused) | MNBC. MNBC also offers a Resilient Roots Mental Health and Wellness magazine promoting Metis voice and perspective around mental health and wellness topics.

Nuu-chah-nulth Tribal Council

Welcome | Nuu-Chah-Nulth Tribal Council (nuuchahnulth.org)

NTC is a not-for-profit society that provides a wide variety of services and supports to several Nations within Nuu-chah-nulth territories, including:

- Capital Programs
- Child Welfare
- Economic Development
- Education, Employment Training
- Financial Administrative Support
- Uu-a-thluk (Fisheries)
- Health Benefits
- Community Infrastructure and Housing Development
- Nursing, Mental Health, Harm Reduction, Child & Youth Therapeutic Programs
- Membership
- Newspaper (Ha-Shilth-Sa), and
- Social Development

Counselling Services

Indigenous

Port Alberni Friendship Center

Port Alberni Friendship Center (pafriendshipcenter.com)
3555 4th Avenue Port Alberni Main office: 250-723-8281

The Port Alberni Friendship Center opens their doors to all community members, with a mandate of providing services to Indigenous people living away from their home communities. Services include:

- Addictions & Mental Health Counseling
- Sports & Recreation programs
- Youth & adult employment training programs
- Family Law and Poverty Law Legal Advocacy Programs
- Family Support
- Early Childhood Development & Early Years
- Elders Programming
- Homelessness Support
- Family & Youth Programs
- Aboriginal Head Start Program – Childcare Centre
- Public health services, social events, crafts and cultural events, with a general drop-in atmosphere.

Westcoast Community Resources Society

Westcoast Community Resources Society - Welcome to WCRS (wccrs.ca)
T: 250-726-2343 Email: admin@wccrs.ca

The Westcoast Community Resources Society is a non-profit organization which believes that every person in the community should have access to resources to enhance and improve their well-being. They offer:

- PEACE Counselling
- Sexual Assault Response Program
- Support for children and youth with special needs
- Youth and family substance use counselling
- Community outreach
- Women's outreach
- A transition home with related supports and a second stage housing option

Counselling Services

LGBTQ+

ADAPS

Counselling and Support | ADAPS
T: 250-724-6166

A six-week processing group for you who identify as trans and non-binary. This program also provides supportive services for parents and guardians of trans and non-binary youth.

Australian Childhood Foundation

Blog: Supporting the mental health of LBGTQIA+ children and young people
Supporting the mental health of LGBTQIA+ children and young people - Australian Childhood Foundation Professionals

This Blog post offers information, resources, and helpful suggestions for supporting and parenting children and youth who are exploring their gender identity. Please note that the resources included in this article are Australian based and are included with the intention of offering helpful support. It is not intended to be directive or endorsing.

SOGI (Sexual Orientation and Gender Identity)

Sexual Orientation and Gender Identity (SOGI) - Province of British Columbia (gov.bc.ca)

Everyone has a sexual orientation and gender identity (SOGI). It's an inclusive term that applies to everyone, whether they identify as lesbian, gay, bisexual, transgender, queer, two-spirit, heterosexual or cisgender (identifying with the same gender that one was assigned at birth).

It's important for schools to be inclusive and safe spaces for students of all sexual orientations and gender identities. Being SOGI-inclusive means:

- Speaking about SOGI in a way that makes every student feel like they belong
- Not limiting a person's potential based on their biological sex and how they understand or express their gender
- Welcoming everyone without discrimination, regardless of their sexual orientation or gender identity

Trans Lifeline Crisis Support

Hotline - Trans Lifeline T: 1-877-330-6366

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans. Available Mon-Fri 10AM – 6PM

Counselling Services

Specialized

Alberni Valley Restorative Justice Society

Alberni Restorative Justice Society

Restorative Justice services offers:

- An alternative to the courts
- Community healing based on Indigenous traditions
- A process of accountability and restoration involving the harmed, the accountable, and the community.

INEO Employment Services

Home - INEO Employment Services
4908 Argyle Street T: 250-723-4675

INEO is a diverse company facilitating Provincial Ministry sponsored programs that provide career/vocational counselling, job search support, and community support to youth and adults. Programs include:

- Recycle Matters
- STEP-YA (Skills Training for Employment Program for Young Adults)
- AMPED (Assisting Mature Persons with Employment Development)
- OWLL (Outstanding Women Learners and Leaders)
- DUAL (Develop Unique Abilities for Labour Market Attachment – 17 years+)
- Resent – for individuals coming out of the criminal justice system
- BE-SET (Business and Entrepreneurial Skills for Employment Training)
- PEP (Peer Employment Program)

Port Alberni Association for Community Living (PAACL)

PAACL | Port Alberni Association for Community Living T: 250-724-7155 Email: admin@paacl.ca

PAACL offers services and advocacy for people with developmental disabilities of all ages in the Alberni Valley and on the Westcoast. Programs include:

- Supported child development
- Supported child development – family support
- FASD Key worker program
- Children and youth with support needs
- Community Integration services (Connections, Community Access, Pathways, Compass, L.I.F.E.-Based Services
- Semi-Independent Living
- Personalized Supports
- Community Housing, Host Family/Shared Living
- Employment Services

Vancouver Island Counselling Centre for Immigrants and Refugees

Home | VICCIR

VICCIR offers counselling services to immigrants and refugees living on Vancouver Island. The counselling services are grounded on the recognition that each individual is unique, and treatment plans are tailored accordingly. Cultural norms are respected as is the value of expressing oneself in one's own language. If a counsellor does not speak a client's language, one of VICCIR's interpreters serves as a bridge, both linguistic and cultural. There are sliding fee scales available and support for those who require financial assistance to access counselling services.

Counselling Services

Women's Counselling and Victims of Crime

Battered Women's Helpline and Support Services

Battered Women's Support Services - BWSS
T: 1-855-687-1868 Email: Intake@bwss.org

Works toward the contribution of freedom and liberation of girls and women from violence and to empower communities through training and education programs. Services include:

- Crisis support and helpline
- Legal and systemic advocacy
- Support for Indigenous women, women of colour, immigrant/refugee women, sex workers, sexually exploited women, women with disabilities, and women of all ages, classes, and cultures.
- Support groups for survivors of violence
- Education and prevention training

Canadian Resource Centre for Victims of Crime

Canadian Resource Centre for Victims of Crime | CRCVC | Survivor Centre
Text: 613-208-0747 Call: 1-877-232-2610

The Canadian Resource Centre for Victims of Crime (CRCVC) provides support, research, and education to survivors of crime and stakeholders in Canada. All services are free of charge and confidential. We offer bilingual assistance and advocacy regardless of whether the perpetrator of the crime has been identified, apprehended, prosecuted or convicted. The CRCVC believes victims must be empowered to regain control of their lives.

Sage Haven Society

Sage Haven Society – Making a Difference in our Community
T: 240-724-7111 Email: office@sagehavensociety.org

- Port Alberni Transition house and second stage housing
- Drop-in Resource Centre (support and crisis intervention, self-care supplies, clean clothing, internet/computer/phone access, harm reduction supplies) 250-736-0705.
- Outreach services for youth and adults
- Victim support services
- PEACE Program (Prevention Education Advocacy Counselling and Empowerment) for children 3-18 exposed to domestic abuse.
- Sexual assault response program (SARP)
- Women's supportive counselling

Crisis Support Services

Battered Women's Helpline and Support Services

Battered Women's Support Services - BWSS
T: 1-855-687-1868 Email: Intake@bwss.org

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- Legal and systemic advocacy
- Support for Indigenous women, women of colour, immigrant/refugee women, sex workers, sexually exploited women, women with disabilities, and women of all ages, classes, and cultures.
- Support groups for survivors of violence
- Education and prevention training

Crime Stoppers

BC Crime Stoppers 1-800-222-8477

Crime threatens the well-being of our children, our families, and it tears apart out communities. Citizens can disrupt crime by sharing knowledge and criminal activities. If you have knowledge or a crime, call your local police or anonymously contact crime stoppers.

Crisis Intervention and Suicide Prevention Centre of British Columbia

1-800-SUICIDE

Provides a confidential, 24-hour toll-free crisis line for people who are feeling suicidal, are concerned for someone who might be suicidal, or for emotional support.

Kids Help Phone

https://kidshelpphone.ca/

People of all ages who need support can text Kids Help Phone 24/7 at 686868 (youth) or 741741 (adults) to speak to a trained volunteer crisis responder. Young people can also call 1-800-668-6868 to speak with a professional counsellor 24/7 or chat with a counsellor by visiting their website.

Ministry of Children and Family Development (MCFD)

Child & Family Services Office for Port Alberni - Province of British Columbia (gov.bc.ca)
4088 8th Ave. Port Alberni T: 250-720-2650

MCFD provides a variety of child, teen, and family services, supported by the Province of B.C. Services include:

- Child Protection (if you think a child under 19 is being abused or neglected, call 1-800-663-9122)
- Family Services
- Guardianship
- Youth Justice
- Child and Youth Mental Health
- Child and Youth with Support Needs
- ·Adoptions

Crisis Support Services

Sage Haven Society

Sage Haven Society – Making a Difference in our Community
T: 240-724-7111 Email: office@sagehavensociety.org

- Port Alberni Transition house and second stage housing
- Drop-in Resource Centre (support and crisis intervention, self-care supplies, clean clothing, internet/computer/phone access, harm reduction supplies) 250-736-0705.
- Outreach services for youth and adults
- Victim support services
- PEACE Program (Prevention Education Advocacy Counselling and Empowerment) for children 3-18 exposed to domestic abuse.
- Sexual assault response program (SARP)
- Women's supportive counselling

Suicide Crisis Helpline

Get Help | 9-8-8: Suicide Crisis Helpline (988.ca) Call or Text: 9-8-8

A safe space for any age to talk and be heard. Available 24 hours a day, every day of the year. Also supports those who are worried about someone else who may be at risk of suicide.

Trans Lifeline Crisis Support

Hotline - Trans Lifeline T: 1-877-330-6366

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans. Available Mon-Fri 10AM – 6PM

Usma Nuu-chah-nulth Family and Child Services

Reporting Child Abuse & Neglect | Nuu-Chah-Nulth Tribal Council (nuuchahnulth.org)

Usma is a delegated Indigenous service providing child protection investigations, family service support, guardianship, adoptions, harm reduction outreach, and many other family focused services to Nuu-chah-nulth peoples. If you think a child or youth under 19 years of age is being abused or neglected, you have a legal duty to report your concerns.

To make a report and/or speak with an Usma duty worker, call

- 250-724-3232 Mon-Fri 8:30 – 4:30
- 1-800-663-9122 after hours
- 911 if a child is in immediate danger

Victim Link BC (for victims of crime)

VictimLinkBC - Province of British Columbia (gov.bc.ca)
1-800-563-0808

VictimLinkBC is a toll-free, confidential, multilingual service available across B.C. 24 hours a day, 7 days a week and can be accessed by calling or texting 1-800-563-0808 or sending an email to VictimLinkBC@bc211.ca. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.

Crisis Support Services

YSTAR – Youth Short Term Assessment and Response Team

5050 Strathern Street, Port Alberni, British Columbia T: 250-731-1358 (Port Alberni)

YSTAR teams work to improve the mental health and social functioning of youth, support substance use treatment, distribute harm reduction resources, and help navigate access to other services that provide care and support to youth and their families/caregivers. YSTAR services include:

- Crisis Assessment and response
- Substance use treatment and support
- Overdose prevention and follow up
- Transition support
- Resource and referral coordination
- Outreach
- Harm reduction

Youth in BC

YOUTH IN BC - Home

Online chat is available from noon – 1am to youth in B.C. who are under the age of 25. It provides free online crisis support, suicide prevention, and confidential emotional support.

Kuu-Us Crisis Line Society

Home | KUU-US Crisis Line Society Indigenous BC Wide Crisis Line Port Alberni

Adults and Elders: 250-723-4050 Youth: 250-723-2040 Toll Free: 1-800-588-8717

- 24-hour crisis and support phone services
- Suicide risk assessments and safety monitoring
- A.H.O.P.E and HOMEFULLNESS Programs
- Saturday indoor and mobile outreach
- Transitional Housing Program and Suites
- West Coast Supportive Housing
- West Coast "We Care" Mobile Outreach
- Food hampers daily at our Administration Building
- Drop-In Services

Early Years

Healthy Minds BC; EASEY (Everyday Anxiety Strategies for Early Years)

Early Years Professionals - HealthyMindsBC (gov.bc.ca)

Offers an online course and a collection of flexible and adaptable anxiety resources and information for early years professionals, to help strengthen their capacity to support families with children ages 0–6 who are experiencing “everyday” (mild to moderate) anxiety.

Pacific Rim Children and Families

Website: Pacific Rim Children and Families

Helping families navigate the early years in Pacific Rim and on the Westcoast.

- Strong Start programs
- Before and after school care programs
- Pop In and Pop Up play opportunities
- Young parent programs
- Child care programs
- Breakfast clubs
- Pregnancy and new parent programs

PacificCARE Family Enrichment Society

Home | PacificCARE Toll Free: 1-888-480-2273 Port Alberni: 250-756-2022

PacificCARE Family Enrichment Society provides services and information related to all things childcare. Through the Child Care Resource and Referral Program families, care providers and community partners can access the most up to date information about childcare including but not limited to:

- Affordable Child Care Benefit (ACCB) - Application
- Child Care Fee Reduction Initiative (CFRI) - Application
- Access To Resources
- Toy Lending Library
- Networking
- Workshops & Events
- Community Referrals
- Drop-In Play Groups
- Childcare insurance referrals
- Parent-Child Mother Goose programs

Family Justice Advocacy and Supports

BC Hear the Child Society

Home - BC Hear the Child Society

A non-profit organization that aims to give every child the opportunity to share their views and have them heard when their best interests are decided in the family justice system.

Child and Youth Legal Centre

Child and Youth Legal Centre – The Society for Children and Youth of BC (scyofbc.org)
1-877-462-0037 Email: cylc@scyofbc.org

The Child and Youth Legal Centre is committed to improving the well-being of children and youth in British Columbia through the advancement of their legal rights. The role of the Centre is to advocate on behalf of vulnerable children and youth in BC.
The Centre provides legal support for young people who are experiencing problems relating to family law, child protection, a breach of your human rights and many other legal issues.

Family Justice Centres (FJC's)

Family Justice Centres - Province of British Columbia (gov.bc.ca)
FJC's operate in several B.C. communities, the closest to Pacific Rim are Courtenay (250-897-7556) and Nanaimo (250-741-5447) if you would like to attend in person. When there is no FJC office in your community, you can contact 1-844-747-3963 for assistance. Family Justice Counsellors are accredited mediators who can provide assistance (virtual, phone, in person) with issues related to separation including:

- Parenting arrangements
- Guardianship
- Child and Spousal support
- Contact with children
- Property division with respect to companion animals (asset division is not included)

Parenting After Separation (available in several languages)

Parenting After Separation – English – Parenting After Separation (jibc.ca)

This program offers a free course for parents, guardians, and other family members who are dealing with family issues as a result of separation or divorce. Successful completion of this course is required for anyone making a family law application in provincial court. Issues covered include guardianship, parenting arrangements, contact, child support, and spousal support. This program helps people make positive and informed decisions in caring for their children, ensures decisions are based on the child's best interest, and provides information about the separation process.

Family Justice Advocacy and Supports

Parenting After Separation for Indigenous Families

Parenting After Separation for Indigenous Families | Province of British Columbia (jibc.ca)

This program offers a free course for Indigenous parents, guardians, and other family members who are dealing with family issues as a result of separation or divorce. Successful completion of this course is required for anyone making a family law application in provincial court. Issues covered include guardianship, parenting arrangements, contact, child support, and spousal support. This program helps people make positive and informed decisions in caring for their children, ensures decisions are based on the child's best interest, and provides information about the separation process.

Representative for Children and Youth

Get Help Now | Office of the Representative for Children and Youth - RCYBC
1-800-476-3933 or 250-356-6710

RCY supports children, youth and some young adults receiving designated services or programs provided or funded by government, including:

- services under the Child, Family and Community Service Act, Adoption Act, Youth Justice Act, Community Living Authority Act
- Early childhood development or childcare
- Addiction services for children and youth
- Mental health services for children and youth
- Services or programs specified in the Representative for Children and Youth Act, including: children and youth in care, young people with a Youth Agreement, young people in custody, children and youth with special needs, young people transitioning to adulthood, young adults before their 24th birthdays who are eligible to receive services from Community Living BC, or are on or are eligible for an Agreement with Young Adults, or are eligible for a provincial post-secondary tuition waiver.

City of Port Alberni HEART (Having Everyone Access Recreation Today)

HEART - Parks Recreation & Culture (playinpa.ca)

Free and low-cost recreation opportunities for Port Alberni residents on limited income. Provides support for families wishing to access recreation programs, swimming, skating, roller blading, and more.

KidSport

https://kidsportcanada.ca/british-columbia/ T: 250-723-2181 Email: portalberni@kidsportcanada.ca

KidSport provides grants to kids from families facing financial barriers to help cover the cost of their sport registration fee so they can experience the joy of a season of sport.

INEO Employment Services

Home - INEO Employment Services
4908 Argyle Street T: 250-723-4675

INEO is a diverse company facilitating Provincial Ministry sponsored programs that provide career/vocational counselling, job search support, and community support to youth and adults. Programs include:

- Recycle Matters
- STEP-YA (Skills Training for Employment Program for Young Adults)
- AMPED (Assisting Mature Persons with Employment Development)
- OWLL (Outstanding Women Learners and Leaders)
- DUAL (Develop Unique Abilities for Labour Market Attachment – 17 years+)
- Resent – for individuals coming out of the criminal justice system
- BE-SET (Business and Entrepreneurial Skills for Employment Training)
- PEP (Peer Employment Program)

The Centre for Addiction and Mental Health (CAMH)

A Guide to Wellness and Comfort Activities
CAMH Guide to Comfort and Wellness Activities.pdf (healthpei.ca)

This guide was originally developed in 2011 to provide a wide selection of activities that serves as a resource to promote wellness, comfort, leisure, self-awareness, and personal growth for clients in their healing and recovery journeys. Given that everyone is on a life-long path of learning and healing, this guide was updated in 2021 to be of benefit to clients and staff alike. It includes methods for building connections, creativity, mediation and relaxation practices, movement, sensor activities, and more.

Housing and Food Support

211 British Columbia

Home | 211 British Columbia

211 is a free and confidential service that connects people to helpful and vital resources in their community. We provide information and referral to a broad range of community, government, and social services that assist with:

- basic needs like food and shelter,
- mental health and addictions support,
- legal and financial assistance,
- support for seniors, and much more.

Bread of Life Centre

(20+) Facebook
250-723-4049; 3130 3rd Ave. Port Alberni

A place of last resort to provides meals, companionship, and support for anyone who needs it. Breakfast (9-10:30), Lunch (11:30 – 1:00), Food Truck at 6:30. Open Mon-Fri

Canadian Mental Health Association

Mental Health For All - Canadian Mental Health Association (CMHA) - Port Alberni Branch (cmhaportalberni.ca)

New Horizons Clubhouse
Our clubhouse offers community-based rehabilitation, daily lunch program, transitional and supported employment, social and recreational activities for people with mental illness.

Peer Support
Our peer support program provides training to people with mental illness to provide support to others with mental illness.

Advocacy
We provide individual advocacy for matters such as income assistance, pension and disability benefit application support, appeals and residential tenancy issues.

Disability Parking
Disability parking permits are available to purchase at our Administration office.

Food Matters
Food Matters is a frozen food restaurant that offers meals and vocational training to individuals with mental illness or addictions issues.

Housing
We are proud to offer a continuum of safe, secure and affordable housing opportunities in Port Alberni.

Outreach
We provide a number of community outreach services offering assistance, advocacy and support for those who are homeless or at risk of being homeless.

Housing and Food Support

Fish and Loaves Food Bank

Tofino & Ucluelet Resources - Westcoast Community Resources Society (wccrs.ca)
250-726-5017 Legion Hall Parking lot 331 Main Street Tofino

Open every Wednesday 10:30 – 11:30 offering food, clothing, and other useful items. Delivery options also available for those who can't make it at this time on Wednesdays.

Food Bank on the Edge

Food Bank on the Edge
160 Seaplane Base Rod. Ucluelet
T: 250-726-6909 Email: foodbankedge@gmail.com

Servicing the communities of Ucluelet, Tofino, Area C, Hitacu, Opitsaht, Esowista, Ahousaht, Heshquiaht, and Toquaht. A volunteer service coordinating donations of food that can be shared with anyone in need.

Food Matters – Canadian Mental Health Association

Food Matters | CMHA Port Alberni Branch T: 250-724-3663

- Food Matters is a frozen meal program that serves 40 individuals who live with mental illness. Three frozen meals are provided per week at a cost of $40.00 per month.
- Vocational training program available for people with persistent mental illness that provides kitchen training skills for job readiness in all aspects of commercial kitchen work.
- Clubhouse Lunches available Monday-Friday at a cost of $2.75. Must be a clubhouse members to access.

The Gleaning Project

The Gleaning Project | Alberni Valley Food Security Society (avfood.ca)
Email: info@avfood.ca

The Alberni Valley Gleaning Project connects property owners who have excess produce with volunteers who would like to harvest and enjoy the local bounty, which is divided evenly between the property owner, the picker (harvester), and local food security programs.

Kuu-Us Crisis Line Society

Home | KUU-US Crisis Line Society Indigenous BC Wide Crisis Line Port Alberni
Adults and Elders: 250-723-4050 Youth: 250-723-2040 Toll Free: 1-800-588-8717

- 24-hour crisis and support phone services
- Suicide risk assessments and safety monitoring
- A.H.O.P.E and HOMEFULLNESS Programs
- Saturday indoor and mobile outreach
- Transitional Housing Program and Suites
- West Coast Supportive Housing
- West Coast "We Care" Mobile Outreach
- Food hampers daily at our Administration Building
- Drop-In Services

Housing and Food Support

Quu'asa Wellness Program – Nuu-chah-nulth Tribal Council

Teechuktl Mental Health | Nuu-Chah-Nulth Tribal Council (nuuchahnulth.org)

Provides a BBQ every second Tuesday

Salvation Army

The Salvation Army - Alberni Valley Corps | Giving Hope Today (albernivalleysa.ca)
250-723-69134; 4835 Argyle St. Port Alberni

- Once per week food hampers
- Good Food Box twice a month at a cost of $12
- Mobile Food Truck
- Community coffee: Wednesday mornings at 10:00am – snacks and fellowship provided
- Summer breakfast program
- Milk for kids program

The Port Alberni Shelter Society (PASS)

Overdose Prevention Site (OPS) - Port Alberni Shelter Society
778-419-0016; 3699 3rd. Ave. Port Alberni

PASS is a non-profit charitable organization that provides food, housing, clothing, recovery programs and employment opportunities to individuals experiencing homelessness.

Costco Food Truck, provided via the Overdose Prevention Site
First come, first serve on Monday, Tuesday, Thursday, Saturday, and Sunday at 12:30 pm.

Westcoast Community Resources Society Community Lunch

Westcoast Community Resources Society - Welcome to WCRS (wccrs.ca)
Offering a weekly community lunch program on Thursdays at the Ucluelet Community Centre from 11:30-1:00pm. Everyone welcome.

Indigenous Services

First Nations Health Authority

First Nations Virtual Doctor of the Day (fnha.ca) T: 1-855-344-3800

This is a unique service open to all First Nations people and their families living in BC. The program includes doctors of Indigenous ancestry. All doctors and allied health care professionals are trained to follow the principles and practices of cultural safety and humility.

Jordan's Principle

Jordan's Principle (sac-isc.gc.ca) 1-855-572-4453

Works to ensure that all Indigenous children in Canada can access the products, services, and supports they need, when they need them. Offers funding for health, social, and educational needs. For Inuit children, please see Supporting Inuit children (sac-isc.gc.ca)

Hope For Wellness

Home - Hope for Wellness Helpline T: 1-855-242-3310

Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 365 days a year.

Island Health

Indigenous Health Services | Island Health T: 1-877-370-8699

Services and supports directly related to Indigenous health within Island Health's service region.

- All Nations Healing Room
- Indigenous Health Diabetes Nurse Educator
- Indigenous Health Dietitians
- Liaison Nurses and Nurse Practitioners

Metis Nation BC

Mental Health & Harm Reduction | MNBC
Metis Crisis Line: 1-833-638-4722 Main office: 1-800-940-1150 Email: info@mnbc.ca

The Metis Counselling Connection Program attempts to reduce financial barriers by providing financial support for counselling services. It is available to all ages for registered MNBC living in B.C. Additional information can be found at Métis Counselling Connection Program (Paused) | MNBC. MNBC also offers a Resilient Roots Mental Health and Wellness magazine promoting Metis voice and perspective around mental health and wellness topics.

Parenting After Separation for Indigenous Families

Parenting After Separation for Indigenous Families | Province of British Columbia (jibc.ca)

This program offers a free course for Indigenous parents, guardians, and other family members who are dealing with family issues as a result of separation or divorce. Successful completion of this course is required for anyone making a family law application in provincial court. Issues covered include guardianship, parenting arrangements, contact, child support, and spousal support. This program helps people make positive and informed decisions in caring for their children, ensures decisions are based on the child's best interest, and provides information about the separation process.

Indigenous Services

The Thunderbird Partnership Foundation

Thunderbird Wellness App - Thunderbird (thunderbirdpf.org)

The Thunderbird Wellness App promotes a strengths-based, trauma informed approach to supporting Indigenous wellness. The App provides tangible ways to support First Nations, from opioid and methamphetamine use, to treatment, prevention, addressing stigma associated with substance use and how to support harm reduction strategies, all presented in a user friendly, culturally grounded way. This is a free app available to adults and youth.

USMA - Nuu-Chah-Nulth Tribal Council

https://nuuchahnulth.org/services/usma

Usma is a delegated Indigenous service providing child protection investigations, family service support, guardianship, adoptions, harm reduction outreach, and many other family focused services to Nuu-chah-nulth peoples. If you think a child or youth under 19 years of age is being abused or neglected, you have a legal duty to report your concerns.

To make a report and/or speak with an Usma duty worker, call:

- 250-724-3232 Mon-Fri 8:30 – 4:30
- 1-800-663-9122 after hours
- 911 if a child is in immediate danger

We are Indigenous: Big Worries Strong Spirit

Big Worries – Confident Parents: Thriving Kids (cmhacptk.ca)

The We Are Indigenous: Big Worries, Strong Spirit Program is a no cost telephone and computer based coaching program serving First Nations, Metis, and Inuit families across BC whose children aged 3-12 are experiencing mild to moderate big worries/fears (anxiety). Referrals can come from a mental health clinician, school counsellor/teacher, or doctor, to the We are Indigenous Program with the Canadian Mental Health Association.

Westcoast Community Resources Society

Westcoast Community Resources Society - Welcome to WCRS (wccrs.ca)
T: 250-726-2343 Email: admin@wccrs.ca

The Westcoast Community Resources Society is a non-profit organization which believes that every person in the community should have access to resources to enhance and improve their well-being. They offer:

- PEACE Counselling
- Sexual Assault Response Program
- Support for children and youth with special needs
- Youth and family substance use counselling
- Community outreach
- Women's outreach
- A transition home with related supports and a second stage housing option

Mental Health and Substance Use - Adults

Alcoholics Anonymous

Have a problem with alcohol? There is a solution. | Alcoholics Anonymous (aa.org)

A.A. has been helping alcoholics recover for more than 80 years. Its program of recovery is based on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help.

BC211.ca

Home | 211 British Columbia

211 is a free and confidential service that connects people to helpful and vital resources in their community, such as:

- basic needs like food and shelter,
- mental health and addictions support,
- legal and financial assistance,
- support for seniors, and much more.

Canadian Mental Health Association

Mental Health For All - Canadian Mental Health Association (CMHA) - Port Alberni Branch (cmhaportalberni.ca)

Peer Support

Our peer support program provides training to people with mental illness to provide support to others with mental illness.

Kackaamin Family Development Centre

Website feedback | Kackaamin Family Development Centre

Toll Free: 1-883-205-6946 Local: 250-723-7789

Kackaamin's mission is to provide supportive services that guide Indigenous families through a transformative journey to break cycles of dysfunction and thrive without limits. They offer holistic services through a foundation of culture and connection, such as:

- Greif and Loss Group workshops
- RTC (Rebuilding the Circle): Grandmothers, Aunties, and Caregivers – 4-week program
- RTC (Rebuilding the Circle): Grandfathers, Uncles, and Caregivers – 4-week program

Language Matters Guide

Language Matters - An introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities

Introductory guide to understanding mental health and substance use.
A collaboration between the Ministry of Education and Child Care and BC Children's Hospital (Kelty Resource Centre).

Mental Health and Substance Use - Adults

Narcotics Anonymous

Narcotics Anonymous

Narcotics Anonymous is a global community-based organization with multi-lingual and multicultural members. Support groups are available in person (depending on availability) and virtually.

National Overdose Response Service

Welcome — NORS T: 1-888-688-NORS (6677) – call or text this number 24/7 any day of the year.

NORS is an overdose prevention hotline for Canadians providing loving, confidential, nonjudgemental support for you, whenever and wherever you use drugs. Support services include:

- A national hotline
- Culturally specific resources and supports
- Information about safe-injection sites
- Naloxone training and information

Substance Use

Website: Substance Use Telephone: 1-800-663-1441

Alcohol and drug information and referral service for resources and support. Provided by the Provine of B.C.

The Port Alberni Shelter Society (PASS)

Welcome - Port Alberni Shelter Society Phone: 250-723-6511

PASS is a non-profit charitable organization that provides food, housing, clothing, recovery programs and employment opportunities to individuals experiencing homelessness. Services include:

- Low-barrier, pet-friendly housing
- Overdose Prevention Site
- Sobering Centre
- Therapeutic Recovery Centre
- Shelter Farm
- Harm reduction services
- Teaching kitchen
- Food recovery and distribution program

Tsow-Tun Le Lum Society

Home - Tsow-Tun Le Lum SocietyTsow-Tun Le Lum Society (tsowtunlelum.org) T: 1-888-403-3123

Substance Use and Trauma Treatment Centre
Cultural support line open Mon – Fri 8-8:00 and weekends/holidays 10-2:00pm

Vancouver Island Health Authority

Island Health provides a range of services for individuals dealing with moderate to severe mental health and substance use concerns.

Family Support and Clinical Counselling for Substance Use and Mental Health for adults
1-888-885-8824 – service support and navigation for VIHA
250-731-1315 fax: 250-731-1316
Referrals must come from a physician or from a mental health clinician

Mental Health and Substance Use - Youth

ADAPS (Alberni Drug & Alcohol Prevention Services) Youth and Family Services

HOME | ADAPS – www.adaps.org T: 250-724-6166

Substance Use Programing

- Youth and Family Substance Use Counselling
- One on One Prevention and Parent Support
- Harm Reduction Approach
- For ages 12-21

Wellness counselling (ages 10-18)

- CREW – Community Resiliency Experience Wellness (ages 10-12) for socially isolated, Indigenous, 2SLGBTQIA+, mental health concerns, substance use affected.
- Youth Peer Support Training

Canadian Mental Health Association

Mental Health For All - Canadian Mental Health Association (CMHA) - Port Alberni Branch (cmhaportalberni.ca)

Virtual

CMHA: Bounce Back; Reclaim your mental health

For ages 15+, Bounce Back® teaches effective skills to help individuals overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Participants can learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. Read the brochure

Canadian Mental Health Association

Mental Health For All - Canadian Mental Health Association (CMHA) - Port Alberni Branch (cmhaportalberni.ca)

Bounce Back Today Video: Visit www.bouncebackvideo.ca and use the access code **bbtodaybc**.
How to get the DVD: Ask your family doctor or call us toll-free at 1-866-639-0522 or email us at bounceback@cmha.bc.ca

·Bounce Back® Coaching: A customized series of workbooks with 4 to 6 coaching sessions delivered by phone or video conference.

·Bounce Back® Online: An independent, self-guided online program with access to video modules, e-books and worksheets. To access Bounce Back® Online, visit www.bouncebackonline.ca and select 'Register Now' to get started.

ERASE (Expect Respect and Safe Schools) – Substance Use information

Substance use - Province of British Columbia (gov.bc.ca)

This web site provides helpful information and links to additional resources on specific substances and related issues, such as alcohol, cannabis, decriminalization, harm reduction, ICY teams, overdose, vaping and e-cigarettes.

Mental Health and Substance Use - Youth

Help Starts Here

HelpStartsHere (gov.bc.ca)

A provincial mental health navigation hub, managed by the Ministry of Mental Health and Addictions. Everyone's story is unique, whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges. The site was created as a possible starting place for any B.C. residents seeking support to navigate mental health and/or substance use services. It has over 2600 service listings publicly funded or not-for-profit, as well as articles written in easy to understand language about commonly searched topics. It also features powerful real-life stories of recovery.

The ABCs of Youth Substance Use

The ABCs of Youth Substance Use

Autonomy, Belonging, and Competencies are the three factors that promote youth wellbeing and prevent, delay, and reduce substance-related harms. The ABCs of youth substance use is a provincial initiative to promote evidence based approaches to youth substance use education in BC schools.

The Drug Supply is Poisoned. Any Dose can be Deadly

Home - Youth drug prevention (gov.bc.ca)

This site offers:

- support and tips for parents 'having the talk' with their kids about drugs.
- Factual information about the drug supply for youth
- How to help resources
- Crisis line information and access

STOMP (Students Together Moving to Prevent Tobacco Use)

Students Together Moving to Prevent Tobacco Use | PHE Canada

Teaching Tools and Peer Prevention Program

Students in grades 7-12 at 14 pilot schools work with staff and community leaders to co-create tools for reducing use in school communities.

YSTAR – Youth Short Term Assessment and Response Team

5050 Strathern Street, Port Alberni, British Columbia T: 250-731-1358 (Port Alberni)

YSTAR teams work to improve the mental health and social functioning of youth, support substance use treatment, distribute harm reduction resources, and help navigate access to other services that provide care and support to youth and their families/caregivers. YSTAR services include:

- Crisis Assessment and response
- Substance use treatment and support
- Overdose prevention and follow up
- Transition support
- Resource and referral coordination
- Outreach
- Harm reduction

School District Employee Resources and Supports

BC Teachers Federation Health and Wellness Program

Health and Wellness Program (bctf.ca) T: 1-800-663-9163

The BCTF Health and Wellness Program is designed to assist members in regaining a state of wellness, health, and productivity to sustain or return to a teaching assignment. The Health and Wellness Program puts teachers in contact with professional consultants located in communities throughout the province. In consultation with your health care provider, these consultants will coordinate services that help to improve teacher health and functional abilities. You can self-refer to this program or refer a friend here.

Crisis Centre of British Columbia

www.crisiscentre.bc.ca

1-800-SUICIDE: Provides a confidential, 24-hour toll-free crisis line for people who are feeling suicidal, are concerned for someone who might be suicidal, or for emotional support.

9-8-8: If you are experiencing feelings of distress or despair, including thoughts of suicide.

Mental Health Support: 310-6789 (no area code)
Emotional support, information, and resources specific to mental health

Employee and Family Assistance Plan (EFAP): Telus Health One

TELUS Health One (lifeworks.com) T: 1-844-671-3327

Your Employee and Family Assistance Program (EFAP) is provided by Telus Health One, and is available 24/7 by phone, mobile app, or online. EFAP offers support such as individual or family counselling, connection to resources, financial and legal consultation, elder and childcare resources, and more. For a brochure outlining available services, click here. For links to videos offering detailed descriptions of services available and mobile app use, please visit the staff portal at SD70 Pacific Rim and go to EFA under the Mental Health section

First Nations Health Authority

First Nations Perspective on Health and Wellness
First Nations Perspective on Health and Wellness (fnha.ca)
FNHA Wellness Approach

The FNHA is a health and wellness partner to each and every First Nations person living in BC. The FNHA has developed a wellness approach to frame our wellness initiatives, which has three main parts: Wellness Champion, Partnership and Living it!

HealthyMindsBC

Suicide prevention and self-harm video series and resources
Suicide prevention and self-harm video series and resources - HealthyMindsBC (gov.bc.ca)

This series of informational videos and resources aim to reduce stigma and build the capacity of parents, educators and care providers to identify and respond to youth experiencing suicidal and self-harm behaviours. They were created by an expert child and youth psychiatrist, a team of fellow psychiatrists, and young adults and parents with lived experience. The purpose of these resource videos is to enhance children and youth's mental health by equipping the various adults in their lives with mental health literacy, strategies and support specific to suicidality and self-harm.

School District Employee Resources and Supports

Healthy Minds BC; EASE (Everyday Anxiety for Educators)

Educators and School Professionals - HealthyMindsBC (gov.bc.ca)

Mental health challenges can impact students' ability to learn as well as their social and emotional development. It is important to teach students both coping skills and how to manage everyday mental health. The evidence-informed, curriculum-aligned courses offered here provide strategies for K–12 students while contributing to the mental health literacy of educators.
The classroom resources and lesson plans are designed to fit into existing school routines and practices—to benefit all students. While they are designed for classroom teachers, they can be adapted for use by school counsellors, administrators and support staff. Self-paced online courses are available for K-7 and 8-12 staff.

Healthy Minds BC; EASEY (Everyday Anxiety Strategies for Early Years)

Early Years Professionals - HealthyMindsBC (gov.bc.ca)

Offers an online course and a collection of flexible and adaptable anxiety resources and information for early years professionals, to help strengthen their capacity to support families with children ages 0–6 who are experiencing "everyday" (mild to moderate) anxiety.

Help Starts Here BC

HelpStartsHere (gov.bc.ca)

Find powerful real-life stories and information on addictions, support groups, counselling, depression, mental illness, stress, and general wellness.

Racist Incident Helpline

Racist Incident Helpline – Inter-cultural Association of Greater Victoria (icavictoria.org)
T: 1-833-457-5463 (1-833-HLP-LINE)

United Way BC and the Government of British Columbia are proud to announce the launch of the Racist Incident Helpline – a culturally safe and trauma-informed resource for people who have experienced or witnessed an act of racism. The helpline provides access to information and safe support from anywhere in BC, in over 240 languages. Open Monday to Friday, 9 am to 5 pm (PST).

Sexual Abuse and Exploitation

ADAPS - SAIP (Sexual Abuse Intervention Program)
HOME | ADAPS – www.adaps.org T: 250-724-6166

- Clinical Counselling targeting sexual abuse and/or sexualized behaviours
- Prevention and awareness building for community.
- Ages 3-18

Canadian Human Trafficking Hotline

Website: https://www.canadianhumantraffickinghotline.ca/ T: 1-833-900-1010

The Canadian Human Trafficking Hotline is a confidential, multilingual service, operating 24/7 to connect victims and survivors of human trafficking with social services, law enforcement, and emergency services, as well as receive tips from the public.

Cyber Tip

Website: https://www.cybertip.ca/en/

Cyber Tip is Canada's national tipline for reporting the online sexual exploitation of children. The website provides information on reporting, child sexual abuse, victim support, grooming, online luring, intimate images, and sextortion.

NeedHelpNow.ca via Canadian Centre for Child Protection

Website: https://needhelpnow.ca/en/

A service which provides support to children under the age of 18 who have nude photos or video content circulating online. NeedHelpNow.ca helps kids regain control of the situation by helping content be removed from social media platforms.

Protect Intimate Images
Province of BC: Stronger BC

New services help people protect their intimate images | BC Gov News

With the Intimate Images Protection Act coming into force on Monday, Jan. 29, 2024, the Province, in partnership with the Civil Resolution Tribunal, is launching two new services. These services will help people who have had their intimate images shared without their consent quickly access self-help tools to diagnose their legal issues, get information about their rights and connect to supports.

ProtectKidsOnline.ca

Website: https://protectkidsonline.ca/app/en/

A resource for parents about protecting children online based on the child's age and interests such as video games, livestreaming, video sharing, messaging, and social media. There are several resources for cyberbullying, self/peer exploitation, luring, reporting concerning behaviour, and monitoring your child's usage.

Sexual Abuse and Exloitation

Public Safety Canada

Website: https://www.canada.ca/en/public-safety-canada/campaigns/online-child-sexual-exploitation.html

Provides information and support services for online child exploitation including grooming, sexting and sextortion, capping (when an adult screenshots images from a livestream), and sexual images and videos.

RCMP

Website: https://www.rcmp-grc.gc.ca/en/human-trafficking

A resource to find information about the laws pertaining to sexual exploitation and sex trafficking, as well as, recognizing the signs of sex trafficking, and the sexual exploitation and trafficking reporting process.

Sage Haven – Sexual Assault Response Program (SARP)

Sexual Assault Response Program – Sage Haven Society
Call: 250-736-0707 Text: 250-206-2687

Offering a trauma informed and Indigenous-based perspective to support all ages of survivors of sexual assault and assist with:

- Emotional support
- Hospital and/or examination accompaniment
- Provide information and offer client advocacy
- Collaboration with forensic nurse examiner program
- Safety planning
- Change of clothing and self-care supplies
- Safe ride home via cab
- Referrals to other supportive programs

Speak Out: Stop Sex Trafficking via Government of Ontario

Website: https://endindigenoustrafficking.com/

An informational resource intended for Indigenous youth, caregivers, service provider organizations and communities.

TraffickingSigns.ca via Joy Smith Foundation

Website: https://www.traffickingsigns.ca

A Canadian resource that highlights the most common signs of sex trafficking and provides information and educational opportunities on sex trafficking.

Substance Use Cessation Resources

BC Lung Foundation

General Youth Health Education Resources: Vaping | BC Lung Foundation

The BC Lunch Association offers a collection of educational resources on vaping geared towards parents and educators. Includes vaping information sheets, infographics, and FAQ's.

Crush the Crave – Vape Edition

Crush The Crave - Vape Edition on the App Store (apple.com)

Tailored supportive messages and inspirational photos for quitting vaping including a personalized plan, graphic performance feedback, awards for achieving milestones, dealing with cravings, and more.

First Nations Health Authority (FNHA)

Respecting Tobacco (fnha.ca)
FNHA-Quitting-Tobacco-Product-Info-Sheet.pdf

FNHA offers supplementary coverage for some nicotine and tobacco cessation products, in addition to what is covered by BC's Smoking Cessation Program. FNHA highlights the difference between traditional and non-traditional tobacco use.

Health Canada

Talking with your teen about vaping: A tip sheet for parents - Canada.ca
A Health Canada resource for parents with information on vaping, ways to talk with teenagers about vaping, and how to get support.

Quash – Quit Vaping

Home (quashapp.com)

Offered by the Lung Health Association.
The Quash app helps you progress through each stage of the quit process.

Quit Now

Create a plan to quit or reduce nicotine. | QuitNow.ca

A free BC program offering tobacco and e-cigarette reduction and quit support including over the phone coaching, support tools, and cessation planning.

Smoking Cessation Program – Province of BC

Get help quitting tobacco - Province of British Columbia (gov.bc.ca)

Free nicotine replacement therapy products (patch, gum, lozenge) and subsidized 'stop smoking' medications for BC residents.

Stop Vaping Challenge

Stop Vaping Challenge on the App Store (apple.com)

Enables youth to reflect on their vaping behaviours and patterns in a fun, social way that encourages quitting with friends. Includes tabs for tracking mood and cravings, recording photo and video memories.

Transportation Services

First Nations Health Authority - Medical Transportation Program

Medical Transportation Benefit (fnha.ca) T: 1-855-550-5454

For many First Nations people, especially those living in rural or remote areas, it can be challenging to access necessary medical care (including counselling). Health Benefits offers support to help with these challenges through the medical transportation (MT) benefit. Health Benefits works with First Nations communities to deliver the MT benefit. Community Patient Travel Clerks or FNHA Assessors are your connections to help you access your MT benefits. A Medical Transportation factsheet is available here. You can access the Medical Transportation Benefit Schedule (i.e. the policy guide) here.

Island Health Travel Program

Email: info.patient.transportation@islandhealth.ca
Phone: 1-844-940-6617

For non-emergency travel assistance to medical and/or mental health appointments.
Available to youth and adults.

Youth Funding Opportunities

211 British Columbia

Home | 211 British Columbia

211 is a free and confidential service that connects people to helpful and vital resources in their community. They provide information and referral to a broad range of community, government, and social services that assist with:

- basic needs like food and shelter,
- mental health and addictions support,
- legal and financial assistance,
- support for seniors, and much more.

First Nations Health Authority - Mental Health Benefit

Mental Health Benefit (fnha.ca) T: 1-855-550-5454

Counselling is a tool for individuals experiencing a difficult situation to resolve their emotional distress and enjoy greater wellness. Health Benefits has partnered with Pacific Blue Cross (PBC) to administer the Mental Wellness and Counselling (MWC) benefit to First Nations in BC. This program assists with the financial cost of counselling with registered counsellors, social workers, psychologists, and others. Assistance can range from $90-$150/hr. and a list of providers is available. Contact them directly for more information.

KidSport

Contact Us - KidSport Port Alberni (kidsportcanada.ca) T: 250-723-2181
Email: portalberni@kidsportcanada.ca

KidSport supports children who need financial assistance with sport registration fees and equipment costs. They believe that the power of sport participation promotes the development of children's social, mental, and physical wellbeing.

Living With Foundation

Living With Scholarship Fund — The Living With Foundation

Offers high school graduates an opportunity to apply for $1,000 to support transition into adulthood.

McCreary Centre Society

Youth Action Grants | McCreary Centre Society (mcs.bc.ca)

The Youth Action Grants (YAG) were created by McCreary's Youth Advisory & Action Council (YAC). The purpose of the YAGs is to provide BC youth (ages 12–19) from school districts that participated in the most recent BC Adolescent Health Survey (BC AHS) the opportunity to deliver a project to improve youth health in their school or community.

YAGs fund projects which are:

• Youth-led
• Focused on one or more of the key findings from the BC AHS.
• Benefitting youth in your school or community.
• Supported by at least one adult (such as a teacher, counsellor, youth worker, adult mentor, etc.)