

Helplines & Referral Information

For Children & Youth to Use:

- BC Crisis Line (24hr): 1.866.661.3311 / 604.872.3311 www.crisiscentre.bc.ca
- Cybertip / Child Pornography / Sexual Exploitation Helpline: 1.866.658.9022
www.cybertip.ca/en/cybertip/report_form/
- Kids Help Phone: 1.800.668.6868 www.kidshelpphone.ca
- Safe Kids Help Line (24 hr): 604.310.1234 www.safekidsbc.ca/helpline.htm
- Youth Against Violence Line: 1.800.680.4264
- Youth On-line Chat: www.youthinbc.com

Emergency:

- Children in need of protection: 604.310.1234 www.safekidsbc.ca/ (can call anonymously, if desired).
- Crisis Line for Battered Women: 604.660.3194 / 604.687.1867
- Food and Shelter Emergency Line (24 hr): 604.660.3194 / 1.866.660.3194
- Parent Support Services of British Columbia: 1.800.665.6880 www.parentsupportbc.ca/ Services are offered in English, Cantonese, Hindi, Punjabi, Spanish and Filipino. Workshops are also offered for Aboriginal parents.
- Rape Crisis Line (24 hr): 604.872.8212 www.rapereliefshelter.bc.ca
- Victims Info Line: 1.800.563.0808 www.communityinfo.bc.ca/victims.htm

Non-Emergency:

- Affiliation of Multicultural Societies and Services of BC: 604.718.2780 / 1.888.355.5560 www.amssa.org
- Alcohol & Drug Information & Referral Service: 1.800.663.1441 / 604.660.9382 www.communityinfo.bc.ca/adirs.htm
- BC Coalition of People with Disabilities: 604.875.0188 / 1.800.663.1278 www.bccpd.bc.ca
- BC Human Rights Tribunal: 604.775.2000 / 1.888.440.8844 www.bchrt.gov.bc.ca
- BCCPAC: Anti-bullying / Anti-violence 604.687.4433 / 1.888.351.9834 www.bccpac.bc.ca
- Child & Youth Officer Help Line: 1.800.476.3933 www.rcybc.ca
- Eating Disorder Resource Centre: 1.866.633.4220 www.nedic.ca/resources/websites.shtml
- Enquiry BC: 1.800.663.7867 / 604.660.2421 www.mser.gov.bc.ca/prgs/enquiry_bc.htm
- Family Services of Greater Vancouver: 604.731.4951 www.fsgv.ca
- Mental Health Information Line: 310.6789 www.heretohelp.bc.ca/
- Pride Line (Gay Info): 1.800.566.1170 www.qmunity.ca
- Problem Gambling HelpLine: 1.888.795.6111 www.bcresponsiblegambling.ca/problem/treatment.html
- Sexually Transmitted Diseases (STDs) (24hr): 604.872.6652 / 1.800.661.4337 www.stdresource.com
- The Red Book: 604.875.6431 www.communityinfo.bc.ca