

Mental health resources: British Columbia

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
310 Mental Health Support	310-6789	Mental health support line, 24/7.	British Columbia	Telephone	Wellness support	General population	Yes	Yes	Yes	—	English
BC Interior Crisis Line	1-888-353-2273	Crisis hotline for people in Interior BC.	British Columbia	Telephone	Crisis support	General population	Yes	—	—	—	English
Canadian Mental Health Association British Columbia	bc.cmha.ca	CMHA British Columbia provides a list of mental health resources and education/information about mental health.	British Columbia	Resource hub	Wellness support	General population	—	—	—	Yes	English
Care to Speak	careforcaregivers.ca/caretospeak	A peer-based phone, text, and web chat service providing free and confidential support to health and social support workers in B.C.	British Columbia	Online service	Peer support	Health care providers	Yes	—	—	—	English
Communitas Supportive Care Society	peersupportcsc.com	Online and in-person peer support groups for mental health recovery.	British Columbia	Online service and in-person service	Peer support	General population	Yes	—	—	—	English
Foundry BC	foundrybc.ca/get-support	Virtual counselling and peer support for young people aged 12–24 and their caregivers.	British Columbia	Online service and in-person service	Wellness support	General population	Yes	Yes	Yes	Yes	English
Here to Help	heretohelp.bc.ca	Provides mental health and substance use information and connections to resources in BC.	British Columbia	Resource hub	Wellness support	General population	Yes	Yes	Yes	Yes	English
Métis Crisis Line	1-833-638-4722	Free, 24-hour phone support for Métis people	British Columbia	Telephone	Crisis support	Indigenous population	Yes	—	—	—	English

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		experiencing challenges like anxiety, grief and loss, abuse, and bullying.									
MindHealthBC	mindhealthbc.ca	Combines resources available in BC communities into one easy to use website.	British Columbia	Navigation tool	Wellness support	General population	Yes	Yes	Yes	—	English
Mood Disorders Association of BC	mdabc.net/resources/mdabc-support-groups	Peer-led support groups for people with mental health concerns.	British Columbia	Online service and in-person service	Peer support	General population	Yes	—	—	—	English
OSI-CAN British Columbia	osicanbc.ca	OSI-CAN is a free, confidential, community-based peer support initiative for Veterans, first responders, and public safety personnel.	British Columbia	Online service and in-person service	Peer support	Military members, Veterans, and their families; public safety personnel and their families	Yes	—	—	Yes	English
S.U.C.C.E.S.S. BC: Counselling & Crisis Support	successbc.ca/counseling-crisis-support/services/help-lines	Provides a list of helplines and their hours in different languages for confidential emotional support and referrals to community resources.	British Columbia	Telephone	Wellness support	Non-English speakers	Yes	—	—	—	Spanish, Mandarin, Cantonese, Korean, Farsi, Darsi, Ukrainian