

# Get help for you or your loved one



## fraserhealth.ca/mentalhealth

### Information about mental health and substance use services

- How to access services •
- Family and peer support •
- Conditions and symptoms •
- Community resources •
- Mental wellness •

# 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, 7 days a week. You can 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 (1-800-588-8717)**

Culturally sensitive crisis line for First Nations and Aboriginal people, 24 hours a day, 7 days a week.

## CHILDREN AND TEENS

### **Kids Help Phone**

**1-800-668-6868**

Counselling and referral service for young people up to age 20, 24 hours a day, 7 days a week.

### **START Team**

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

Assessment and intervention services for children and teens (ages 6 to 18).

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

Weekends & holidays: 12 p.m. 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, 7 days a week. Information and referral to education, prevention and treatment services.



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