



CALLTIME
MENTAL HEALTH

STRUGGLING? OVERWHELMED? IN CRISIS?

You're not alone.

Reach out anytime

– day or night.



988 **Suicide Crisis Helpline**

Call or text from anywhere in Canada.



1 800 563 0808

VictimLink

Support for victims of violence, crime or trauma.



310-6789

BC Mental Health Support Line

Call without an area code. Support for anxiety, distress, and crisis.



1-800-668-6868

Kids Help Phone

Text 686868. Youth and young adults – someone is always there.

IF SOMEONE IS IN IMMEDIATE DANGER, CALL

911



For more support and mental health resources, visit:

CalltimeMentalHealth.com

