

Suicide Safe Supports and Resources:

On-Campus Resources:

- ▶ Counselling and Learning Support: BR276, 604-984-1744, counselling@capilanou.ca
- ▶ Security: AR017, 604-984-1763, guards@capilanou.ca
- ▶ ASIST Trained Staff: Remy Marlatt & Jody Armstrong - Student Affairs LB116, 604-983-7563 or 604-986-1911 ext 3584; (Residence) Manager of Student Housing Services 604-990-7953 & Residence Life Facilitator 604-990-7952

Community Resources:

- ▶ Crisis Lines in BC: www.crisislines.bc.ca
- ▶ Crisis Lines across Canada: www.suicideprevention.ca

24/7 Phone Suicide Support:

- ▶ BC Suicide Helpline: 1-800-SUICIDE (1-800-784-2433)
- ▶ Aboriginal Crisis Line (KUU-US): Toll-free: 1-800-588-8717
- ▶ Kids Help Phone: 1-800-668-6868 (up to age 20)
- ▶ Sunshine Coast/Sea to Sky: 1-866-661-3311
- ▶ First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310

Mental Health Emergency Services/Crisis Response:

- ▶ Access and Assessment Centre (VGH) offers short term treatment on-site, by telephone and by mobile response. Clinical staff provide 24/7 support, stabilization and crisis management. Call 604-675-3700 or Walk-in: Joseph & Rosalie Segal & Family Health Centre, Level 1 East Entrance, 803 West 12th Ave, Vancouver
- ▶ Delta/Surrey Mental Health Car 67: 604-599-0502
- ▶ Mental Health Emergency Services (Richmond): 604-244-5562
- ▶ Fraser Health After Hours Mental Health Services: 1-877-384-8062

Hospital/911

Online/Text Chat Support:

- ▶ YouthInBC.com (7 days a week, noon -1am)
- ▶ Youth Space: SMS 1-778-783-0177 for youth under 30 (7 days a week, 6pm - midnight)
- ▶ CrisisCentreChat.ca: for adults 25+ (7 days a week, noon - 1am)