



# Crisis Mental Health Resources

## By Phone or Text

### **Kuu-Us Crisis Line**

Hours: 24 hours by phone, 6pm to 7am by text (evening/night)

Phone: 250-723-4050

Text: 778-601-8009 (6:00 pm to 7:00 am)

Métis Phone Line: 1-833-638-4722

BC-based Indigenous organization and responders supporting Indigenous people in crisis.

### **Hope for Wellness**

Hours: 24 hours by phone or chat

Phone: 1-855-242-3310

Chat: [www.hopeforwellness.ca/](http://www.hopeforwellness.ca/)

Provided by an Indigenous organization, Donna Cona, services also available in Cree, Ojibway, and Inuktitu.

### **Lamathut 24/7 Crisis Line**

Hours: 24 hours, including holidays

Phone: 1 (800) 721-0066

Provide urgent emotional support for Residential School Survivors, families, and Indigenous communities across British Columbia and beyond. Provided by the Indian Residential School Survivors Society.

### **Kids Help Phone - Indigenous Line**

Hours: 24 hours by phone, text, chat

Phone: 1-800-669-6868, press 3

Text: 686868, and type FIRSTNATIONS, INUIT or METIS

Chat: <https://kidshelpphone.ca/>

The Indigenous line at Kids Help Phone is staffed by Indigenous crisis responders.

## **In Person**

### **Community Led Crisis Response Team**

Hours: 7:30am - 12:30am, 7 days/week

Call or Text: 250-818-2454 in Victoria

Call or Text: 250-681-4878 in the Comox Valley

Teams will make a plan with you, including coming to visit you in person, teams include a person with lived experience and mental health professionals.

### **Integrated Mobile Crisis Response Team**

Hours: 1 p.m. - 12 a.m., 7 days/week

Call the Vancouver Island Crisis Line at 1-888-494-3888 and ask to speak with the Integrated Mobile Crisis Response Team in your community.

**\*\*Please note that the Integrated Mobile Response Team includes mental health professionals AND plain-clothed police officers.\*\***

The Community Led Crisis Response team DOES NOT have police involvement.

## **Substance Use Disorders**

### **Opioid Agonist Treatment Line**

Hours: 9am to 4pm, 7 days/week

Call: 1-833-804-8111

This is a program from the BC Government. It is free.

### **Rapid Access Addiction Clinic (in-person)**

1119 Pembroke Street, Victoria

Hours: 9:00 am to 12:00 pm, Mon - Fri

This is an Island Health clinic. It is free.