

Mental health and crisis supports for people who are incarcerated in British Columbia

There are several phone support lines that operate in British Columbia and across Canada to support people who are experiencing mental health issues, a crisis, or in need of emotional support.

While we cannot be certain that these phone lines will be accessible via phone systems within correctional centres or federal institutions, this information may still be helpful for people who are incarcerated as they may want to access these resources after release in the community.

BC Crisis Centre



Phone: 1-800-784-2433 (1-800-SUICIDE)
Web: <https://crisiscentre.bc.ca/>

Suicide crisis line for those who are or know someone having thoughts of suicide. It offers immediate access to barrier-free, non-judgemental, confidential support and follow-up through 24/7 phone lines and online services.

Here to Help BC



Phone: 310-6789 (do not add 604, 778 or 250 before the number)
Web: <https://www.heretohelp.bc.ca/get-help>

The website provides strategies to help you take care of your mental health and substances in healthier ways. Call the helpline toll free to access emotional support, information and resources for mental health.

Trans Life Line



Phone: 1-877-330-6366

Web: <https://translifeline.org>

A grass-roots hotline that offers direct emotional and financial support to trans people in crisis, provided by members of the community.

KUU-US Crisis Services



Phone: 1-800-588-8717

Web: <https://www.kuu-uscrisisline.com/24-hourcrisis-line>

A non-profit registered charity that provides 24 hour crisis services through education, prevention and intervention programs for Indigenous people in BC.

MÉTIS CRISIS LINE

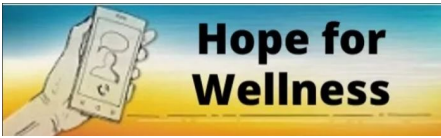


Phone: 1-833-638-4722

Web: <https://www.kuu-uscrisisline.com/24-hour-crisis-line>

Toll-free number is available for immediate crisis intervention for Métis people across BC, as well as support with relationship troubles, depression and anxiety, financial issues, and bullying and peer pressure support. Staff have Métis information available and information on Métis Service Providers in 5 locations.

Hope for Wellness Help Line



Phone: 1-855-242-3310

Web: <https://www.hopeforwellness.ca/>

Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone 24 hours a day, 7 days a week. Services are available in English and French, or upon request in Cree, Ojibway (Anishinaabemowin), or Inuktitut.

National Indian Residential Schools Crisis Line



**INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY**

Phone: 1-866-925-4419

Web: <https://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>

The National Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of his or her (or a family member's) Residential school experience.

Gambling Support BC



Phone: 1-888-795-6111

Web: <https://www.gamblingsupportbc.ca/>

Free prevention, treatment and support services for anyone struggling with their own or a loved one's gambling. If you or someone you love needs support or treatment for the negative impacts of gambling contact the 24/7 toll free support line.

VictimLinkBC



Phone: 1-800-563-0808

Web: <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>

A toll-free, BC-wide telephone help line, available 24/7 providing information and referral services to all victims of crime, and immediate crisis support to victims of family and sexual violence.

Alcohol & Drug Information Referral Service



Free call, 24/7: 1-800-663-1441 (multilingual service available)

Web: <https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service>

Provides free, confidential information and referral services to people in BC in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages. Information available includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome.

HealthLink BC



Phone: 8-1-1

Web: <https://www.healthlinkbc.ca/>

Call 8-1-1 to speak to a health services navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

TransCareBC



Phone: 1-866-999-1514 or 1-604-675-3647

Web: <http://www.phsa.ca/transcarebc/care-support/access-care/navigate-care>

The TransCareBC health navigation team helps connect transgender people in BC to gender-affirming health and wellness supports. The team includes health navigators, nurses, peers, and admin support staff, with access to a general practitioner for consultation as needed.

Help 4 Hep BC



Phone: 1-888-411-7578

Web: <https://help4hepbc.ca/>

A free and confidential peer-to-peer helpline for anyone anywhere in BC who is affected by hepatitis C virus or hepatitis B virus - whether you have hepatitis C or hepatitis B, have been cured, or are a family member or friend looking for general information. Help4Hep can answer your questions treatment.

Canadian Families and Corrections Network



Phone: 1 888-371-2326

Web: <https://www.cfcn-rcafd.org/>

A charity organization that focuses on families, children, and friends who have someone they care about in jail. The organization offers storybooks, information booklets, and unique programs.

L.I.N.C. Society



Phone: 1-604-820-1015

Web: <https://lincsociety.bc.ca/what-we-do>

Programs and services include toll free support line, tailored support to assist individuals exiting the prison system, support for LGBTQ2S+ identifying persons in prison or on conditional release, and much more.

Elizabeth Fry Society of Greater Vancouver



Prince George & District
Elizabeth Fry
Housing Society

Phone: 1-888-879-9593

Web: <https://efry.com/>

This organization offers programs and services to women, children and families affected by the criminal justice system. Contact them to learn about the Mom and Me program in Alouette Correctional Centre for Women and Surrey Pretrial Correctional Centre, or the parenting course at Fraser Valley Institution. Services are also offered at Burnaby Youth Custody Centre for youth of all genders.

BC 211



Phone: 2-1-1

Web: <https://bc.211.ca/>

A free, confidential, multilingual service that links people to resources for help, where and when they need it. They provide information and referral for a broad range of programs and services. Help is available to people anywhere in BC 24/7.