

Need Support?

Bullying

erasebullying.ca / stopabully.ca / bullyingendshere.ca

Crisis Lines

Kids Help Phone 1.800.668.6868 / youthspace.ca / youthinbc.com

Eating & Body Issues

keltymentalhealth.ca / Fraser Eating Disorders 604.592.3700
adiosbarbie.com / about-face.org

General / Sexual Health

healthlinkbc.ca / sexualityandu.ca / optbc.org
ND Health Unit 604.507.5400 / SD Health Unit 604.952.3550

LGBTQ Support

syabc.ca / outinschools.com / itgetsbetter.org / qmunity.ca

Mental Health (Anxiety, Depression, Self Harm etc)

mindcheck.ca / cmha.bc.ca / psychosissucks.ca
deltassist.com / options.bc.ca / bgcbc.ca

Online Safety

weron2u.ca / nsteens.org / kids.getnetwise.org

Relationships

loveisrespect.org / safeteens.org

Reporting Abuse or Neglect

MCFD Helpline for Kids 604-310-1234

Substance Use

teens.drugabuse.gov / youthondrugs.com / peakhouse.ca
Alateen 604.688.1716 / Creekside Youth Bed 604.587.3755

Violence

deal.org / victimlinkbc.ca / youthagainstviolenceline.com

Resource Websites

youthblackbook.com / kidshealth.org / safeteens.org

**Looking For
Something
New?**



**Searching for
Community?**



**Considering
Quitting?**



**Feeling
Blue?**

**Want
Help?**



Created by:

DOVE

Delta Opposes Violence Everywhere



Can't find what you're looking for?



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