

- If you are in an emergency, call **9-1-1**
 - **1-800-SUICIDE** (1-800-784-2433) if you are considering suicide or are concerned about someone who may be.
-

Mental Health Crisis Lines

- **310Mental Health Support** at 310-6789 (no area code needed) for emotional support, information, and resources specific to mental health
 - **604-872-3311** (or toll-free **1-866-661-3311**) for BC Crisis Center's Distress line
They also offer online chat services: www.crisiscentrechat.ca
 - **604-872-1234** for BC Crisis Center's Senior Distress line
 - **604-951-8855** (or toll-free **1-877-820-7444**) for the Fraser Health Crisis Line
 - **S.U.C.C.E.S.S Chinese Help Lines:**
Cantonese: **604-270-8233**
Mandarin: **604-270-8222**
-

Culturally Sensitive Crisis Lines (for Indigenous peoples)

- **1-866-925-4419** for the National Indian Residential School Crisis Line
 - **1-800-588-8717** for a culturally sensitive crisis line for Indigenous peoples, offered by KUU-US Crisis Response Service
 - **1-844-413-6649** for the Missing and Murdered Indigenous Women National Crisis Line offering support to anyone who requires emotional assistance related to missing and murdered Indigenous women and girls.
-

Nurses Lines and Physical Health

- **1-866-215-4700** for health-related information and referrals to health services
-

24h CRISIS LINES- last updated August 2020