

Helpers in Your Community: Is the helper able, available and acceptable?

ALCOHOLICS ANONYMOUS: 250-426-3876	
CHILD ABUSE HOTLINE: 310-1234 Ministry of Children & Family Development 250-426-1514/after hrs. 1-800-663-9122	
CHILD CARE REFERRALS: East Kootenay Child Care Resource & Referral 250-426-5677	
CHILDREN/YOUTH PSYCHIATRIC CLINIC: Child & Youth Mental Health 250 426-1514	
CHILDREN'S SERVICES OFFICES: Ministry of Children & Family Dev. 250-426-1514 Axis Family Resources 250-489-4074	
COMMUNITY CORRECTIONS OFFICERS: 1-866-800-5522	
CRISIS (DISTRESS) LINE: 1-888-353-CARE (2273) www.crisislines.bc.ca	
DOMESTIC VIOLENCE HOTLINE: 1-800-563-0808	
EMERGENCY SHELTERS: Salvation Army 250-426-3162 Kootenay Haven Transition House 1-800-200-3003	
FAMILY SUPPORT SERVICES: AXIS Family Services 250-489-4074 Family Justice Agency 250-426-1660	
FIRST NATIONS SUICIDE CRISIS LINE (KUU-US): 1-800-KUU-US17 (588-8717)	
HOSPITAL EMERGENCY SERVICES: 911 or Cranbrook 250-426-5281 BC Children's Hospital 1-888-300-3088 (toll-free in BC)	
LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE: Victim Link BC 1-800-563-0808 www.victimsinfo.ca	
MEDICAL CLINIC / GENERAL PRACTITIONER: Associate Clinic 250-426-4231 Green Clinic 778-517-8208 Tamarack Medical Clinic 250-426-7724	
MENTAL HEALTH CRISIS / RESPONSE: 911 or 310-6789	
MENTAL HEALTH OUTREACH CLINIC: HealthLink 811 Canadian Mental Health Association Kootenays 250-426-5222 Interior Health Mental Health & Substance Use Services 250-420-2210	
MENTAL HEALTH SERVICES: CMHA Kootenays 250-426-5222 Child & Youth Mental Health 250-426-1514	
PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT: 911	
PARENT TRAINING: Parent Support Hotline 1-778-782-3548	
POLICE: 911 Non-Emergent 250-489-3471	
PRIVATE PRACTITIONERS: Cranbrook Wellness Centre 250-420-2284 East Kootenay Eating Disorder Clinic 250-489-6416	
RAPE/SEXUAL ASSAULT SUPPORT: 1-800-200-3003	
RELIGIOUS/SPIRITUAL SUPPORT/CULTURAL SUPPORT: Christian-Based Crisis Line 1-888-852-9099 Chinese Help Line 604-270-8233 Mandarin Help Line 604-270-8222	
SELF HELP GROUPS: Anger Management 1-855-739-6910 Alanon Agency 250-426-3876	
SEXUAL ABUSE HOTLINE: 1-800-563-0808	
STD INFORMATION AND TESTING SITES: 250-426-1314 ANKORS 1-800-421-2437	
STUDENT SERVICES: Canadian Mental Health Association Youth Outreach 250-426-7477 Youth Distress Line www.youthinbc.ca	
SUBSTANCE ABUSE COUNSELING: EK Addiction Services Society 250-489-4344 St. Mary's Band 250-426-5717	
SUICIDE PREVENTION CENTER: 1-800-SUICIDE/1-800-784-2433	
TEEN LINE: Kids Help Line 1-877-267-7057 www.youthinbc.com	
YOUTH SHELTER: Salvation Army 250-426-3162	
Other: Seniors Abuse & Information Line 1-866-437-1940	Other: BC Nurse Line 1-866-215-4700
Other: Cranbrook Victim Services 250-417-4225	Other: BC Alcohol & Drug Information Line 1-800-663-1441
Other: BC Mental Health Information Line 1-800-661-2121	Other: BC Bereavement Helpline 1-877-779-2223
Other: Women's Shelter Hotline 1-800-200-3003	Other: Problem Gambling Help Line 1-888-785-6111
Other: Credit Counselling Society of BC – 1-888-527-8999	Other: Legal Services Society 1-866-577-2525

Directory of Online Resources:

- www.suicideprevention.ca The Canadian Association for Suicide Prevention (CASP) provides information and resources to reduce the suicide rate and minimize the harmful consequences of suicidal behaviour.
- www.suicideinfo.ca Centre for Suicide Prevention is an education centre dedicated to the collection and dissemination of suicide prevention, intervention and post-intervention resources. Our services include: an active Twitter feed, training workshops, online courses, webinars, literature scans and reviews, toolkits, library database access, lending library and knowledge translation publications. We serve caregivers, survivors, researchers, professionals and community members across Canada and around the world.
- www.bcmhsus.ca BC mental Health and Substance Use Services provide a diverse range of provincial specialized one-of-a-kind mental health and substance use services; and provincial leadership for system-wide improvements through our work in health promotion & illness prevention, knowledge exchange, research and academic teaching.
- www.camh.ca Centre for Addictions and Mental Health CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.
- www.forcesociety.com F.O.R.C.E Society for Kids Mental Health assists and empowers young people and families with lived experience in child and youth mental health.
- www.keltymentalhealth.ca Kelty Mental Health Resource Centre- Free provincial resource that provides information, resources, peer support and system navigation based in Vancouver.
- www.heretohelp.ca Here to Help is a website of the BC Partners for Mental Health and Addictions Information to help people better prevent and manage mental health and substance use problems and live a healthier life.
- www.mindcheck.ca - This website is designed to help youth and young adults in British Columbia check out how they're feeling and quickly connect to mental health resources and support. Support includes education, self-care tools, website links, and assistance in connecting to local professional resources.
- www.anxietybc.com Read-up on anxiety, download MindShift, watch our videos... Empower yourself. Stop anxiety from controlling your life.

Apps for your phone:

Smiling Mind is modern meditation for young people. It is a unique web and App based program, designed to help bring balance to young lives. <http://smilingmind.com.au/>

My3 – With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.

Remember: there is hope and a life to look forward to, even in your darkest moments. MY3 can help you get through your most difficult times

Mindshift- Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: Test Anxiety, Perfectionism, Social Anxiety, Performance, Anxiety, Worry, Panic, and Conflict.