

HEY YOUTH!

IT'S OK TO ASK FOR HELP

Youth Outreach
Sunshine Coast Community Services
604-741-1129
<https://www.facebook.com/scyouthoutreach>

www.YouthinBC.ca
Crisis counseling online or by phone
1-866-661-3311

Aboriginal Wellness Liaison
604-989-6600

Kids Help Line
Free, confidential, anonymous counseling
310-1234

Sunshine Coast Youth Clinics
For the one nearest you, call:
604-886-5600

Child and Youth Mental Health
For info about where to go, call:
604-740-8900, then press 1

Alcohol and Drug Services
604-885-2224, ext.4334
Cell # 604-989-0667

Youth Against Violence
Anonymous, confidential help 24/7
1-800-680-4264

www.saferspace.ca
If you have concerns about
sexual exploitation

www.needhelpnow.ca
Cyberbullying, helping a friend, removing
sexual photos from the internet

www.mindcheck.ca
Helps youth check out how
they're feeling and connect to
services if needed

