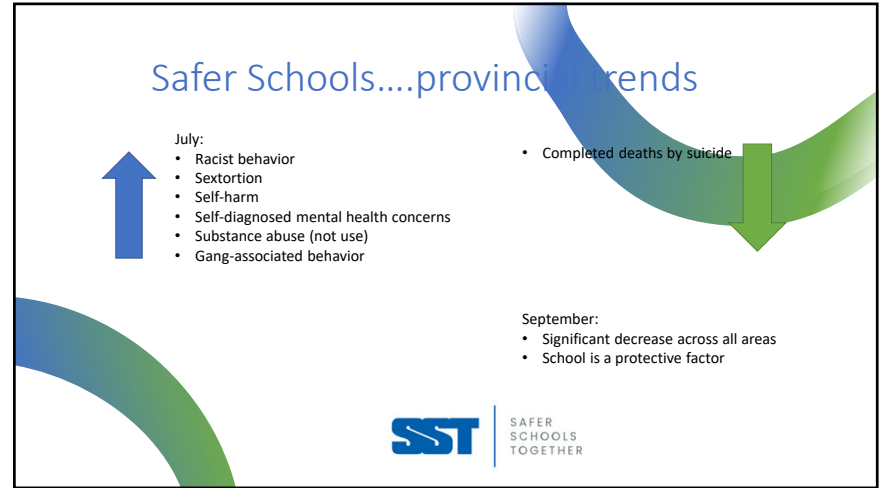
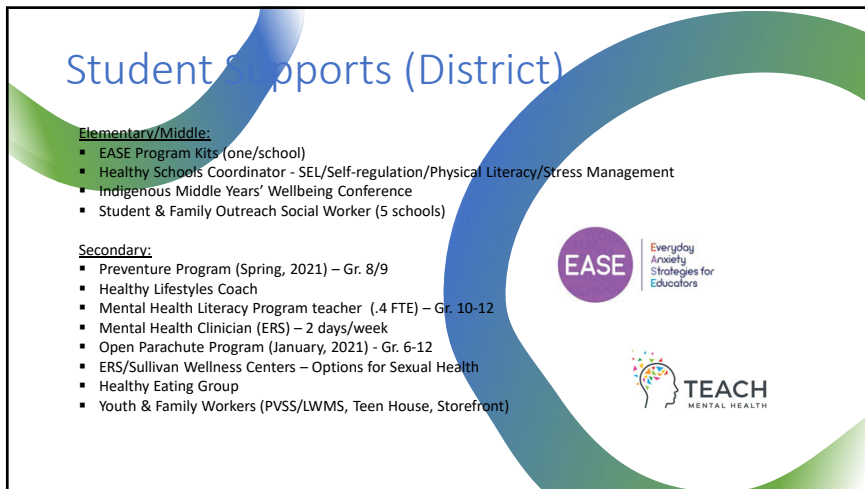


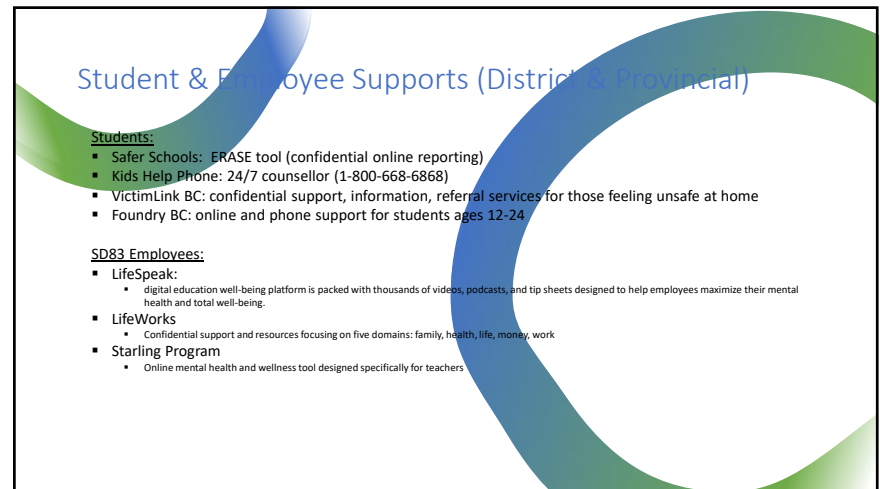
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Wellness Centers

Services provided:

- Options for Sexual Health
- Access to a family physician
- Child & Youth Mental Health Clinician
- Mental Health & Substance Use Clinician
- Public Health Nurse
- Mental Health Support (SAFE Society & PEACE Program)
- Healthy Lifestyles Coach
- Center coordinator: assists with referrals, organizes wellbeing support group/learning opportunities
- Healthy snacks

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Students & Adults (Provincial Resources)

- [Mental health crisis line \(1-800-784-2433\)](#)
 - 24/7 confidential, non-judgmental free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide - available in 140 languages.
- [310Mental Health Support \(310-6789\)](#)
 - emotional support, information, and resources specific to mental health.
- [BCPA Covid-19 Psychological Support Service](#)
 - designed to help *any BC resident* who is experiencing stress, anxiety, or uncertainty due to the evolving COVID-19 pandemic
- [Bounce Back \(1-866-639-0522\)](#)
 - for people experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.
- [Crisis Intervention and Suicide Prevention Centre 1-800-SUICIDE \(784-2433\)](#)
 - for people who are experiencing feelings of distress or despair, including thoughts of suicide.
- [KUU-US Crisis Response Service \(1-800-588-8717\)](#)
 - for culturally-aware crisis support for Indigenous people in B.C.
- [Mental Health Digital Hub](#)
 - information, services, and education and awareness about mental health and substance use for adults, youth, and children.
- [Here to help](#)
 - information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety, and risky drinking.

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