

Distress Services

24 Hours
Confidential
Free

604-872-3311

1-866-661-3311

1-800-SUICIDE
(784-2433)



crisiscentre.bc.ca | YouthInBC.com | CrisisCentreChat.ca

STRESSED? UPSET? ANGRY?

Worried about someone else?

Sharing a problem with another person
helps make it more bearable

We provide free and confidential service
with trained, caring volunteers

We're here to listen. We can help.