

Counselling and Support:

- Counselling can be a safe place to talk about your experiences and emotions.
- A counsellor or support worker can help you develop coping strategies and identify goals.

Resource	Services	Good to Know
Tri-City Transitions Society tricitytransitions.com 604-941-7111	Stopping the Violence and Children Who Witness Abuse counselling programs, as well as group counselling, information, and referrals.	
Crisis Intervention and Suicide Prevention Centre of BC crisiscentre.bc.ca 1-800-784-2433	24/7 crisis and suicide line offering listening and emotional support.	
Kids Help Phone kidshelpphone.ca 1-800-668-6868	24/7 counselling help from trained professionals on the phone for youth up to age 20.	Live chat available on weekends.
Act II Child and Family Services (Tri-Cities Office) act2.ca 604-937-7776	Provides counselling to children and youth that have emotional and behavioural issues arising from traumatic events.	Sexual abuse counselling may be self-referral; all other counselling requires a referral through MCFD.
SHARE Family and Community Services Society sharesociety.ca	Fee-based counselling services for children and adults, including in areas of trauma, parenting, relationships, and separation or divorce.	Subsidized counselling/lower fees are available to families in the Tri-Cities.
SUCCESS successbc.ca 604-468-6000 (Tri-City Centre) 604-270-8233 (Cantonese) 604-270-8222 (Mandarin)	Culturally sensitive counselling services to assist families and individuals cope with stress caused by emotional and relationship issues through counselling, treatment groups, and help lines.	
Crime Victim Assistance Program (CVAP) www2.gov.bc.ca 604-660-3888 1-866-660-3888	CVAP assists victims, immediate family members and some witnesses in coping with the effects of violent crime. It provides financial benefits to help offset financial losses and assist in recovery.	Benefits for victims of crime and immediate family members (such as children) include funding for counselling, among other expenses.
BC Alcohol and Drug	24/7 referrals to Individual,	

Information and Referral Service 604-660-9382	family, and small group counselling for people of all ages who are directly or indirectly affected by alcohol and other drug use.	
British Columbia Responsible & Problem Gambling Program bcresponsiblegambling.ca 1.888.795.6111	24/7 problem gambling helpline. Also offers counselling services. Free of charge.	
OPT – Options for Sexual Health/Pregnancy optionsforsexualhealth.org 1-800-SEX-SENSE	Sexual and reproductive health care, information, and education from a feminist, pro-choice, sex positive perspective.	
QMUNITY – BC’s Queer Resource Centre qmunity.ca 604-684-5307	Free counselling, support programs, and referrals for LGBTQ+ youth, adults, and seniors.	