

Growing Room Literary & Arts Festival Resource List

MENTAL HEALTH/MENTAL ILLNESS AND GENERAL DISTRESS

310 MENTAL HEALTH SUPPORT: 310-6789 (NO AREA CODE NEEDED) TOLL FREE
PROVINCIAL ACCESS TO EMOTIONAL SUPPORT 24/7/365

SUICIDE CRISIS LINE: ANYWHERE IN BC: 1-800-SUICIDE (1-800-784-243)
VANCOUVER: 604-872-3311 - [HTTP://CRISISCENTRE.BC.CA](http://crisiscentre.bc.ca)

SENIORS DISTRESS LINE: 604-872-1234

ONLINE CHAT SERVICES FOR YOUTH: [HTTPS://YOUTHINBC.COM](https://youthinbc.com) (NOON - 1AM)

KIDS HELP PHONE: 1-800-668-6868 - [HTTPS://.KIDSHELPPHONE.CA](https://kidshelpphone.ca)

MENTAL HEALTH EMERGENCY - CAR 87: A POLICE OFFICER AND EITHER A REGISTERED NURSE OR REGISTERED PSYCHIATRIC NURSE WILL BE DISPATCHED 604-874-7307 (NOT ALWAYS RELIABLE). IN URGENT EMERGENCY CALL 911 AND MENTION CAR 87.

ADDICTIONS SUPPORT

SMART RECOVERY BC: (SECULAR DAILY MEETINGS) 778-323-3165 -
[HTTP://SMARTRECOVERYBC.COM/](http://smartrecoverybc.com/)
Email: [INFO@SMARTRECOVERYBC.COM](mailto:info@smartrecoverybc.com)

THE ALCOHOL & DRUG INFORMATION AND REFERRAL SERVICE: LOWER
MAINLAND 604-660-9382 – REST OF BC: 1-800-663-1441

ALCOHOLICS ANONYMOUS: 24-HOUR SUPPORT LINE 604-434-3933 -
[HTTP://WWW.VANCOUVERAA.CA/](http://www.vancouveraa.ca/)

NARCOTICS ANONYMOUS: HELP LINE (604)-873-1018 - [HTTP://WWW.VASCNA.CA/](http://www.vascna.ca/)

PROBLEM GAMBLING HELP LINE: 1-888-795-6111

EATING DISORDERS AND DISORDERED EATING

VANCOUVER ANTI-ANOREXIA/ ANTI BULIMIA LEAGUE 24-HR HELP LINE: 604-731-
7304 303 - 1212 WEST BROADWAY, VANCOUVER BC

SEXUAL ASSAULT AND DOMESTIC VIOLENCE

WOMEN AGAINST VIOLENCE AGAINST WOMEN: OFFICE, MON-FRI, 9AM-5PM: 604-255-6228 - 24 HOUR CRISIS LINE 604-255-6344 - TOLL FREE: 1-877-392-7583 - [HTTP://WWW.WAVAW.CA/WAVAW](http://www.wavaw.ca/wavaw)

BATTERED WOMEN SUPPORT SERVICES CRISIS AND INTAKE LINE: MON-FRI 10AM-5PM, WED 10AM- 8PM, CLOSED STAT HOLIDAYS, CLOSED SUNDAY: 604-687-1867 - [HTTP://WWW.BWSS.ORG/](http://www.bwss.org/)

BC SOCIETY FOR MALE SURVIVORS OF SEXUAL ABUSE: 604-682-6482 - [HTTP://BC-MALESURVIVORS.COM/](http://bc-malesurvivors.com/)

CRISIS SUPPORT FOR TRANS PEOPLE

TRANS LIFELINE: 1-977-330-6366 - [HTTP://WWW.TRANSLIFELINE.ORG/](http://www.translifeline.org/)

SEX WORKER SUPPORT

PACE SOCIETY: 604-872-7651 - 148 W Hastings St, Vancouver, BC

BEREAVEMENT

BC BEREAVEMENT HELP LINE: 1-877-779-2223 / 604-738-9950 MON-FRI 9-5 EXCLUDING HOLIDAYS

DISABILITY

DISABILITY RESOURCE NETWORK OF BC: <http://drnbc.org/additional-resources/>

HARM REDUCTION

INSITE SUPERVISED INJECTION SITE: 139 HASTINGS ST E, Vancouver, BC - (604) 687-7483 - CLOSING 2 AM

HEALTH QUESTIONS

NURSE HOTLINE: 8-1-1

EMERGENCY

911

MEDIATION SERVICES: *THERE ARE COSTS RELATED TO THESE SERVICES*

MEDIATE BC: 800 Hornby ST. VANCOUVER, BC V6Z 2C5 (604) 684-1300 - MONDAY - FRIDAY 9AM-5PM