

What is a mental health crisis?

- Intense anxiety or depression
- Suicidal thoughts or attempts
- Threatening violence
- Distorted thinking
- Self-harming

Emergency mental health services

Call **9-1-1** if you or someone you love requires immediate medical attention for injuries/overdose or the person is at risk of seriously harming themselves or others.

For adults

Fraser Health Crisis Line

604-951-8855 or toll-free 1-877-820-7444

Trained volunteers provide toll-free telephone support and crisis intervention counselling, 24 hours a day, seven days a week. You can also call for information on local services or if you just need someone to talk to.

[Learn more about the Fraser Health Crisis Line.](#)

Culturally sensitive crisis line for Aboriginal peoples

1-800-KUU-US17 (588-8717)

KUU-US Crisis Response Services provides culturally sensitive support and counselling to Aboriginal peoples 24 hours a day, seven days a week.

[Learn more about Kuu-us Crisis Response Services Line.](#)

Alcohol and drug information and referral service

604-660-9382 or toll-free 1-800-663-1441

Available to anyone needing help with any kind of substance use issues, 24 hours a day, seven days a week. Provides information and referral to education, prevention and treatment services, and regulatory agencies.

For children and teens

Kids Help Phone

1-800-668-6868

Toll-free, confidential and anonymous telephone and online counselling and referral service for young people up to age 20, available 24 hours a day, seven days a week. Learn more about Kids Help Phone.

Kids Help Phone Online Chat

Wednesday to Sunday, 3 p.m. to 11 p.m. in B.C. to connect you with a Kids Help Phone counsellor, on the web or from a smartphone.

[Learn more about Kids Help Phone Online Chat.](#)

START Team

1-844-START11 (1-844-782-7811)

Fraser Health's START program provides assessment and intervention services to children and teens (ages 6 - 18) experiencing a mental health crisis.

- Monday to Friday: 9 a.m. to 9 p.m.
- Weekends and holidays: Noon to 9 p.m.

Alcohol and drug information and referral service

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