

ABUSE and TRAUMA	
Greater Victoria Police Victim Services	250-995-7351
Help Line for Children (up to age 19)	310-1234
Mary Manning Child Abuse Prevention/Counselling	250-385-6111
VictimLINK BC	1-800-563-0808
Youth Against Violence Line	1-800-680-4264
Women's Sexual Assault Centre	250-383-3232
ADDICTION SERVICES	
Addictions Wellness Lalli Care Clinic	250-386-5100
Alateen	250-383-4020
Alcohol & Drug Information & Referral Service	1-800-663-1441
Alcoholics Anonymous	250-383-7744
Smokers Help Line	1-877-513-5333
Problem Gambling Help Line	1-888-795-6111
Narcotics Anonymous	250-383-3553
Salvation Army Addictions and Rehabilitation	250-384-3396
Victoria Native Friendship Centre	250-384-3211
Victoria Youth Empowerment Society	250-383-3514
Island Health Discovery Youth and Family Svs	250-519-5313
EATING DISORDERS	
Kelty Mental Health (Eating Disorders)	1-800-665-1822
Cedric Centre	1-866-383-0797
Jessie's Legacy Program	1-604-988-5281
Looking Glass BC	604-314-0548
MCFD Eating Disorders Program	250-387-0000
Overeaters Anonymous	250-413-3093
EMERGENCY FOOD	
Community Meal Program (Salvation Army)	250-384-3396
Food Not Bombs	250-383-5144
Mustard Seed Food Bank	250-953-1575
St Andrews Cathedral -910 Club	778-440-7687
LGBTQ	
AIDS Vancouver Island	250-384-2366
PFLAG	250-385-9462
Queer, Trans and Allies Youth Drop In	250-475-7624
The Trevor Project	1-866-488-7386
Uvic Pride	250-472-4393
HOUSING ASSISTANCE & SHELTER	
Kiwani's Youth Shelter	250-595-3133
Out of the Rain Youth Night Shelter	250-884-3701
Pandora Youth Apartments	250-380-2663
Threshold Housing Society	250-383-8830



Where to call for
HELP!
2016-2017



This document is intended for information purposes only. Inclusion in this document does not imply endorsement by the GVSD or the Healthy, Safe and Caring Schools Program. It is the readers' responsibility to determine the suitability of the service for their specific needs.

Compiled by Healthy, Safe and Caring Schools Program
Greater Victoria School District
September 2016

LEGAL INFORMATION	
Crime Stoppers	1-800-222-TIPS
Dial-a-Law	1-800-565-5297
Law Centre—University of Victoria	250-385-1221
B.C. Ombudsperson	250-387-5855
Restorative Justice Victoria	250-383-5801
MEDICAL HELP	
BC Drug & Poison Information Centre	1-800-567-8911
HealthLink BC	811 or 604-215-8110
Island Health Public Health Nursing	250-388-2200
Victoria Youth Clinic	250-383-3552
MULTI-CULTURAL	
Anti-Dote Multi-Racial Girls Network	info@antidotenetwork.org
Inter-Cultural Association	250-388-4728
Victoria Immigrant and Refugee Centre	250-361-9433
Victoria Native Friendship Centre	250-384-3211
MENTAL & EMOTIONAL HEALTH	
Artemis Place	250-598-5183
B.C. Bereavement Helpline	1-877-779-2223
B.C. Schizophrenia Society	1-888-888-0029
Here to Help BC	310-6789
Kelty Mental Health	1-800-665-1822
Kids Help Phone Line	1-800-668-6868
MCFD Child and Youth Mental Health	250-952-5073
Men's Trauma Counselling	250-381-6367
South Island Centre for Counselling	250-472-2851
Vancouver Island Crisis Line	1-888-494-3888
Umbrella Society	250-380-0595
Youth In BC	1-866-661-3311
Youth Space Chat Line	778-783-0177
Victoria Youth Empowerment Society	250-383-3514
SEXUAL HEALTH	
AIDS Vancouver Island	250-384-2366
Best Babies Fernwood	250-381-1552
YMCA Young Moms Program	250-382-1004
Girls Alternative Program	250-360-4300
Island Sexual Health Society	250-592-3479
Sex Sense Help Line	1-800-739-7367
Victoria Pregnancy Centre	250-380-6883
Victoria Youth Clinic	250-383-3552