

# GET CONNECTED

## with youth health resources

### EMERGENCY/CRISIS

**Kids Help Phone** 1-800-668-6868  
**Vancouver Island Crisis Line**  
1-888-494-3888 [www.vicrisis.ca](http://www.vicrisis.ca) online  
chat room text 250-800-3806  
**Representative for Children & Youth  
Helpline** 250-310-1234  
[www.rcybc.ca](http://www.rcybc.ca)



### MENTAL HEALTH & COUNSELLING

**B.C. Mental Health Information Line**  
310-6789 'Do not add an area code'  
[www.cmha.bc.ca/get-informed/crisis-information](http://www.cmha.bc.ca/get-informed/crisis-information)  
**Children and Youth Mental Health**  
250-741-5701  
**NARSF- Mental Health Outreach**  
250-754-2773 [www.narsf.org](http://www.narsf.org)  
**Haven Society-Outreach and Support**  
250-756-2452 [www.havesociety.com](http://www.havesociety.com)  
**Central Island Child and Adolescent  
Psychiatry Program** 250-519-6720  
**Nanaimo Family Life-Youth Counselling**  
250-754-3331 ext.716



### SEXUAL HEALTH

**OPT Options for Sexual Health**  
250-753-9511  
**Info Line** 1-800-SEX-SENSE  
[www.optionsforsexualheath.org](http://www.optionsforsexualheath.org)  
**AIDS Vancouver Island**  
250-754-9111 [www.avi.org](http://www.avi.org)  
**Nanaimo Youth Health Clinic**  
250-755-3345 [smartsexresource.com](http://smartsexresource.com)



### ABORIGINAL RESOURCES

**Nanaimo Aboriginal Child & Youth Mental Health**  
250-754-9111  
**Nanaimo Aboriginal Centre** 250-754-3215  
[www.nanaimoaboriginalcentre.ca](http://www.nanaimoaboriginalcentre.ca)  
**Aboriginal Health Program-Central Island**  
250-755-7691 ext.57572  
**Tillicum Lelum** 250-753-6578  
[www.tillicumlelum.ca](http://www.tillicumlelum.ca)



### PREGNANCY & PARENTING

**B.C. Women's Pregnancy Options Line**  
1-888-8753163  
**Families to Families** 204-881-7959  
[www.families2families.ca](http://www.families2families.ca)  
**Mid Island Midwifery** 250-716-1366  
**Options for Sexual Health Info Line**  
1-800-SEX-SENSE  
**Public Health Nurse** 250-730-5845



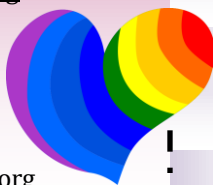
### ADDICTION RESOURCES

**Discovery Youth & Family Services**  
250-739-5790  
**Island Health Youth & Family Addiction Services**  
250-755-7855  
**Island Health Crisis Response Team**  
250-739-5710  
**NARSF- Detox & Supportive Recovery**  
250-754-2773 [www.narsf.org](http://www.narsf.org)



### LGBTQ+ RESOURCES

**Generation Q-Queer Youth & Allies**  
250-713-5787 [sstc@bgccvi.com](mailto:sstc@bgccvi.com)  
**PFLAG Nanaimo-** [plagcanada.ca](http://plagcanada.ca)  
Find them on Facebook  
**Nanaimo Pride Society**  
Email: [info@nanaimopride.org](mailto:info@nanaimopride.org)  
[www.nanaimopride.org](http://www.nanaimopride.org)  
**Options for Sexual Health**  
250-753-9511  
**Info Line** 1-800-SEX-SENSE  
[www.optionsforsexualheath.org](http://www.optionsforsexualheath.org)



### MEDICAL

**Health Link B.C.** 8-1-1  
**Nanaimo Public Health Unit**  
250-755-3342 Follow on Facebook  
**Nanaimo Youth Health Clinic**  
250-755-3345 [smartsexresource.com](http://smartsexresource.com)  
**Island Health Crisis Response Team**  
250-739-5710  
**John Barsby Wellness Centre: Walk-in Clinic**  
**NDSS Wellness Centre: Walk in Clinic**

