

# Crisis & Immediate Support (24/7 / Urgent)

## Kids Help Phone (Canada) <https://kidshelpphone.ca>

Specialty: Confidential mental health support for youth and also young adults. Help including crisis, anxiety, depression, and stress.

Navigation: Homepage → I Need Help Now → Call / Text / Live Chat.

## 9-8-8 Suicide Crisis Helpline (Canada) <https://988.ca>

Specialty: National suicide prevention and emotional crisis support for anybody at all that's in distress.

Navigation: Homepage → Get Help → Call or text 9-8-8.

## Canada.ca – Mental Health Crisis Support <https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

Specialty: Official and professional government listing national and provincial crisis resources.

Navigation: Scroll → Look for "If you or someone you know is in crisis" → select a service.

## Crisis Centre BC <https://crisiscentre.bc.ca>

Specialty: 24/7 crisis intervention and emotional support for people in British Columbia.

Navigation: Homepage → Get Support → phone or text options.

## Foundry BC (Ages 12-24) <https://foundrybc.ca>

Specialty: Mental health and wellness support for youth, both in person and online.

Navigation: Homepage → Get Support → find a centre or virtual care.

## Here2Talk (BC Post-Secondary Students) <https://here2talk.ca>

Specialty: 24/7 counselling support for BC college and university students.

Navigation: Homepage (Has helpful numbers) → Get Started Today → Sign up for already organized resources

## Kelty Mental Health Resource Centre <https://keltymentalhealth.ca>

Specialty: Mental health education and organized systems with life planning for youth and families.

Navigation: Homepage → Get Help → Ask Kelty Mental Health tool → Select category

## Jack.org <https://jack.org>

Specialty: Youth-led mental health education and peer support resources.

Navigation: Homepage → Top Left → EdHub → Organized lessons / overall mental health resources.

# Student Anchor Resources

Email: [fhssstudentanchor@gmail.com](mailto:fhssstudentanchor@gmail.com)

Phone: +1(604)-700-3556

Instagram: @fhssstudentanchor

# Finding Professional Help & Services

eMentalHealth.ca  
<https://ementalhealth.ca>  
Specialty: National, Canada-wide  
directions for mental health services and  
self-screening tools.  
Navigation: Homepage → Find Help →  
Organized sources.

HelpStartsHere (BC)  
<https://helpstartshere.gov.bc.ca>  
Specialty: Official BC directory for mental  
health, also regarding issues induced by  
substance-use services made by  
professionals.  
Navigation: Homepage → Mental Health  
Tab → Organized Sources.

Psychology Today – Therapist Directory  
(Canada)  
<https://www.psychologytoday.com/ca/therapists>  
Specialty: Search for professional licensed  
therapists by their specialty, availability,  
and location.  
Navigation: Enter city or postal code →  
apply filters → Find therapists .



## We prioritize YOUR convenience

Got questions? Contact us -->

Email: [fhsstudentanchor@gmail.com](mailto:fhsstudentanchor@gmail.com)  
Phone: +1(604)-700-3556  
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## Self-Help, Education & Specific Conditions

Anxiety Canada  
<https://www.anxietycanada.com>  
Specialty: Evidence-based tools for anxiety and  
OCD management.  
Navigation: Homepage → Get help → select  
organized resources.

Strongest Families Institute  
<https://strongestfamilies.com>  
Specialty: Coaching-based mental health  
programs for youth and families.  
Navigation: Homepage → Programs → choose  
specific options of organized categories → Page  
of clear instructions.

NEDIC (Eating Disorders)  
<https://nedic.ca>  
Specialty: Support, education, and helpline for  
eating disorders.  
Navigation: Homepage → Get Informed →  
specific organized categories.