



# **Vancouver Mental Health Resource Pack**

# **Crisis Resources & Helplines**

## **Crisis Centre BC:**

<https://www.crisiscentre.bc.ca/>

## **Canadian Mental Health Association:**

<https://bc.cmha.ca/mental-health/find-help/>

# **Indigenous Resources**

## **Hope For Wellness:**

<https://www.hopeforwellness.ca/>

# **Support for Eating Disorders**

## **National Eating Disorder Information Centre:**

<https://nedic.ca/>

# **Trans Specific Resource**

## **Trans Lifeline**

<https://translifeline.org/>

# **Substance Use Resource**

## **Canadian Centre on Substance Use and Addiction**

<https://www.ccsa.ca/>

**If you are in crisis you  
should call or text 988**