

Saanich Peninsula Youth Health Clinic

Resource Guide

Low-barrier services and resources you can access in addition to our clinic.



SAANICH PENINSULA YOUTH CLINIC INFORMATION

The Youth Clinic is proud to provide free, confidential and accessible primary care, mental health counselling, sexual health care and peer-based education to youth aged 12-24. We are located at #2A-2379 Bevan Avenue in Sidney, BC, where we operate from 5:30 - 7:30pm on Thursday evenings and 10:00am - 12:00pm on Friday mornings. For more information about our services and updates on drop-in community events, please visit our website (see below) or follow us on Instagram at [@saanichpeninsulayouthclinic](https://www.instagram.com/saanichpeninsulayouthclinic).

This Resource Guide is intended to direct youth and families to additional supports, both online and within the community, that can offer different kinds of information and care. We hope it is helpful in supplementing the Youth Clinic's services and bringing awareness to the many support options available to you. If there is a resource you know of that is not included on this list, please feel free to share it with us by contacting Grace (coordinator) at gwarren@shorelinemedical.ca.

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CRISIS RESOURCES

9-8-8 National Crisis Line, <https://988.ca>



Phone or text 9-8-8, available 24 hours per day, 7 days a week

Vancouver Island Crisis Line, <https://www.viccrisis.ca>



Phone 1-888-494-3888, available 24 hours per day, 7 days a week



Text 250-800-3806, available 6:00 - 10:00pm (Pacific Time)

Kids Help Phone, <https://kidshelpphone.ca>



Phone 1-800-668-6868, available 24 hours per day, 7 days a week



Text 686868, available 24 hours per day, 7 days a week

KUU-US Indigenous Crisis Services, <https://www.kuu-uscrisisline.com>



Phone 250-723-2040, available 24 hours per day, 7 days a week



Text 778-601-8009, available 6:00pm - 7:00am (Pacific Time)

Support for Indigenous people across British Columbia

Trans Lifeline, <https://translifeline.org>



Phone 877-330-6366, available Monday to Friday, 10:00am - 6:00 pm Pacific Time

Peer-based support service run by and for trans and gender diverse people

BC Mental Health Support Line



Phone 310-6789 (no area code needed), available 24 hours per day, 7 days a week

General mental health support for when you are experiencing distress

If you are in immediate danger or have taken steps to harm yourself, call 9-1-1



Phone 9-1-1, available 24 hours per day, 7 days a week

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CRISIS RESOURCES (continued)

Integrated Mobile Crisis Response Team (IMCRT)

Access through the Vancouver Island Crisis Line, 1-888-494-3888

Available 7 days a week from 1:00pm - 12:00am (midnight) Pacific Time

- An interdisciplinary team that provides rapid, mobile, community-based response for children, youth, and families in crisis across southern Vancouver Island. The team is comprised of child and youth mental health clinicians, adult mental health clinicians, social workers, nurses, and plain-clothes police officers who can provide consultation, mobile response, crisis intervention, psychiatric assessment, stabilization, referral and short-term follow-up for the following challenges:
 - Suicide risk, psychosis, mania, posttraumatic stress, severely debilitating anxiety, acute depression or other presentations of acute distress related to psychiatric conditions.
- This team can meet you in community to provide crisis support. You can also call on behalf of someone else who is in crisis.

Crisis Response, Community Led (CRCL) - AVI Health and Community Services Mobile Crisis Response Team

Available 7 days a week from 7:30am - 12:30am Pacific Time

CRCL Victoria is a Peer Assisted Care Team Model operated by AVI Health and Community Services. The CRCL Team includes both individuals with lived/living experience and mental health professionals. It focuses on health, well-being, and community support.

- If you or someone you know in Victoria is experiencing a crisis, you can call the CRCL Team at **250-818-2454** and they will meet you in community.

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NON-EMERGENCY MENTAL HEALTH SUPPORT

Foundry BC, <https://foundrybc.ca/centre/victoria> | 250-383-3552 | 546 Yates Street, Victoria BC | frontdesk@foundryvictoria.ca | Victoria office hours: Monday to Friday 9:30am - 4:30pm

- Foundry BC has wellness centres across British Columbia that offer services including, but not limited to, counselling, social groups, peer support, 2SLGBTQIA+ supports, gender affirming care, primary care services and substance use health support (including harm reduction).
- The Foundry BC website includes an “Info & Tools” tab where you can find a Resource Library with mental health apps, tools and related health and wellness information.
- Foundry BC also offers a free app where you can take virtual appointments and find helpful mental health information and tools.

Youth Line, <https://www.youthline.ca>

A confidential, peer-based support line that centers 2SLGBTQIA+ experiences. Available Sunday - Friday, 1:00pm - 6:30pm Pacific Time.



Text 647-694-4275 or access webchat through the website above

QCHAT, <https://www.qchat.ca>

A peer support line and resource database for 2SLGBTQ+ youth in British Columbia. Peer support available 6:00 PM - 9:00 PM Pacific Time, all evenings except Saturday and holidays.



Phone 1-855-956-1777



Text 250-800-9036

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

- This online resource database, offered through BC Children’s Hospital, helps youth and families across the province navigate the mental health system, connect with peer support and access resources and tools to support well-being. Their website offers a variety of resources and a wealth reliable information for youth and families to explore.

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NON-EMERGENCY MENTAL HEALTH SUPPORT (continued)

QMUNITY, <https://www.qmunity.ca>

- QMUNITY is a welcoming space where queer, trans, and Two-Spirit people can connect, grow, and thrive within a supportive community. They offer low-cost counselling, peer-based support, virtual drop-in groups and several resources for youth and families. See the website above for more information.

Youth Talk E-Counselling, <https://pacificcentrefamilyservices.org/counselling/youth-talk/>

- Offered by the Pacific Centre Family Services Association, this confidential, email-based counselling service is a safe and private space for anyone up to the age of 30 to receive support for any concerns, including:
 - Relationships, family conflict, school and work challenges, addictions and substance abuse, violence and abuse, and mental, physical, and sexual health.
 - This service can also help connect young people to resources within their community.
- A professional Youth and Family counsellor will respond to emails on a regular basis (typically 3-5 business days). The service is free and there's no limit to the number of emails youth can send. To access, use the website above and enter your name and email.

Breathr App, <https://keltymentalhealth.ca/breathr>

- Developed by the BC Children's Centre for Mindfulness and BC Children's Hospital Kelty Mental Health Resource Centre, this free app provides ways to get started with mindfulness. Breathr provides opportunities for people to try a variety of mindfulness practices, from guided meditations to simple practices that can be used anywhere.

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SUBSTANCE USE & HARM REDUCTION RESOURCES

Discovery Youth and Family Substance Use Services, <https://www.islandhealth.ca/our-services/youth-family-substance-use-services/youth-family-substance-use-services/discovery-youth-family-substance-use-services>

Discovery Youth and Family Substance Use Services offers free community-based counselling services, access to residential care and treatment for youth struggling with substance use. They assist youth and/or their families to reduce the harms associated with substance use and related issues. Discovery's services are available to anyone in the community directly or indirectly impacted by substance use. This includes:

- Youth aged 13 to 19 who have concerns about alcohol or drug use
- Families/Caregivers who are concerned about a youth using alcohol or drugs
- Any support person who is worried about a youth's use of alcohol or drugs
- Youth who are affected by someone else's use of alcohol or drugs

For more information about referral processes and getting connected, please visit their website.

Substance Drug Checking, <https://substance.uvic.ca>

1802 Cook Street, Victoria, BC | Monday to Friday, 12:00 - 7:00pm (last samples at 6:30pm)

- Substance offers free and confidential drug checking, using multiple instruments to determine a sample's main active ingredients, fillers or cutting agents, any unexpected drugs and the presence of fentanyl. They are providing in-person services and results are given on the spot in as little as 30 minutes.

AVI Health and Community Services <https://avi.org>

250-384-2366 | 3rd Floor - Access Health Centre 713 Johnson St, Victoria BC

AVI offers a variety of harm reduction supports including safer use supplies, overdose prevention sites, naloxone distribution and training, drug checking drop-off, and more. For more information about current offerings, please visit their website.

Victoria Youth Empowerment Society Specialized Youth Detox,

<https://www.vyes.ca/programs> | 533 Yates St, Victoria, BC

The Specialized Youth Detox program is a 5 bed voluntary non-medical withdrawal management program for all youth who want support with detoxification from alcohol and other drugs. The program offers short term residential service for youth ages 13-18. Referrals are accepted from anyone in the community, including youth themselves.

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SEXUAL HEALTH RESOURCES

Island Sexual Health, <https://www.islandsexualhealth.org>

250-592-3479 | 3960 Quadra Street, Victoria BC

- A community health care centre that offers comprehensive and choice-centered sexual health care and information for people of all genders, orientations, abilities and ages. All services are private, non-judgmental and supportive. Services include testing, treatment and prevention of Sexually-Transmitted & Blood-Borne Infections (STBBIs), pregnancy testing and pro-choice support, free safer sex supplies (e.g., condoms, lube), menstrual products, harm reduction supplies, gender affirming care, birth/bleed control prescriptions, and more.
- Island Sexual Health also has a confidential text line that provides answers to basic sexual health questions: 250-812-9374. This text line does not offer medical advice or counselling.

GetCheckedOnline, <https://getcheckedonline.com>

- A free online service to facilitate screening for STBBIs at participating LifeLabs locations across British Columbia. See the website above for more information and instructions.

Smart Sex Resource, <https://smartsexresource.com>

- Offers reliable information about sexual health, STBBI testing, partners, relationships and healthy communication.

Options for Sexual Health, <https://www.optionsforsexualhealth.org>

- Offers reliable information related to sexual health. Visit the tab titled “The Facts” for information about STBBIs, sex, birth/bleed control, emergency contraception, pregnancy, abortion, gender, frequently asked sexual health questions, and more.

Sex & U, <https://www.sexandu.ca>

- An online resource that offers information about sexual health and related topics.

Vancouver Island Choice Clinic, <https://www.vichoice.ca>

Vancouver Island Choice Clinic offers a range of specialized sexual health services including providing contraceptives and IUD insertion, abortion support, and miscarriage management. The clinic is accredited by the National Abortion Federation and they serve patients of all sexual orientations and gender identities.

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GENDER-AFFIRMING RESOURCES AND CARE

Gender Resources <https://www.bcchildrens.ca/clinics-services/endocrinology/gender-patient-and-family-resources>

- This page, offered through BC Children's Hospital, offers a variety of resources, information sheets and external links for gender-questioning, transgender, Two-Spirit and non-binary children and youth and their families.

Trans Care BC, <https://www.transcarebc.ca>

- Trans Care BC connects trans, Two-Spirit and non-binary people, their loved ones and clinicians with information, education, training and support. Their services include supporting pathways to care (including facilitating connections to gender-affirming care, counselling, primary care providers, peer support etc), and offering information for the health and wellbeing of trans, Two-Spirit, and non-binary individuals and their families.

VICTIM SERVICES

Victoria Sexual Assault Centre, <https://www.vsac.ca>

250-383-3232 | 3060 Cedar Hill Rd, Victoria, BC

- The Victoria Sexual Assault Centre is a feminist organization committed to ending sexualized violence through healing, education, and prevention. They are dedicated to supporting women, trans, Two-Spirit, and gender-diverse survivors of sexual assault and childhood sexual abuse, through advocacy and empowerment. They offer a variety of services including, but not limited to, individual counselling, group counselling, support navigating the criminal justice system and more.

Information and Resources for Sexual and Gender-Based Violence

<https://www2.gov.bc.ca/gov/content/safety/public-safety/domestic-violence>

- This online resource, provided through the Government of BC, offers information and supports for people who experiencing gender-based violence and abuse.

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VICTIM SERVICES (continued)

VictimLink BC, <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>

- VictimLinkBC is a toll-free, confidential, multilingual service available across BC and the Yukon 24 hours a day, 7 days a week and can be accessed by calling or texting **1-800-563-0808** or sending an email to 211-VictimLinkBC@uwbc.ca. You can contact VictimLinkBC even if you're not sure if you have been a victim of a crime.

Youth Against Violence Line, <https://victimlinkbc.ca/youth-against-violence>

- If you or someone you know is facing bullying, family conflict or other challenges, the Youth Against Violence Line can help by providing confidential and anonymous support, information, and referrals to appropriate resources across BC.

Need Help Now, <https://needhelpnow.ca/en>

If a private intimate image of you has been shared online, or you have experienced luring, sextortion, or other forms of online sexual violence as a youth, this resource can help you:

- Navigate next steps
- Send notices to assist with having offending accounts suspended and/or removed
- Send notices to platforms through Project Arachnid, our tool to help take down abusive images
- Connect you to additional services like counselling/therapy, peer support, or victim services that are a right fit, and available in your area

For more information about sextortion and online harms, please visit

<https://www.canada.ca/en/public-safety-canada/campaigns/online-child-sexual-exploitation/sexting-sextortion.html>

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SHELTER AND HOUSING RESOURCES

Kiwanis Emergency Youth Shelter, <https://www.vyes.ca/programs/#2>

2117 Vancouver Street, Victoria, BC | 250-386-8282 (answered 24/7) | e-mail: keys@vyes.ca

- This shelter provides a safe, non-judgmental place for youth aged 13-18 and offers supports including connections/referrals to community services, assistance with housing searches, assistance with job searches, access to basic needs (e.g., meals, showers, clothing) and individual assessment and planning.

Out of the Rain Youth Shelter, <https://beaconcs.ca/housing-shelter>

250-415-3856 | 1450 Elford St, Victoria, BC

- Out of the Rain Youth Shelter offers a warm, safe and dry place to sleep for up to 15 young people ages 15–25. Two trained staff members are available to lend support with resources and referrals. A warm meal in the evening and a light breakfast the following morning are available. Shelter hours are 8:00 p.m.–7:30 a.m., and no sign-up is required. Spaces are allocated on a first come, first served basis.

Threshold Housing Society, <https://www.thresholdhousing.ca>

1006 Fort St #101, Victoria, BC

- Threshold Housing Society provides safe housing and support services only for youth and young adults ages 16 to 24 years old (up until their 25th birthday). They have a limited number of pet friendly apartments. To contact the intake department, please email intake@thresholdhousing.ca.

211, <https://bc.211.ca>

- 211, a service operated by the United Way, offers a resource directory and system navigators to support with getting you connected to housing services, harm reduction, wellness services, employment support, disability assistance, and more. For a shelter list, please visit <https://bc.211.ca/shelter-lists>.
- System navigators are available from 9:00am - 9:00pm through texting (SMS) or calling 2-1-1.



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INDIGENOUS-FOCUSED RESOURCES

Hope for Wellness Helpline, <https://www.hopeforwellness.ca>

1-855-242-3310 | Online chat available through website link

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced counsellors are reachable by telephone and online chat 24 hours a day, 7 days a week. Counsellors center cultural awareness, trauma-informed approaches, and non-judgment in their work. Both telephone and online chat services are available in English and French. Telephone support is also available upon request in Cree, Ojibway (Anishinaabemowin), and Inuktitut.

- Please note: Supports in Cree, Ojibway, and Inuktitut are not available 24/7, so you may need to call in to find out the next time that a language-speaker will be available

Victoria Native Friendship Centre (VNFC), <https://vnfc.ca>

Reception: 250-384-3211 | 231 Regina Ave, Victoria, BC

The VNFC is a non-profit Indigenous-led organization located on Southern Vancouver Island, British Columbia, on the traditional lands of the Lekwungen speaking People of the Songhees and Xwsepsum Nations. VNFC offers unique wrap-around programming that includes full daycare, early childhood development programs, family violence prevention, law and health services, mental health and addictions supports, education and employment programs, youth services, food security programs, housing supports and services, Elders programs, a full community kitchen, cultural and arts events. For more information about current offerings, please visit their website.

Native Youth Sexual Health Network, <https://www.nativeyouthsexualhealth.com>

The Native Youth Sexual Health Network is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada. For more information and offerings, please visit their website.

Indigenous Liason Nurses and Patient Navigators (Island Health),

<https://www.islandhealth.ca/health-topics/indigenous-health/indigenous-health-program-contacts/indigenous-liason-nurses-patient-navigators-contacts>

This service helps provide Indigenous clients and families with support and advocacy through their journey of care. For more information and contacts, please visit the link above.