

ARC Programs Drug & Alcohol & Counselling Support

- Connect with your School Counsellor for guidance
- Call 250-763-2977



Ki-Low-Na Friendship Centre Aboriginal Youth Services

- Call or Text 778-392-8534
- youthcoordinator@kfs.bc.ca

Foundry: Counselling & Medical Support

- 236-420-2803 or foundrykelowna@cmha.bc
- Call to set up a virtual appointment



YMCA Employment Services for Youth

- YConnects Job Assistance 250-861-5627
- connect@ymcaokanagan.ca



Child Youth & Mental Health (CYMH Counselling Support)

- Connect with your existing counsellor OR
- Connect by phone 778-699-2272 for intake



Kids Help Phone: Talk with counsellors 24/7

- 1-800-668-6868 Text: 686868
- text, live chat & resources kidshelpphone.ca



YouthBC Chat Crisis Chat Hotline

- 310-6789 Mental Health Support
- Youthinbc.com Online Chat

Suicide Hotline: Talk with counsellors 24/7

- 1-800-SUICIDE (1-800-784-2433)

Youthspace Online crisis & emotional support 6pm– 12am

- Text 778-783-0177 youthspace.ca



Stay Safe!

APPS to TRY:

Mindshift *

Breathr *

Smiling Mind *

Insight Timer *

Stop Breath
Think