

Youth Resource List

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I NEED HELP



Kids Help Phone Counsellors:

- To talk for free anytime call 1-800-668-6868
- To text anytime text the word 'connect' to 686868

If you're worried about something, feel upset or confused, or you just want to talk to someone. You don't have to be suicidal

Chat www.vicrisis.ca 6pm-10pm

Call free anytime 1-888-494-3888

Text 250-800-3806 6pm-10pm

Emergency Crisis Walk-In, Brooks Landing M-F, 10am-6:15pm

Call RCMP non-emergency line 250-754-2345 (report something or get info)

Suicide prevention line for Aboriginal people:

Youth Crisis Line: 250-723-2040

For Nanaimo resources <https://sexual-education.sd68.bc.ca/teens/help>

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LGBTQ2S+



Two Spirit Resources
<http://www.phsa.ca/transcarebc/trans-basics/two-spirit>

Transgender health specialists based in BC/Van Island
<http://transhealth.phsa.ca/>

Local resources for Trans* people and their families
nanaimobc@pflagcanada.ca

www.genderspectrum.org

Inspiring and supporting LGBTQ people:
www.itgetsbetter.org
www.thetrevorproject.org

Generation Q (Nanaimo) at the Teen Centre (on 5th Street) meets every Thursday 7pm-8:30pm for a fun safe and supportive group, ages 13-18. Youth ages 18-24 are also encouraged to attend to participate as youth mentors and program volunteers.

<http://www.bgccvi.com/programs/south-side-teen-centre/> or check out the **Facebook Page**

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YOUTH HEALTH CLINICS



Options for Sexual Health
250-753-9511 all ages welcome
Fitzwilliam and Prideaux St.
www.optbc.org
Email anonymous questions to www.sexsense.org
1-800-sex-sense (call for free to ask a nurse anonymous health questions)

Tillicum Health Centre
Free, confidential and available to all community members. Appointments and Care Cards are not required 250-753-6578

1665 Grant Avenue Youth Clinic (near hospital):
Call 250-755-3345
Walk In open Tues 2-4:30pm

Ladysmith Youth Clinic
111-4th Ave Call 250-755-3345
Wednesday 2-4pm

Nanaimo Youth Wellness Centre at the N.A.C.
For anyone under 25
741 Third Street in Nanaimo
call or text 250-668-0761
Tues and Thurs 8:30 am-4pm
Wed from 3 pm to 6 pm

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YOUTH PROGRAMS



Free Tutoring

- literacycentralvi.org
- email: youth@literacycentralvi.org

Aboriginal Friendship Centre Programs for Youth

- <http://www.tillicumleulm.ca/programs-services/youth/>

Boys and Girls Club

- Youth Lounge at N.A.C. Thursdays 3-7pm for 12-17 year olds

- Teen Centre: Mondays Pizza/games 6:30-9pm, 20 Fifth Street, Nanaimo

<https://www.bgccvi.com/programs/south-side-teen-centre/>

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RELIABLE WEBSITES



kidshealth.org

advocatesforyouth.org

kidshelpphone.ca

sexandu.ca

goaskalice.columbia.edu

amaze.org (animations)

optbc.org

To report intimate photos being shared/posted without permission go to

- www.cybertip.ca
- www.needhelpnow.ca

Students can report bullying /concerns to your school anonymously

- <https://www2.gov.bc.ca/gov/content/erase>