

SUPPORT IS A PHONE CALL AWAY

Crisis lines are open 24/7

If you or your family have a mental health or substance use concern, call a crisis line.

Vancouver Island Crisis Line is available 24/7 at
1-888-494-3888

KUU-US Crisis Line for Indigenous People is available
24/7 at 1-800-588-8717

Mental Health & Substance Use Service Link. Call for
information on mental health, substance use, harm
reduction, addiction medicine and treatment services.
Call takers are available every day at 1.888.885.8824



SUPPORT - NOT STIGMA

Scan the QR code for islandhealth.ca/mhsu



FOR MORE INFO, VISIT: islandhealth.ca/right-care-right-place
or scan this QR code.

