

# Mental Health Resources

Find additional information and support through these resources

## Resources

- [BC Kuu-us Crisis Line Society](#)
- [Canadian Mental Health Association](#)
- [erase \(expect respect and a safe education\)](#)
- [Family Smart](#)
- [First Nations Health Authority Mental Health and Wellness Support](#)
- [Foundry Virtual BC](#)
- [HealthLinkBC: Helping Children with Grief](#)
- [Helping Students Cope with Difficult News](#)
- [Here2Talk](#)
- [Hope for Wellness Hotline](#)
- [Kelty Mental Health](#)
- [Kids Help Phone](#)
- [Learning through Loss](#)
- [Suicide Crisis Helpline](#)
- [QCHAT for 2SLGBTQ+ Youth](#)
- [Youth in BC](#)

## Local Support

- [Chilliwack Youth Health Centre](#)
- [Chilliwack Hospice Society](#)
- **START** (Short-Term Assessment, Response, Treatment)
  - Crisis response for ages 6–18 in Fraser Health.
  - Access via START Team at **1-844-START11**



Chilliwack  
School District

    
sd33.bc.ca