

Mental Health Supports



KIDS HELP PHONE:

**Call 1-800-668-6868 or
Text CONNECT to 686868**

988 Suicide Crisis Helpline:

Call or text 988

BC Crisis Line:

Call 310-6789 for 24HR support

Indigenous Crisis + Support Line:

Call 1-800-588-8717

**Speak to your school counsellor
or another trusted adult.**



Chilliwack
School District