



Mental Health Resources for the Agriculture Sector

Crisis Help Lines

- **Crisis Line Association of BC:**
 - Suicide lines (Toll-Free 24 hours): 1-800-784-2433
 - Mental Health Support (24 hours): 310-6789
- **BC Mental Health Support** 310-6789(no area code)
- **Vancouver Crisis Centre (24 hours):** 1-866-661-3311 or 1-866-872-0113
- **Fraser Health Crisis Line (24 hours):** 1-877-820-7444 or 604-951-8855
- **Interior 24/7 CRISIS LINE: Toll-Free 1(888) 353-2273**
- **Northern BC Crisis Centre (24 hours):** 1-888-562-1214 or 250-563-1214
- **Vancouver Island Crisis Line (24 hours):** 1-888-494-3888 or text 250-800-3806
- **First Nations & Inuit Hope for Wellness Line:** 1-855-242-3310
- **Metis Crisis Line:** 1-833-638-4722
- **KUU-US Aboriginal Crisis Line:**
 - Toll Free (24 hours): 1-800-588-8717
 - Adult/Elders Crisis Line (24 hours): 250-723-4050
- **CTC Telecare Crisis & Caring Line** (Providing Christian Crisis Intervention, Listening & Referrals): 1-888-852-9099 or 604-852-9099
- **S.U.C.C.E.S.S. Chinese Help Lines:**
 - Cantonese Crisis Line (10am-10pm): 604-270-8233
 - Mandarin Crisis Line (10am-10pm): 604-270-8222

Regional Safety Resources: Abbotsford

- **Woman's Resource Society of The Fraser Valley**
 - **Abbotsford Transition House:** 604-852-6008
 - Transition Houses provide safe shelter for women and children fleeing abuse
 - **Helpline for children** 310-1234 (no area code needed) Any time day or night
 - <https://youthinbc.com/2008/06/12/helpline-for-children/>
- **Abbotsford Community Services:** counselling and youth services, immigrant settlement, food bank and seniors' services.
 - Archway -[Home Page: Archway Community Services](#)
- **Ministry of Children and Family Development (MCFD)** 604-870-5880
 - Programs and services to children, youth, parents, families, people with special needs, and those fighting addictions.
 - <http://www.gov.bc.ca/mcf/>

Regional Safety Resources: Chilliwack and Kamloops

- **Mental Health/Alcohol & Drug Addiction Services** (Kings Street Centre) 250-376-7855
 - Monday-Friday, 8:30a-4:30p Crisis after hours: 250-377-0088
 - Website: www.interiorhealth.ca/FindUs/
- **Child and Adolescent Mental Health Centre:** 250-314-2122
 - <https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/MentalHealth/Pages/default.aspx>



Regional Safety Resources: Chilliwack and Kamloops (continued)

- **Interior Health Counselling Centre 24-7 Support**
 - Shelter Services: call 250-374-6162 or text 250-682-7931
 - Outreach Services: call or text: 250-320-3110
 - <https://www.kamloopsy.org/vawiss.htm> or <https://www.ksacc.ca/>
- **BC Alcohol & Drug Information Referral Program:** Toll Free 1-800-663-1441
 - 7 days a week.
 - <https://www.healthlinkbc.ca/mental-health-substance-use/resources/adirs>
 - www.interiorcommunityservices.bc.ca/
- **Kamloops Society for Drug & Alcohol Services (Phoenix Centre):** 250-374-4634
 - Website: <http://www.phoenixcentre.org/about>
 - Email: ksad@phoenixcentre.org
- **Interior Community Services (ICS):** 250-554-3134
 - Interior Community Services offers a wide range of prevention and supports to children, youth and family, community living and affordable housing
- **Abbotsford Food Bank** 604.859.5749

Other Resources:

1. **AgSafe Wellness Resources [Mental Wellness | AgSafe \(agsafebc.ca\)](#)**

People and websites to assist employers in finding and researching available mental health resources.
2. **Crisis Services Canada [Local Resources & Support | Crisis Services Canada](#)**

A list of crisis lines and websites available across B.C. and Canada.
3. **[Do More Agriculture Foundation detailed list of national agriculture mental health resources](#)**

including crisis lines, suicide prevention information, addiction supports, and training and education programs.
4. **[Canadian Red Cross Coping with Crisis](#)**

An outline of emotional and behavioural reactions to crisis and recommendations on dealing with them, as well as information on children's reactions.
5. **[Government of Canada, Responding to Stressful Events](#)**

A summary of mental health during stressful events and tips on caring for oneself, family, friends, and community during disaster or violent event.
6. **[Guelph Emergency Response Model for Mental Health Crises in Agriculture](#)**

An emergency response plan specific to the prevention and mitigation of mental health crises.
7. **[Guidebook for Wellbeing in Recovery:](#)**

A guide to emotional impact of emergencies, including worksheets to decrease stress during a stressful event
8. **[Preparing for and Coping with the Effects of a Disaster or Emergency](#)**

A guide to prepare for the emotional impact of a disaster and making a plan to mitigate stress.
9. **[Red Cross Psychological First Aid Pocket Guide](#)**

A guide to emotional and practical support for individuals, families, or communities that are having difficulty coping.