

## **Community Support Contact List**

Alberni Community and Women's Services Society (ACAWS)	250-724-7111
Child and Youth Mental Health	250-720-2650
Family Guidance (Family, Children and Youth Counselling)	250-724-0125
Ministry of Children and Family (support parents/families)	250-720-2650
Nuu-chah-nulth Child and Youth Mental Health Services	250-724-0202
USMA Nuu-chah-nulth (support parents/families)	250-724-3232
ADAPS (A.V. Drug & Alcohol Prevention Services)	250-724-6166
Wilde Youth	250-724-6166
Port Alberni Health Unit	250-731-1315
Teen Health Unit (ADSS)	250-720-9591
Teen Health Unit (ADSS)	250-723-6251 ext. 2493
Port Alberni Friendship Center	250-723-8281
Port Alberni Association for Community Living	778-421-4404

### **24 Hour Contacts:**

Vancouver Island Crisis Line	1-877-753-2495 (BC only) 1-888-494-3888 or <a href="http://www.viccrisis.ca">www.viccrisis.ca</a> 250-800-3806 (text only)
KUU-US Crisis Line	1-800-588-8717 250-723-2040 (Youth Line) or <a href="http://www.albernihosting.com/kuu-us/">www.albernihosting.com/kuu-us/</a>
Kids Help Line	1-800-668-6868

### **Websites:**

[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) - information and strategies on depression, anxiety, etc.  
[www.kidshealth.org](http://www.kidshealth.org) - information on a variety of health and social emotional topics  
<https://teenlineonline.org> - online chat for teens (help problem solve issues)  
[www.helpguide.org](http://www.helpguide.org) - information on a variety of health and social emotional topics  
[www.anxietybc.com](http://www.anxietybc.com) - information on anxiety (feelings of being overwhelmed)  
[www.depressionhurts.ca](http://www.depressionhurts.ca) - information on depression  
[www.stopbullying.gov](http://www.stopbullying.gov) - types of bullying/harassment, what to do, resources  
[www.kidshelpline.ca](http://www.kidshelpline.ca) - The Law and You, Counselling, Self-Quest, Resources  
<http://www.iwannaknow.org/teens/index.html> - information on sexuality  
<http://www.safekids.com/kids-rules-for-online-safety/> - info. on being safe online

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- Alberni Community and Women's Services Society (ACAWS) 250-724-7111**
- Victim Support Services – support and information for any man, woman or child who is a victim of crime 250-724-7111 ext. 223
  - Various program for Women, Teens and Children who have suffered physical or sexual abuse: Stopping the Violence Program 250-724-7111 etc. 222
  - Children and Youth Who Witness Abuse
- Child and Youth Mental Health 250-720-2650**
- Short term crisis intervention, Youth counselling for mental health concerns (depression, anxiety, eating disorders, psychiatric outpatient treatment, etc.)
- Family Guidance (Family, Children and Youth Counselling) 250-724-0125**
- Free counselling services for individuals, couples, youth and families, Youth Outreach working with MCFD referred youth, Triple P Parenting, Rainbows Grief and Loss Program for children 5 to 12, Connect Parenting Group for parents of teens, and Parent Teen mediation.
- Ministry of Children and Family (support parents/families) 250-720-2650**
- Family Services, Protection of Children and Youth (After Hours concerns phone Helpline 310-1234), Foster Home Resources, Youth Probation Services, Adoption Services
- Nuu-chah-nulth Child and Youth Mental Health Services 250-724-0202**
- USMA Nuu-chah-nulth (support parents/families) 250-724-3232**
- Family Services, Protection of Children and Youth (After Hours concerns phone Helpline 310-1234), Foster Home Resources,
- ADAPS (A.V. Drug & Alcohol Prevention Services) 250-724-6166**
- clients include those youth (ages 12-24) who are adversely affected by their own substance misuse or the problematic use of their family members.
- Wilde Youth 250-724-6166**
- Group supporting youth as their questions about friendships and sexuality
- Port Alberni Health Unit 250-731-1315**
- Teen Health Unit (ADSS) 250-720-9591**
- Teen Health Unit (ADSS) 250-723-6251 ext. 2493**
- Supporting youth with health questions (ie. physical concerns, birth control, sexually transmitted infections, etc.)
- Port Alberni Friendship Center 250-723-8281**
- Outreach Legal Advocate, Connect the Dots, Culture/Education, Alcohol and Drug Counselling, Family Services, Cultural Connections for Aboriginal Youth
- Port Alberni Association for Community Living 778-421-4404**
- Support individuals and families with physical and cognitive disabilities

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