

Suicide Crisis Helpline: Call or Text 9-8-8
Available 24 hours a Day

Information for people concerned about themselves or someone else and the risk of suicide.

Here2Talk

1-877-857-3397

Free single-session counselling services for post-secondary students are available through app, phone, or online chat: www.here2talk.ca.

KUU-US Crisis Line Society

1-800-588-8717

A BC wide Indigenous non-profit charity that provides 24 hour crisis services through education, prevention and intervention programs.

Hope for Wellness Helpline

1-855-242-3310

Available 24/7 to all Indigenous people across Canada. Online chat: www.hopeforwellness.ca.

HealthLink BC

8-1-1

24 hour nurse's hotline. Speak with a pharmacist, nurse, exercise professional, or dietician.

MENTAL HEALTH CENTRES

	Phone	Address
Abbotsford Mental Health Centre	604 870 7800	11-32700 George Ferguson Way
Mission Mental Health Centre	604 814 5600	3 rd Floor, 7298 Hurd Street
Fraser Health Authority, Chilliwack	604 702 4860	273 – 45470 Menholm Road
Mood Disorders Association Abbotsford	604 854 9404	2420 Montrose Avenue
Here to Help Website	www.heretohelp.bc.ca	

VICTIM LINK BC

24 Hour Help and Information Line	1 800 563 0808
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HOSPITALS

	Phone	Address
Abbotsford Regional Hospital and Cancer Centre	604 851 4700	32900 Marshall Road,
Chilliwack General Hospital	604 795 4141	45600 Menholm Road, Chilliwack
Mission Memorial Hospital	604 826 6261	7324 Hurd Street, Mission

WALK-IN CLINICS

Abbotsford Village Medical Clinic	604 504 7145	2050 Sumas Way
Cedar Care Clinic - Mission	604 820 7676	104 - 32423 Lougheed Highway
Doctors' Satellite Medical Clinic - Chilliwack	604 824 2113	1 - 6014 Vedder Road
Fraser Health Urgent Care - Abbotsford	604 870 3325	#100 - 2692 Clearbrook Road
Newgen Medical Clinic - Abbotsford	604 621 0841	#103 - 2493 Montrose Ave

YOUTH RESOURCES (Ages 12 – 24)**Phone****Address****Foundry Abbotsford****604 746 3392****101- 32555 Simon Avenue**

Community services for youth including mental health, primary care, counselling, and substance use services.

Chilliwack Youth Health Centre**604 819 4603****46361 Yale Rd**

Offers youth (ages 12 to 26 years) integrated health and wellness services including counselling for anxiety, depression, substance use, gender issues, family conflict, peer conflict, and school and life planning.

Cyrus Centre**604 859 5773****2616 Ware St, Abbotsford**

Provides 24-hour emergency housing and support for youth at risk of homelessness In the Fraser Valley and Fraser Canyon.

ALCOHOL & DRUG REFERRAL SERVICE**1 800 663 1441****QUIT NOW! SMOKERS HELPLINE****1 877 513 5333**

Community Resource Numbers

PUBLIC HEALTH UNITS

Abbotsford	604 864 3400	104 – 34194 Marshall Road
Chilliwack	604 702 4900	45470 Menholm Road
Health Protection/Safety-Abbotsford	604 870 7900	207 – 2776 Bourquin Crescent W

KIDS HELP PHONE

1 800 668 6868

CHILDREN AND FAMILIES

Child and Youth Mental Health Chilliwack	604-702-2311	8978 School Street
Child and Youth Mental Health Abbotsford	604 870 5880	2828 Cruickshank Street
Child Protection Services Abbotsford	604 870 5880	2828 Cruickshank Street
Community Living for Mentally Handicapped	604 870 5900	Suite 201 – 2777 Gladwin Road
Abbotsford Addictions Centre	604 850 5106	31943 S Fraser Way
Alzheimer Resource Centre	604 702 4603	9291 Corbould Street, Chilliwack
BC Schizophrenia Society	604 858 6870	(Chilliwack)
Community Services	604 859 7681	2420 Montrose Street
Continuing Care/LTC	604 556 5000	103 – 34194 Marshall Road
Corrections/Probation	604 851 7100	2865 Cruickshank Street
Reporting of Child Abuse and Neglect	1 800 663 9122	
Missing Children Society of Canada	1 800 661 6160	
Child Find BC	1 888 689 3463	
Youth Against Violence	1 800 680 4264	

RESOURCES FOR AT-RISK WOMEN AND CHILDREN

Archway Community Services	604 859 6334
Ann Davis Transition Society	604 792 2760
Ann Davis Transition House	604 792 3116
Cyrus Centre (Youth ages 16 – 24)	604 859 5773
SARA's Abbotsford Transition House	604 852 6008
SARA's Mission Transition House	604 826 7800
Wilma's (Xolhemet) Transition House	604 858 0468

POLICE NON-EMERGENCY

Abbotsford	604 859 5225
Mission	604 826 7161
Chilliwack	604 792 4611

MINISTRY OF HOUSING AND SOCIAL DEVELOPMENT – Abbotsford

(Formerly *Human Resources/Social Services*) 866-866-0800 101 – 2684 Trinity Street

FOOD BANK

Food Bank – Abbotsford	604 859 5749	33914 Essendene Avenue
Salvation Army Food Bank – Chilliwack	604-792-0311	46420 Brooks Avenue