

Crisis Line Supports 24/7

If you think someone is at risk of self-harm:

- Stay with the person until help arrives
- Remove any weapons, medications, or things that may cause harm.
- Listen, but don't judge, argue, threaten, or yell



CALL 911

They will ask if you need
“Police, Fire or Ambulance”

OR



Gold River Clinic

Monday-Friday 8:30-5:30

After Hours Nurse

250-201-3739

OR

Call 988 Suicide Crisis Helpline

Call Kuu-us Crisis Line Toll Free

1-800-588-8717



Call Vancouver Island Crisis Line

1-888-494-3888

Chat 6-10 pm at vicrisis.ca

Text 6-10 pm at [250-800-3806](tel:250-800-3806)