

Oceanside Support Services

988 Mental Health 24-hr Crisis Line

call or text 9-8-8

Vancouver Island 24-hr Crisis Line

1-888-494-3888

VI Crisis Text (6pm-10pm)

250-800-3806

Parksville Child & Youth Mental Health Clinic

250-954-4737

Tuesday drop-in 9am-3:30pm

Discovery Substance Use Services

250-947-8242

KUU-US Indigenous Crisis Support 24-hr Line

1-800-588-8717

Kids Help Phone 24-hr Line

Text CONNECT to 686868

Oceanside Health Centre Mental Health Walk-In

Mon-Fri 10am-6pm

SOURCES (Oceanside Resource Centre)

250-752-6766

Society of Organized Services (SOS)

250-248-2093

Haven Society 24-hr Crisis Line

1-888-756-0616

BC Nurse Line 8-1-1



Online Support Resources

bc.211.ca

(call or text 2-1-1)

vicrisis.ca

hopeforwellness.ca

fnha.ca

anxietycanada.com

bouncebackbc.ca

heretohelp.bc.ca

keltymentalhealth.ca

foundrybc.ca

erasebullying.ca

