

School & Community Resources

There are supports you can lean on during this time. Don't be afraid to reach out.

Winchelsea Learning Centre Resources– PASS & CEAP - school hours:

<u>School Supports</u>	<u>Contact</u>
WLC Counsellor	Counselling office - Meghan
WLC CYCW	School – Paul or William
Your School Indigenous Education Advocate	School - Linda
District Substance Support Worker	Miranda Agostini: Text or call 250-228-0043
District Social Worker	Iain Hay: 250-927-1065
Learning Support	Darcy Switzer

Community Resources:

Support	
In case of emergency call 911	
CRISIS LINE – do not need to be in active crises to use this line	1-888-494-3888 open 24/7 250-800-3806 text this number 6 pm – 10 pm
HELP @ BC	Ph: 211 Website: BC211.ca
DISCOVERY Youth & Family Substance Use Services	Ph: 250-947-8215 or ask someone at your school to help you connect with a counselor
SOS (Society of Organized Services)	Ph: 250-248-2093 Website: www.sosd69.com
Sources (Oceanside Resource Centre)	Ph: 250-752-6766 Website: www.sourcesbc.ca
MCFD (Ministry of Children & Family Development) CYMH (Child Youth Mental Health)	Ph: 250-954-4737
Parksville Youth Clinic ages 12-25	Ph: 250-947-8242 Family Place drop in: Tues/Thurs 230-445 pm
Oceanside Health Centre	Ph: 250-945-9550 Website: www.islandhealth.ca/our-locations/hospitals-health-centre-locations/oceanside-health-centre
Mid-Island Sexual Assault Services	Ph: 250-228-2273 Website: www.misas.ca
Forensic Nurse Examiner Program	Access care: Vancouver Island Crisis Line: 1-888-494-3888 Victoria Sexual Assault Information Line: 250-383-3232 Any health care professional can initiate a referral

Support	Contact
Lifeguard App “Never Use Alone”	Free to download on your phone Website: lifeguardDH.com
ERASE= expect respect & a safe education	Websites: erase.gov.bc.ca Erasereportit.gov.bc.ca Twitter @erase
Kids Help Phone	Ph: 1-888-688-6868 Text: 686868
Youth Mental Health Canada	Website: www.ymhc.ngo
Foundry BC Peer Support: Virtual support → ages 12-24	Website: www.foundrybc.ca/virtual/peer-support/
Foundry BC	Website: www.foundrybc.ca
Trans Care BC- Peer Support Directory	Website: www.phsa.ca/transcarebc/care-support/peer-community/srvc-directory
Kelty Mental and Sexual Health Resources	Website: keltymentalhealth.ca/youth-young-adults
Health Link BC	Website: www.healthlinkbc.ca
Love is Respect: info about dating, relationships and safety	Website: www.loveisrespect.org



