

## **CYBERBULLYING SITES:**

[www.safeteen.ca](http://www.safeteen.ca)

[www.safeonlineoutreach.com](http://www.safeonlineoutreach.com)

[www.weron2u.ca](http://www.weron2u.ca)

[www.cyberbullying.us](http://www.cyberbullying.us)

## **CRISIS LINES:**

**Youth Crisis Line** 604-872-3311

Stressed, angry or worried? What to do if you or someone you know is suicidal. 24 hour information, resources and support for youth in crisis.

[www.youthinbc.com](http://www.youthinbc.com)

**Kids Help Phone** 1-800-668-6868

24 hour free counselling services

**South Fraser Crisis Line** 604-951-8855

24-hour, confidential phone support and resource information

**MCFD Helpline for Kids** 310-1234

Hotline for reporting abuse or neglect

**Youth in BC** 1-866-661-3311

Volunteer listeners are available for confidential talks.

## **YOUTH AND VIOLENCE:**

**Youth Against Violence Line**  
1-800-680-4264

Help prevent someone from getting hurt by calling this confidential, untraceable number to get assistance from local police

[www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com)

**Taking a Stand** 1-800-680-4264

If you are being threatened or are a victim of violence [www.takingastand.com](http://www.takingastand.com)

**VictimLink** 1-800-563-0808

Help and information anytime, anywhere in BC for victims of family violence, assault, sexual violence, abuse and other crimes

**Delta Police Victim Service** 604-940-5019

Offers assistance to youth impacted by crime and trauma. Services include emotional support, information on the Criminal Justice system, court support and referrals to community agencies.

## **HEALTH & FAMILY ISSUES:**

**Boys & Girls Club** 604-591-9262

Provides youth related programs such as, counselling, anger management, sexual abuse counselling, youth housing support and healthy relationships counseling

**Youth Resource Centres:**

**Hillside Club (North Delta)** 604-596-9595

**Wintemute Club (Ladner)** 604-946-2027

**Winskill Club (Tsaw)** 604-943-9873

**Teen Guide to Parental Separation & Divorce**

[www.familieschange.ca](http://www.familieschange.ca)

**Youth Suicide Prevention Program – Deltassist** 604-594-3455

Other Youth Programs: Teen Parent Help, Alcohol & Drug programs for those affected directly or indirectly

**Facts of Life Line** 1-800-739-7367

Information and referrals regarding sexual health and pregnancy options

**South Delta Public Health**

**South: 604-952-3550**

**North: 604-507-5400**

Provides counselling regarding STD's, teen pregnancy and other health issues.

## **YOUTH & DRUGS:**

**D-talks** 1-866-658-1221

Coastal Health Central Referral Line – will refer youth from Delta

**Peak House** 604-253-6319

Affiliated with Pacific Youth & Family Services Society  
Residential program for ages 13-18

**DIVERSEcity** 604-597-0205

Offers support to families.  
Alcohol and drug issues for South Asian and Spanish youth.

**Deltassist** 604-594-3455

Offers Youth Programs: Teen Parent Help, Alcohol & Drug programs for those affected directly or indirectly. Assessment and counselling

**Creekside Detox** 604-587-3755

Ask for Youth Detox

**Astra Youth Addictions  
Outreach Counselling Program**  
Newton Centre 604-592-6200  
Guildford Centre 604-587-8100

**Alcoholics Anonymous** 604-434-3933

**Narcotics Anonymous** 604-873-1018

### MENTAL HEALTH:

**Adolescent Crisis Response Program**  
604-585-5561

Referral services for mental health issues.  
Referrals from School Counselors, doctors,  
hospitals and other agencies.

**Canadian Mental Health Association**  
604-943-1878

For information regarding mental health  
issues

**Adolescent Youth Mental Health  
Services (MCFD)**  
North 604-501-3237  
South 604-940-7900

### LEGAL:

**UBC Law Students' Society** 604-822-5791  
Free legal information and resources

**Legal Services Society (Legal Aid)**  
Provincial Call Centre 604-408-2172  
for self-referrals

**Options for Youth** 604-594-3455  
For young offenders you need assistance  
preparing for court and/or support  
counselling

### YOUTH AT RISK:

**Options: Services to Community Society**  
604-596-4321

[http://www.options.bc.ca/program\\_categories.php?cat\\_id=11](http://www.options.bc.ca/program_categories.php?cat_id=11)

**Buddy-Youth Program, DIVERSEcity**  
604-597-0205

A program that connects immigrant youth  
with host youth, to provide peer support and  
assist in adapting to a new country.

### FOOD AND BODY IMAGE ISSUES:

**Kelty Resource (previously The Eating  
Disorder Resource Centre of BC)**  
1-800-665-1822

<http://www.bcmhas.ca/supportcentre/kelty/default.htm>.

**Delta Mental Health** 604-592-3700  
They work with all ages of people suffering  
from eating disorders.

### COUNSELLING:

**Deltassist** 604-594-3455  
Offers Youth Programs: Teen Parent Help,  
Alcohol & Drug programs for those  
who are affected directly or indirectly.  
Assessment and counseling

**Child and Youth Mental Health – Ministry  
of Children and Families**  
604 940-7900  
or 604 501-3237

# Youth Resource List



*D.O.V.E.*

*Delta Opposes  
Violence Everywhere  
Coordinating  
Committee*

[www.deltassist.com/dove.html](http://www.deltassist.com/dove.html)