

Crisis Supports and Resources

Peer Assisted Care Team – AVI Health & Community Services

If you or someone you know in the Comox Valley is experiencing a crisis, you can reach the CRCL Team between 10:00am to 10:00pm, Monday through Friday, as well as Saturday and Sunday, from 10:30am to 5:30pm

The CRCL Team includes both individuals with lived/living experience, and mental health professionals. It focuses on health, well-being, and community support.

Call: 250-681-4878

Suicide Crisis Line

Call: 9-8-8

24/7 HealthLink BC

Call: 8-1-1

Immediate crisis support available to residential school survivors.

24-Hour National Crisis Line | Call: 1-866-925-4419

KUU-US Crisis Line Society | Call: 1-800-588-8717

Métis Crisis Line | Call: 1-833-638-4722

Hope for Wellness Help Line | Call: 1-855-242-3310 or at hopeforwellness.ca