



Get help for you or  
your loved one

[fraserhealth.ca/mentalhealth](https://fraserhealth.ca/mentalhealth)

Information about mental health  
and substance use services



## Are you in crisis? Know who to call

### Emergency Services

9-1-1



### Adults

#### Fraser Health Crisis Line

604-951-8855 or  
toll-free 1-877-820-7444

#### Culturally Sensitive Crisis Line for Aboriginal peoples

1-800-KUU-US17 (588-8717)

### Youth

#### Kids Help Phone

1-800-668-6868



#### START Team

1-844-START11 (1-844-782-7811)

#### Alcohol and Drug Information and Referral Service

604-660-9382 or  
toll-free 1-800-663-1441

