
Are you or someone you know thinking about suicide?

There are supports available, and you are not alone.

If you or somebody you know is thinking about suicide or is in mental health crisis, contact a crisis line.

Canada Suicide Prevention Service—24/7 phone support

Call 1-833-456-4566

Text 45645 : 1PM – 9PM PST

BC Crisis Line – 24/7 phone support

Call 1-800-SUICIDE or 1-800-784-2433

KUU-US crisis line—24/7 phone support for Indigenous people in BC

Call 1-800-588-8717

Indian Residential School Survivors Society—24/7 phone support

Crisis intervention and support for those experiencing emotional distress regarding their residential school experience.

Call 1-866-925-4419

Trans Lifeline- 24/7 hotline

Staffed by and for people who identify as transgendered.

Toll-free: 1-877-330-6366

LGBTQ2S+ Youth Line—Sunday to Friday, 4:00 to 9:30 p.m

Toll-free: 1-800-268-9688.

BC Mental Health Support Line—24/7 phone support

Provides emotional support, information and resources regarding mental health issues.

310-6789 (no area code needed)



Struggling? It can help to talk to somebody.

There are free in-person, online and phone counselling services, and Learner Services can help connect you with further support.

Local counselling can be accessed through several avenues:

Check the Mental Wellness and Counselling page on the CMTN website for a list of counsellors providing fully covered service to CMTN students

Utilize your student union benefits for 75% coverage on counselling costs for other counsellors. Contact organiser@mycmsu.org if you need more information on your coverage.

Contact fnac@coastmountaincollege.ca for information on coverage through First Nations Health Authority

Foundry – services for ages 12-24

Terrace location: drop in counselling, peer support and healthcare

Additional locations: virtual counselling appointments available

Call 250-635-5596 or email foundryterraceinfo@tdcss.ca

Here2Talk:

Visit the website (<https://here2talk.ca/home>) or download the app for online chat.

Call 1-877-857-3397 (toll free)

BC students can use Here2Talk services for free, confidential counselling and community referral services.

This service is available 24/7 and can be accessed through an app, phone, or web-chat.

Counselling is offered in English and French, and translation in further languages is available.

Hope for Wellness

Free, confidential 24/7 phone and online chat counselling for Indigenous peoples across Canada.

Counselling is offered in English, French, Cree, Ojibway and Inuktitut.

Call 1-855-242-3310 or visit their website at www.hopeforwellness.ca



Mental Health Resources: International Students

This document outlines some available resources, as well as information on international calling and available languages.

If you are concerned about a students' mental health and they are abroad, refer them to these services, and Learner Services for further follow-up.

If the student is in acute distress or talking about suicide, immediately alert your manager and Learner Services for support.

Service	Information	Numbers	Language information	Who can call?
Here2Talk	<ul style="list-style-type: none"> Free, 24/7 confidential counselling phone, web chat, or app 	Canada #: 1-877-857-3397 International calling: 1-604-642-5212	<ul style="list-style-type: none"> English and French Other languages, if a provider fluent is available. Translation services in over 200 languages. 	<ul style="list-style-type: none"> Available for all students registered at a BC post-secondary institution, studying in Canada or abroad. International calling charges may apply outside of Canada.
Find a Helpline	<ul style="list-style-type: none"> International helplines If you are studying outside of Canada, and you or someone you know is thinking about suicide or dealing with a mental health crisis, this resource can refer you to a local helpline. Services and hours will vary depending on each crisis line. 	Many!	<ul style="list-style-type: none"> Languages will vary depending on the crisis line 	<ul style="list-style-type: none"> Eligibility will vary depending on the crisis line.
BC Crisis line	<ul style="list-style-type: none"> 24/7 crisis support available. If you or someone you know is thinking about suicide or dealing with a mental health crisis. 	1-800-784-2433	<ul style="list-style-type: none"> Translation services are available in 140 languages. 	<ul style="list-style-type: none"> Anyone living in BC. International callers should use the Find a Helpline website.

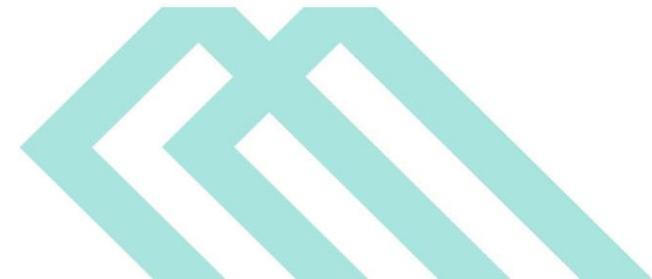
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Service	Information	Numbers	Language information	Who can call?
Wellness Together Canada	<ul style="list-style-type: none"> Free 24/7 confidential counselling phone or text. 	Call: 1-866-585-0445 Text: WELLNESS to 741741	<ul style="list-style-type: none"> English and French Other languages, if a provider fluent is available. Translation services in over 200 languages. 	<ul style="list-style-type: none"> Anyone living in Canada Those living abroad may be able to access as well, international callers should refer to the Find a Helpline website. International calling charges may apply outside of Canada.
BC Mental Health Support Line	<ul style="list-style-type: none"> Available 24/7 Providing mental health support and referrals. 	310-6789 (no need for area code)	<ul style="list-style-type: none"> Translation services are available in 140 languages. 	<ul style="list-style-type: none"> Anyone living in BC International callers should refer the Find a Helpline website.
MH and Substance Use Supports in BC –BC Government	<ul style="list-style-type: none"> Important resources for mental health, substance use, violence, housing, child abuse, and emergency health care. 	https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc/contacts		Services primarily for those living in BC.



Know someone struggling with their mental health?

Be There from anywhere.

Be There

Learn how to start the conversation, show you care and help someone get the help they deserve.

Learn how at [BeThere.org](https://www.bethere.org)



Be There Golden Rules

a resource by
[jack.org](https://www.jack.org)

1 Say what you see

Speak to the facts without making assumptions.

Hey, haven't heard from you in a while. How's it going? You doing alright?

2 Show you care

Simply knowing someone is there for you can make a huge difference. Actions often speak louder than words.

I care about you. What can I do to help? I'm here if you need anything.

3 Hear them out

Open up space for them to speak. Ask follow up questions and validate how they're feeling.

I hear you, that sounds super hard. Can you tell me more about that?

4 Know your role

Set boundaries to protect your relationship and your own mental health.

My job is to just be there and listen, not to fix things.

5 Connect to help

Offer support to help them find resources, get help and know what to expect.

You're not alone. Have you thought about talking to a professional or an adult you trust in your community?

What do I do if I am a student who has experienced sexual violence?

coast
mountain
college

Find Help

- Call 911
- Find a College employee to assist you
- Seek medical assistance if needed

Disclose the incident to a member of the college

a College employee will guide you to the right supports

Get Support

- Here2Talk online counseling
- Accessibility Services
- First Nations Access Coordinators

Pursue Available Options

- Make a report to the police
- Continue accessing support
- Make a formal complaint to the Dean Student Success*

*Refer to Sexual Violence and Misconduct Response Procedures