

Introduction to systemic discrimination

Module 1 handouts



Where can I get support?

Below we list a number of resources for those experiencing distress. This list is not exhaustive and may not include the most appropriate resource to meet your needs. If you require assistance and don't see a program here that's right for you, please feel free to contact our Office for assistance by emailing info@bchumanrights.ca.

Crisis Intervention & Suicide Prevention Centre of BC

Immediate access to ~~barrier~~-free, non-judgmental, confidential support and follow-up through 24/7 phone lines and online services.

Call: 1-800-784-2433 (1-800-SUICIDE)

Chat: www.crisiscentrechat.ca

VictimLinkBC

Toll-free, confidential, multilingual service available across B.C. and the Yukon 24 hours a day, 7 days a week.

Call or text: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

310 Mental Health Support

Toll-free province-wide access to emotional support, information and resources specific to mental health, available 24/7.

Call: 310-Mental Health (310-6789) – no need to dial an area code

Alcohol & Drug Information and Referral Service

Free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Free, multilingual telephone assistance is available 24 hours a day, 7 days a week.

Call: 1-800-663-1441

KUU-US Crisis Line Society

24-hour crisis line for Indigenous adults, elders and youth: First Nations and Aboriginal Peoples helping First Nations and Aboriginal Peoples.

Call toll-free: 1-800-588-8717 Adults and Elders call: 250-723-4050
Children and Youth call: 250-723-2040

Indian Residential Schools Survivors Society

Crisis support for Survivors, families and communities, offering emotional, mental, and spiritual support, available 24/7.

Call: 1-800-721-0066

Black Youth Helpline

Professional, culturally relevant youth and family assessments and intervention

Call: 1-833 294 8650

Native Youth Crisis Hotline

Answered by staff 24/7. Available throughout Canada and US.

Call: 1-877-209-1266

Kids Help Phone

Canada-wide 24-hour bilingual counselling and information services for children and youth between 5 to 20 years old. Services can be accessed via telephone, mobile app, and online.

Call: 1-800-668-6868

Islamophobia hotline

Free confidential legal advice if you feel that you have been discriminated against, harassed, or faced violence because you are Muslim or are perceived to be Muslim.

Call: 604-343-3828

S.U.C.C.E.S.S. Chinese Help Lines

Serves callers in the province of British Columbia who speak Mandarin or Cantonese.

For Cantonese, call: 604-270-8233

For Mandarin, call: 604-270-8222

Prideline (Gay and Lesbian Helpline)

Peer support, information and referrals for anyone in BC, available weeknights (Monday to Friday) from 7:00 pm to 10:00 pm

Call: 1-800-566-1170

Trans Lifeline

Grassroots hotline offering direct emotional and financial support to trans people in crisis: for the trans community, by the trans community.

Call: 1-877-330-6366

Battered Women's Support Services (BWSS) Crisis Line

Provides emotional support to women experiencing gender-based domestic violence and/or uncertainty during these difficult times. Takes calls from Monday to Sunday, 24 hours a day.

Call: 1-855-687-1868

Text: 604-652-1867

Email: intake@bwss.org

Seniors Distress Line

Free and confidential telephone support service for seniors, their caregivers or anyone concerned about a senior. Calls are answered 24 hours a day, 7 days a week by highly trained, non-judgmental and caring volunteers.

Call: 604-872-1234