

OCEANSIDE SUPPORT SERVICES

Child and Youth Mental Health Walk-In
250-954-4737 (Tues 9 am-noon and 1-3:30 pm)

Public Health Unit and Youth Clinic
250-947-8242

Oceanside Health Centre Mental Health Walk-In
Mon-Fri 10 am - 7 pm

Discovery Youth & Family Substance Use Services
250-947-8215

SOURCES (Oceanside Resource Centres)
250-752-6766

Society of Organized Services (SOS)
250-248-2093

Forward House Community Society
250-954-0785

Vancouver Island Crisis Line
1-888-494-3888

Kids Help Phone
1-800-668-6868

1-800-SUICIDE (1-800-784-2433)
If you or someone you know is considering
suicide

BC Nurse Line call 811

Haven Society(250-248-3500-Parksville
Haven Society 24 Hour Crisis Line
1-888-756-0616

ONLINE RESOURCES

www.anxietybc.com

www.bouncebackonline.ca

www.heretohelp.bc.ca

www.keltymentalhealth.ca

www.mindcheck.ca

www.collaborativetoolbox.ca