



A CHARS CONSULTING GUIDE

CRISIS SUPPORT

Canada-Wide Crisis & Support Directory

Every major national and provincial helpline, in one printable reference.

If you or someone you love is struggling, help is available across Canada, much of it free, confidential, and open 24/7. Keep this directory somewhere handy. You do not have to be in crisis to call; many of these lines are there simply to talk things through.

Call 236-881-2600

charsconsulting.com · Fraser Valley, BC & across Canada

Educational resource — not a substitute for professional or emergency care. In crisis, call 911.

In an emergency

If someone's life is in immediate danger, do not wait.

911

For any immediate emergency: medical, safety, or overdose.

9-8-8 Suicide Crisis Helpline

Call or text 988, 24/7, anywhere in Canada.

Talk Suicide Canada

1-833-456-4566 (call, 24/7) · text 45645 (4pm–midnight ET).

Mental health & substance use

Wellness Together Canada

Free mental-health and substance-use support and counselling. Call 1-866-585-0445 or visit wellnesstogether.ca.

National Overdose Response Service (NORS)

1-888-688-6677. A confidential line that stays with you while you use, in case of overdose.

Drug Rehab Services

1-877-254-3348. Help finding treatment options across Canada.

Your provincial health line

Call 811 in most provinces for health advice and local referrals.

Indigenous supports

Hope for Wellness Helpline

1-855-242-3310. Counselling and crisis support for all Indigenous peoples in Canada, 24/7 and in several languages.

First Nations & Inuit Hope for Wellness Chat

Online chat available at hopeforwellness.ca.

Children, youth & families

Kids Help Phone

1-800-668-6868, or text CONNECT to 686868. Free, confidential, and open 24/7 for young people.

Families for Addiction Recovery (FAR)

Support for parents and families of those struggling with addiction. See farcanada.org.

Moms Stop the Harm

A network of families affected by substance-use harms and loss. See momsstoptheharm.com.

Peer support groups

Free, community-based groups where people support one another through recovery. Most offer both in-person and online meetings.

Alcoholics Anonymous (AA)

aa.org. Meetings and support for alcohol recovery.

Narcotics Anonymous (NA)

na.org. Meetings and support for drug recovery.

SMART Recovery

smartrecovery.org. A science-based, self-directed alternative to 12-step.

CAPSA

capsa.ca. Support and education to reduce substance-use stigma.

In the Lower Mainland

For those in Greater Vancouver and the Fraser Valley, local services can connect you to care close to home.

Fraser Health Crisis Line

604-951-8855 or 1-877-820-7444, 24/7.

MHSU Support Line (Fraser Health)

1-833-866-6478, 8:30am–8:30pm, 7 days a week.

Rapid Access Addiction Clinics (RAAC)

Walk-in addiction medicine at hospitals across the region, no appointment needed.

Access Central

Detox and treatment intake. Call 1-866-658-1221.

How to use this directory

- You don't have to be in crisis to call; these lines are for hard days too.
- If the first call isn't the right fit, try another. Help comes in many forms.
- Save the numbers that matter to you in your phone right now.
- Details can change, so please confirm hours and eligibility when you call.

Chars Consulting is here to help you make sense of the options and take the next step. Call 236-881-2600 for confidential, judgement-free guidance, wherever you are in Canada.

Keep reading at charsconsulting.com

- [Interventions](#)
- [Addiction Education](#)
- [Aftercare Planning](#)

If you or someone you love is in immediate danger, call 911. Talk Suicide Canada: 1-833-456-4566 (call, 24/7) or text 45645. Chars Consulting: 236-881-2600 for confidential guidance and a clear next step.