



Mental Health and Substance Use Support Resources and Services for Mayne Island

911 - Emergencies / BC Ambulance Service
Vancouver Island Crisis Line: 1-888-494-3888
8-1-1 - 24/7 Nursing advice & virtual care

Mayne Island Health Clinic | Phone: 250-539-2312

- Appointments, mental health care referrals and resources
- The Cognitive Behavioural Therapy (CBT) Skills Group program and BCALM Mindfulness meditation referrals
- Naloxone Training and kits available at the Clinic and Ambulance station

**Mental Health and Substance Use Counselling Services for the Southern
Gulf Islands: self-referral.** General Inquiries Phone: 1-250-538-4711 opt 1

Adult Counselling on Mayne Island: Ann Hadaway

Phone: 1-250-588-6813 or 1-250-886-9763 email anncitizens@gmail.com

Mental Health and Substance Use – one on one, in person Counselling, no cost

Family Counselling Salt Spring Community Service (no cost)

Ali Stark Phone: 1-250-222-0025 or email astark@ssics.ca

Youth Counselling available in person on Salt Spring Island, virtual for the Southern Gulf Islands (no cost) Phone: 1-778-353-4731

Kids Help Phone 1-800-668-6868 or text connect

IWAV: Island Women Against Violence: Support for all women inclusive of cis, trans and non-binary individuals who are impacted by any type of violence. IWAV also provides affordable housing to all individuals

Crisis Line: 1-250-537-0735 Toll free: 1-877-435-7544

**REACH Trauma Response Consulting Ltd. Clinical Counselling and Grief
Support Mayne Island** REACHTRAUMA.COM | info@reachtrauma.com

Phone: 1-236-999-7510

CARES Clinic Victoria Phone: 1-250-519-3485 - Multiple supports for youth
<https://www.islandhealth.ca/sites/default/files/mental-health-substance-use/documents/cares-brochure.pdf>

RCMP Victims Services counselling support for the Outer SGI (on Pender Island) Phone: 250-629-6531 or 1-250-216-3720

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[Salt Spring Hospice Society – Comfort, care and support for people affected by life threatening illness](#) Supportive counselling for friends and families who have lost a loved one. **Phone: 1-250-537-2770**

[Living Through Loss Counselling | Professional Grief Counselling and Training for People experiencing Loss and Life Change](#)
Phone: 1-778-931-5013

[BC Bereavement Helpline \(bcbh.ca\)](#)
Toll free 1-877-779-2223 | contact@bcbh.ca

LUMARA Grief and Bereavement Care [https:// lumarasociety.org](https://lumarasociety.org)
Phone:1-866-9LUMARA or email : info@lumarasociety.org

[wellnesstogether.ca](#) - Grief and loss coaching, mental health and substance use support, free, virtual 24/7 support for youth and adults. **TEXT to 741741**

Indigenous Wellness Help Line **1-855-242-3310**

Canada Suicide Prevention Service **1-833-456-4566**

Trans Lifeline (support for transgender people) **1-877-330-6366**

Alcoholics Anonymous (AA) Hearts of Mayne Group, Sundays 9am, Mayne Island Health Centre (Lower Level)

Mayne Island Holding HOPE: Support Group for Parents and Family Members of someone suffering from substance use disorder
HoldingHopeMayneIsland@gmail.com

Senior's Community Line
1-250-388-2273

Men's Trauma Center
1-250-381-6367

Family Law Line
1-866-577-2525

**Ministry of Children and Family
Development (MCFD)**
1-800-663-9122

BC211 Help Line is a nonprofit organization that specializes in providing free information for community, government and social services.

Email: help@bc211.ca | Website: www.bc211.ca



Resources and information compiled by Dr. Juliana Losier

