·FOUNDRY·
FORT ST. JOHN

Shine On YMCA BC

MENTAL HEALTH & SUICIDE ALERTNESS RESOURCE GUIDE

Fort St. John & Area



Northern Lights College

UNBC UNIVERSITY OF NORTHERN BRITISH COLUMBIA
School of Social Work

URBAN SYSTEMS

idealos OFFICE SOLUTIONS

OIL WIVES CLUB OF FT. ST. JOHN
FOSTERING FRIENDSHIP

NINAN DANE ZAA DEH ZONA

SUTHERLAND COUNSELLING SERVICES

Kenkeknem
PSYCHOTHERAPY

SPECIAL THANKS

A special thank you to **Reilli Petersen**,
member of the Foundry Fort St. John Youth Advisory Committee
and the Foundry BC Provincial Youth Advisory Committee,
for contacting every organization included in this resource guide to
verify that the information is accurate, current, and up to date.



YOUTH SPECIFIC RESOURCES

The orca is used to symbolize resources specifically
available for and catered to youth access.
Resources found throughout this guide that don't have
an orca icon are still youth friendly.

Last Updated: November 15, 2026

FSJ SPECIFIC RESOURCES

EMERGENCY #S

ALL EMERGENCIES — 911

24HR Suicide Crisis Help Line—988 Call/Text

- Trauma-informed, culturally appropriate, judgment-free support
- Accessibility supports for deaf/hearing impaired
- Responders connected to local/national crisis services
- Talk Suicide Support Line 1-833-4566 routes you to 988

Fort St. John RCMP non-emergency line — 250.787.8140

- Car 60 can be dispatched through this line and also 911.
- Car 60 is an emergency response to crisis calls relating to mental health. A plainclothes RCMP member and psychiatric nurse work together to de-escalate and provide intervention.

Fort St. John Hospital—250.262.5200

8407 112 Ave, Fort St. John

- Emergency care with medical staff and on-call psychiatrist, immediate crisis care provided
- Referrals available to Dawson Creek Adult Psychiatric Inpatient Unit, Primary Care (Mental Health and Substance Use), or Intensive Case Management services through Northern Health

Dawson Creek Hospital — 250.782.8501

11100 13th Street, Dawson Creek

- Emergency and Crisis Care
- Adult Psychiatric Inpatient Unit - will admit youth when necessary
- Referrals for mental health and substance use community programs

EMERGENCY SHELTER

Meaope Transition House—250.785.5208

- 24/7 safe shelter for women and children
- Supports survivors of domestic violence through a Community Bridge Program

Salvation Army Northern Centre of Hope—250.785.0372
9824-99 Ave., Fort St. John

- Essential services for people and families experiencing homelessness
- Local emergency food and shelter
- Referrals for medical and mental health support
- Safe housing for women facing domestic violence

FOUNDRY VIRTUAL

1.833.308.6379
www.foundrybc.ca/virtual



Foundry Virtual BC provides free, confidential, and accessible online health and wellness supports for youth ages 12–24 and their caregivers (anybody helping a youth navigate their journey, does not have to be blood-related) across British Columbia.

- Services offered:
  - Mental health services
  - Substance use health services
  - Physical and sexual health
  - Work, education and community services
    - Applying for work or studies
  - Trained peer support
- You only tell your story once
- Group workshops available
- Chat and text options available
- Hours:
  - 10am-9pm Monday to Friday
  - 10am-6pm Saturday and Sunday

MENTAL HEALTH, WELLNESS & ADDICTIONS SERVICES



Child and Youth Mental Health (CYMH) Clinic—250.263.0121

- Intake and referral services
- Individual and treatment
- Mental health assessment and consultation

Community Bridge—250.785.6021

10142-101 Ave., Fort St. John

- Free programs: counselling, family support, sexual abuse support
- Temporary shelter for women and children

Fort St. John Alcoholics Anonymous—250.794.0032

- Support for adults recovering from alcoholism
- Shares experience, strength, and hope to stay sober

Fort St. John Association for Community Living—250.262.8842

(Saplings Mental Health is now part of this organization)



- Mental health supports and programming for children and adolescents with mental health and addiction

Fort St. John Friendship Society—250.785.6021

10208-95 Ave., Fort St. John

- Programs for all ages promoting well-being
- Incorporates Aboriginal values and culture
- Inclusive, safe community space

Fort St. John Health Unit—250-263-6000

- Free public health and wellness services for all ages
- Immunizations, prenatal/childhood services, dental, hearing, and health education
- Nutrition info, disease prevention, environmental health, and harm reduction supplies

Fort St. John Women's Resource Society—250-787-1121

9908 96 Avenue, Fort St. John

- Supports women, children, and low-income individuals with practical help and healing-focused services
- Safe second-stage housing
- Free legal advocacy and support with housing, income assistance, and family law matters
- Drop-in centre offering crisis support, referrals, education, mental and physical health support and life skills

Healing Hearts Support Group—250.793.8817

healingheartsfsj@gmail.com

- Bereavement support for families affected by substance use
- Peer support and advocacy

Mobile Operations—778-256-5483

- Mobile harm reduction program for supervised drug use
- Naloxone and overdose prevention supports
- Meets clients where they are in the community

Nenan Dane Zaa Deh Zona Family Services—250.787.2151

9932-102 Ave, Fort St. John

- Counselling and cultural support for Indigenous youth and families

Northern Health Intensive Case Management—250-263-6080

- Outreach support for adults 19+ facing substance use, mental health, housing, or income challenges
- Practical help, advocacy, and coordination with services
- Connects clients to housing, healthcare, income support, and treatment options

OAT (Opioid Agonist Treatment) Clinic—250-263-6080

- Harm reduction and treatment for substance use
- Offered through Northern Health Mental Health and Addictions services

Peace Area Narcotics Anonymous—1.877.463.3537

- Support for adults recovering from drug addiction
- Free, welcoming meetings across the Peace region

ALCOHOL & DRUG DETOX

Day Treatment Program—250.263.6083
#300 9900-100 Ave., Fort St. John

- Daytime addiction support for adults in the community
- Group sessions, education, and coping skills

North Wind Wellness Centre—1.888.698.4333

- Residential addiction treatment for adults
- Counselling, cultural teachings, land-based healing

Rising Above Ministries—250.785.1008
11095-255 Road, Baldonnel

- Faith-based addiction recovery for adults
- Focus on personal healing, coping skills, life skills, and community support

Supportive Recovery Beds—250.785.0372
9824-99 Ave., Fort St. John

- Short-term, alcohol- and drug-free housing for adults in recovery
- Supports participation in recovery programs with case manager guidance

NATIONAL RESOURCES

24 HR HOTLINES

24HR Suicide Crisis Help Line—988 Call/Text

- Trauma-informed, culturally appropriate, judgment-free support
- Accessibility supports for deaf/hearing impaired
- Responders connected to local/national crisis services
- Talk Suicide Support Line 1-833-4566 routes you to 988

24HR BC Suicide Crisis Line—1.800.784.2433

- 24HR confidential emotional support
- Can provide emergency mental health intervention

24HR Crisis Lines of BC—1.888.562.1214

- 24HR confidential crisis prevention, intervention and information for individuals seeking support

24HR Hope for Wellness Helpline—1.855.242.3310

- Available for all indigenous people across Canada
- Experienced and culturally-competent counsellors reachable via phone or online chat
- English, French, Cree, Ojibway (Anishinaabemowin) and Inuktitut upon request

24HR Kids Help Phone—1.800.688.6868 (call/text)



- emotional support for youth
- Multilingual, culturally-appropriate

24HR KUU-US Crisis Line—1.800.588.8717
Youth Line—250.723.2024



- Health and wellness support
- Crisis intervention, culturally-appropriate
- Harm reduction and safety

24HR MCFD Line for Children—310.1234
1.877.631.8282



- Support for crime survivors
- Multilingual and confidential

24HR Mental Health Support Line—310.6789 (call/text)

- Barrier-free mental health support and resources

24HR Metis Crisis Line—1.833.638.4722

- Health and wellness support
- Mental health, crisis intervention, harm reduction

24hr National Overdose Response Service—1.888.688.6677

- 24HR confidential peer support for substance use
- Harm reduction and safety

Sexual Violence Crisis Center—1.877.392.7583

- Provides confidential, immediate and ongoing support for survivors of sexual violence

24HR Youth Against Violence Line—1.800.680.4264



- 24HR line is safe and anonymous for young people to reach for support
- Non-judgemental, connection with information, resources and referrals

24HR Youth Support Line—1.888.562.8336
Text—250.564.8336



- Confidential peer support for youth

NON-24 HR SUPPORTS

Black Youth Helpline—1.833.294.8650



- Professional and culturally-relevant youth and family assessment and intervention
- Mental health systems navigation
- Stay in school initiatives
- Education and development

Breathr—kelthmentalhealth.ca/breathr

- Free app from Kelty Mental Health that suppots practicing mindfulness and skill building to reduce stress

Child and Youth Mental Health (CYMH) Clinic—250.263.0121



- Intake and referral services
- Individual and group treatment
- Mental health assessment and consultation

Crisis Centre of BC—MindFip—crisis-centre-bc.thinkific.com

- Free online program for teens that provides practical and accessible knowledge and tools to support mental health and navigate life challenges
- Youth educators, parents, and teachers also welcome to access

ERASE Report It Tool—erase.go.bc.ca

- Online reporting tool and resource guide for students, adults and school staff
- Seek guidance, support and report bullying, abuse, mental health and substance abuse to your school anonymously

Family Smart—familysmart.ca

- Online resource specifically for parents and caregivers
- For caregivers whose children are experiencing mental health and substance use challenges

Health Link BC—811

- Non-emergency health information and advice

Indigenous Youth Wellness
www.indigenousyouthwellness.ca



- Online program and website for Indigenous youth
- Tools to learn to navigate learning about identity, culture, history and racism

LGBT National Help Centre—1.888.843.4564

- USA-based helpline but services support to anyone who calls
- Free and confidential peer support from 2SLGBTQIA+ folks
- Mon-Fri, 11am-8pm PST | Sat 9am-2pm PST

MindShift CBT App—mindshiftcbt.com

- Originally created in partnership with Anxiety Canada
- App designed to empower individuals in managing anxiety through the strategies of the model of Cognitive Behavioral Therapy (CBT)
- Available via App Store and Google Play

Nasseha Mental Health Support Line—1.866.627.3342

- Ontario-based mental health and community service with national reach virtually and via hotline
- Culturally-sensitive, Muslim faith informed
- Confidential mental health tools and support by trained Muslims with mental health backgrounds

National Youth Talkline (USA & Canada)—1.800.246.7743



- Free, confidential and safe peer support from queer-identifying and professionally-trained volunteers
- Offers support, information, and local resources
- Mon-Fri, 11am-8pm PST | Sat 9am-2pm PST

Representative for Children and Youth—1.800.476.3933
www.rcybc.ca



- Independent provincial oversight body that uses statutory authority to advocate, review, investigate and monitor systems to improve outcomes for child, youth and family
- Individual youth and child advocacy
- Systemic advocacy
- Free and confidential

TELUS Health Crisis Support Line—1.844.751.2133

- Confidential within the limits of the law
- Professional support for youth and families 16+ for individual counselling, family counselling available

Trans Lifeline Hotline—1.877.330.6366

- Grassroots hotline and nonprofit organization for and by the trans community, operates to support both Canadians and Americans.
- 11am-7pm MST
- Mental and emotional support from trans or nonbinary peer support workers

ADDITIONAL SUPPORTS

ASIST trained community members
Elder
Extra-curricular activity leader
Mental Heal First Aid trained community members
Parents/family members who can help increase safety
Social Worker
Trusted Friend
Spiritual Leader
Sports Coach