

## Emergency Numbers

### Police, Fire, Ambulance

9-1-1 | Call if you are in an emergency.

### Kids Help Phone

1-800-668-6868

- To connect with the Indigenous Initiatives Network, simply text “First Nations”, “Metis”, or “Inuit” to 686868

### Suicide Crisis Helpline

9-8-8

### 310 Mental Health Support

310-6789 (no area code needed)

### KUU-US Crisis Line Society (Indigenous)

1-800-588-8717

### Metis Crisis Line

1-833-638-4722

### Trans Lifeline

1-877-330-6366 | [TransLifeline.org](http://TransLifeline.org)

## Youthspace.ca

778-783-0177

- Online chat and text, 6 p.m. – midnight

## Non-Emergency Numbers

### BC211

Dial or text 2-1-1

- Connection to resources (24 hours a day, 7 days a week; 240+ languages and dialects)

### Coquitlam RCMP

604-945-1550 (Non-Emergency)

### Port Moody Police

604-461-3456 (Non-Emergency)

### Metro Vancouver Transit

Call 604-515-8300 or text 87-77-77

## Health Care Services

### HealthLink BC

8-1-1

### Tri-Cities Youth Clinic

604-614-7688

200-205 Newport Drive, Port Moody

- Please call before you go (hours can vary)

### Fraser Health Virtual Care Line

1-800-314-0999

[FraserHealth.ca/VirtualCare](http://FraserHealth.ca/VirtualCare)

- Hours: 10 a.m. – 10 p.m., 7 days a week



## Mental Health Services

### Child and Youth Mental Health Clinic

#### Tri-Cities

236-468-2373

300-3003 St. Johns Street, Port Moody

- Hours: Tuesdays, 9 a.m. – 3:30 p.m.

### SHARE – Talking Helps Counselling

#### Program

604-937-6969 | [intake@ShareSociety.ca](mailto:intake@ShareSociety.ca)

### Foundry Virtual Counselling

1-833-308-6379

[webapp.foundry.bc.ca](http://webapp.foundry.bc.ca)

### Short Term Assessment Response Treatment (START)

Assessment and intervention services.

1-844-782-7811

- Hours: Monday to Friday, 9 a.m. – 9 p.m.  
Weekends, 12 p.m. – 9 p.m.

### Act 2 Counselling Programs

For victims of sexual abuse.

604-937-7776

Scan to view full  
Youth Resource  
Manual



## Substance Use

### Tri Cities Public Health Unit

#### Fentanyl Test Strips

604-949-7200

200-205 Newport Drive, Port Moody

- Hours: Monday to Friday,  
1 p.m. – 4 p.m.

### Pacific Community Resource Society (ASTRA Program)

Outreach and Counselling  
604-314-2038

### Fraser Health Concurrent Disorders Program for Youth

778-240-3624

FHMHSUYCDT@FraserHealth.ca

- Hours: Monday to Friday,  
8:30 a.m. – 4:30 p.m.

### National Overdose Response Service

1-888-688-NORS(6677)

## Alcohol & Drug Information and Referral Service (ADIRS)

604-660-9382

- 24 hours a day, 7 days a week

## Low Cost/No Cost Food

### SHARE Food Bank

Wednesdays from 10 a.m. – 1:30 p.m.  
at the following locations:

- **Port Moody:** SHARE Food Bank  
Warehouse  
2615 Clarke Street (rear of building)
- **Coquitlam:** Hillside Church  
1393 Austin Ave
- **Port Coquitlam:** Trinity United Church  
2211 Prairie Ave



## LGBTQ2S+ Support

### Gen-Out Support Group – PLEA

genouttc@plea.bc.ca

### GabYouth – QMUNITY

youth@qmunity.ca

Drop-in spaces, one-on-one support,  
referrals, and resources for LGBTQ2S+  
youth aged 25 and under.

## Legal Services

### DIAL-A-LAW

1-800-565-5297

### SHARE Society Legal Advocacy

604-540-9161

LegalAdvocacy@ShareSociety.ca

## Indigenous Resources

### Spirit of the Children Society

604-524-9113

reception@sotcs.ca

### Metis Nation BC – Metis Family Connections

604-557-5851

*Need some help?  
Someone is there.*

# Youth Go-to Guide

Phone numbers and  
websites for support in  
emergency situations.

April 2025

Coquitlam