

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

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

- 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

Foundry Virtual Counselling

1-833-308-6379

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



Indigenous Resources

Spirit of the Children Society

604-524-9113

reception@sotcs.ca

Metis Nation BC – Metis Family Connections

604-557-5851

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

Need some help?
Someone is there.

Youth Go-to Guide

Phone numbers and
websites for support in
emergency situations.

April 2025

Coquitlam