

# NHA MENTAL HEALTH RESOURCES

## Northern Mental Health Information and Crisis Lines

The *Mental Health Support and Information Line (310-6789, no area code needed)* is available 24/7 to provide emotional support, crisis intervention, and community resource information to children, youth and families.

*Northern Health Mental Health & Addictions: Youth Addictions Counselling (250-692-2412)* This helpline is available for to youth aged 13 through 18.

[Northern BC Crisis Centre Youth Line \(1-888-564-8336\)](#) is available from 4pm through 10 pm daily for youth in Northern BC.

[Northern BC Crisis Centre Crisis Line \(1-888-562-1214\)](#) is available 24/7 to individuals in Northern BC.

## Online Chat for Children and Youth

[www.northernyouthonline.ca](http://www.northernyouthonline.ca) an online chat for youth in crisis or needing information for referrals.

## Community Programs

*Youth Community Outpatient Service* is available in Prince George and Terrace. This program provides outreach to youth with mental health issues and addictions through assessment, individual and group therapy, case management, life skills training, activities and support.

### [Foundry Prince George](#)

**Description:** Foundry Prince George provides youth access to someone to talk to, care providers for any health need, and friendly experts to help navigate health and social services/resources/programs.

**Catchment:** Prince George

**Ages:** 12-24

**Eligibility:**

- N/A (youth can visit the Foundry Centre in-person)

**Service Hours:**

- Monday to Friday: 10:00am – 5:00pm

**Contact:**

- (236)-423-1571

**Referrals:**

- Youth may self-refer; referrals are also accepted from family physicians, health care providers, and other community services