

The Community Bridge: Accessible Support Resources

Because care is not a luxury, it is the foundation from which all healing grows...

COMPILED BY SACRED SPACES COUNSELLING CENTRE

Immediate Stabilization

24/7 Crisis Support

9-8-8 Suicide & Crisis Helpline

Call or text **9-8-8** anytime , no area code needed. This is Canada's national standard for immediate, high-acuity emotional distress. Available 24 hours a day, seven days a week, in both English and French.

BC Mental Health Support Line


Call **310-6789** , no area code required. This line connects you directly to BC-based responders for emotional support and resource navigation.

KUU-US Indigenous Crisis Line

Call **1-800-588-8717** anytime. Culturally safe, 24/7 support for Indigenous people in BC. Responders are trained in culturally grounded care and will meet you where you are.

Trans Lifeline

Call **1-877-330-6366**. Peer support for trans and gender-questioning individuals, staffed entirely by trans people.

 These lines are confidential, free of charge, and available every hour of every day.

The Digital Bridge

Self-Guided & Virtual Support



Wellness Together Canada

[wellnesstogether.ca](https://www.wellnesstogether.ca)

Free, 24/7 access to educational resources, peer support, and confidential sessions with professionals.



BounceBack BC

[bouncebackbc.ca](https://www.bouncebackbc.ca)

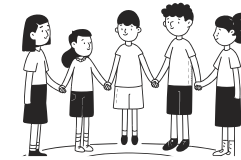
A free skill-building program for adults and youth (15+) navigating low mood, mild-to-moderate depression, anxiety, or stress.



HeadsUpGuys

[headsupguys.org](https://www.headsupguys.org)

A globally recognized, UBC-based resource for men's mental health, focusing on depression and suicide prevention.



Foundry BC (Ages 12–24)

[foundrybc.ca](https://www.foundrybc.ca)

Virtual drop-in counselling, peer support, and groups for young people across the province.

Community-Based & Low-Cost Repositories

Accessible Therapy (Because Financial Hardship Should Never Be a Barrier to Healing)

Professional therapeutic support is one of the most powerful tools available during times of personal and economic upheaval. And yet, the cost of private therapy can itself become a source of stress, a painful irony that leaves many without care precisely when they need it most. The following repositories exist to dismantle that barrier.

Moving Forward Family Services

Sliding-scale and often fully free virtual counselling across BC. Specifically designed for those without insurance or steady income.

movingforward.help

The Adler Centre (Vancouver / Virtual)

Offers a robust sliding-scale program for individuals, couples, and families.

adlercentre.ca

BCACC "Matters of the Mind"

A series of free, public webinars and educational resources from the BC Association of Clinical Counsellors.

bcacc.ca/matters-of-the-mind

University Training Clinics (UBC, SFU, UVic)

Often provide low-cost therapy in the **\$10–\$20 range** during academic terms, supervised by registered professionals.

- psctc.educ.ubc.ca
- sfu.ca/psychology/clinical-psychology-centre
- uvic.ca/psychologyclinic


Key Resources at a Glance

The following table provides a consolidated, scannable reference for all resources featured in this guide. Keep this page accessible: save it, print it, or share it with someone you care about. Knowledge of these resources is itself a form of community care.

| Resource | Access Method | Who It Serves | Cost |
|-----------------------------------|-------------------------|--------------------------------|--------------------|
| 9-8-8 Crisis Helpline | Call or text 9-8-8 | All Canadians, 24/7 | Free |
| BC Mental Health Line | Call 310-6789 | BC residents, 24/7 | Free |
| KUU-US Indigenous Line | 1-800-588-8717 | Indigenous people in BC | Free |
| Trans Lifeline | 1-877-330-6366 | Trans & gender-questioning | Free |
| Wellness Together Canada | wellnesstogether.ca | All Canadians, 24/7 | Free |
| BounceBack BC | Online + phone coaching | Adults & youth 15+ | Free |
| HeadsUpGuys | headsupguys.org | Men's mental health | Free |
| Foundry BC | Virtual drop-in | Ages 12–24 | Free |
| Moving Forward Family Services | Virtual across BC | Uninsured / low income | Free–sliding scale |
| The Adler Centre | Vancouver / Virtual | Individuals, couples, families | Sliding scale |
| BCACC Webinars | Online (public) | General public | Free |
| University Clinics (UBC/SFU/UVic) | Campus / virtual | General public, academic terms | \$10–\$20/session |

👍 This guide is designed to be shared freely. If it has been useful to you, please pass it along to a friend, family member, or colleague who may be navigating a difficult season.

Clinical Disclaimer & Closing

 **Clinical Disclaimer:** The resources, information, and guidance contained within this document are provided for **educational and stabilization purposes only** and do not constitute, replace, or substitute a formal clinical relationship with a registered mental health professional. This guide does not represent clinical advice, diagnosis, or treatment. The resources listed are external organizations and programs independent of Sacred Spaces Counselling Centre.

If you are in immediate danger, please call 9-1-1 or visit your nearest hospital emergency department immediately. Do not delay emergency care in favour of any resource listed in this guide.

Sacred Spaces Counselling Centre makes no representation regarding the ongoing availability, accuracy, or clinical outcomes of any external resource listed herein. Resource availability is subject to change.

This guide was compiled with care by the team at Sacred Spaces Counselling Centre as a service to our community during times of transition and need. It reflects our deepest belief that access to mental health support is not a privilege, it is a right, and a foundation of human flourishing.

Sacred Spaces Counselling Centre

For information about entering a formal clinical relationship with our registered professionals, or to inquire about our services, please contact us directly. We offer compassionate, evidence-informed care rooted in respect for your whole self.

Emergency: 9-1-1

If you are in immediate physical danger, do not use this guide. Call emergency services or go directly to your nearest hospital emergency department. Your safety is the first and only priority in those moments.

Crisis Line: 9-8-8

Available 24 hours a day, 7 days a week, by call or text.

With care, and in community — The Community Bridge exists because You matter.