

# POWELL RIVER

# RESOURCE GUIDE

## For LGBT2QIA+ Youth

Please note that not all of these resources are LGBT-specific, but they are all supposed to be LGBT-friendly.

### Health Care

#### **Youth Clinic at Public Health**

This drop in group runs Tuesdays from 3:15-5:15 on the 3rd floor of the hospital. Topics include sexual/reproductive health, mental health and general health. Nurses, doctors and a mental health clinician are available. This is an LGBTQ friendly space with many resources. Contact person is Shereen Russell  
Address: 5000 Joyce Ave (3rd floor)  
604 485 3310

#### **Drug and Alcohol Svcs Powell River Mental Health and Addiction Services**

Addictions counselling for youth 14+  
Contact the counsellor, 485 3300 local 441

### Family Services

#### **Powell River Child Youth and Family Services Society**

offers parent & family conflict resolution and family support services, as well as an excellent Parenting Library with an LGBTQ section. The contact person is Kevin Dodd: 604 485 3090 x6302  
Address: Oceanview Education Centre, 7105 Nootka St

### Mental Health

#### **Child and Youth Mental**

**Health** is an LGBTQ affirmative counselling service for children and teens with mental health concerns. A drop in intake clinic runs Tuesdays from 9-4. Contact person is Pat, CYMH Team Leader  
Address: 6944 Alberni St  
604 485 0603

### School

#### **Brooks Secondary School Gender and Sexuality Alliance (GSA)**

Contact Leader: Willow Dunlop  
willow.dunlop@sd47.bc.ca

#### **SD47 First Nations Support Teacher**

Tyler Peters: Tyler teaches at Ahms Tah Ow School, as well as at James Thompson Elementary and Brooks Secondary.  
(604) 483-3171  
[tyler.peters@sd47.bc.ca](mailto:tyler.peters@sd47.bc.ca)

### Police

#### **RCMP Youth Liaison Officer**

Staff Sgt – Community Liason, 604 485 6255

## Help Lines/Websites

### **YouthSpace**

A chat and text line for youth to need someone to talk to  
Hours - 6pm - 12am daily  
youthspace.ca

### **Trans Care BC**

A hub for trans health services across the province  
1 866 999 1514  
transhealth.phsa.ca

### **CRISIS LINE**

Help is Available! We truly are here to listen, here to help 24 hours a day, 7 days a week. If you or someone you know is having thoughts of suicide, call 1-800-784-2433 (1-800-SUICIDE)

### **MINDCHECK**

A youth and young adult-focused interactive website with quizzes on mood & stress, reality check and substance use, self-help tools, website links, and assistance in connecting to local professional resources across BC.

<http://www.mindcheck.ca/>

### **ONLINE BC CRISIS CENTRE SERVICES FOR YOUTH**

Crisis Intervention & Suicide Prevention Centre of BC chat service.  
Toll-free: 1-866-661-3311  
Online chat: <https://youthinbc.com/>  
TTY: 1-866-872-0113

### **1800SUICIDE**

If you are considering suicide or are concerned about someone who may be.  
1-800-784-2433

### **KUU-US Crisis Line**

24-hour crisis line for all First Nations people.  
1-800-588-8717

### **Helpline for Children**

310-1234.  
You do not need an area code. You can call at any time of the day or night and you do not have to give your name.

### **Kids Help Phone**

Anonymous and confidential counselling, information and referrals for young people 24 hours a day, 7 days a week in English and French.  
1 800 668-6868  
or Text "CONNECT" to 686868

### **Trans Lifeline**

Suicide prevention and peer counselling for Transgender people by Transgender people.  
1-877-330-6366