

Community Resources listed below are offered free of charge.

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| Learning Through Loss | <p>250-413-3114</p> <p>info@learningthroughloss.org</p> | <p>A free program designed to help young adults through experiences of significant loss. By creating an open and supportive environment, program participants are encouraged to share and learn in a positive, fun environment</p> |
| Crime Victim Assistance Program (CVAP) - Province of British Columbia | <p>1-866-660-3888</p> <p>cvap@gov.bc.ca</p> | <p>The Crime Victim Assistance Program (CVAP) provides a range of benefits to assist victims, immediate family members of victims and certain witnesses in coping with the effects of violent crime, where same or similar benefits are not available from another source</p> |
| VictimLinkBC - Province of British Columbia | <p>Call or Text 1-800-563-0808</p> <p>Or</p> <p>email 211- VictimLinkBC@uwbc.ca</p> | <p>A toll-free, confidential, multilingual service available across B.C. and the Yukon 24/7 providing information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services</p> |
| Sexual Assault Intervention Prevention Program – Pacific Centre Family Services Association | <p>250-940-4373</p> <p>pacificcentre@pcfsa.org</p> | <p>A program for children and youth ages 5-19 who have been sexually abused, where sexual abuse is suspected or children under 12 with sexually intrusive behaviors. Supports available for both children and families to</p> |

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| | | recover from the trauma of sexual abuse |
| Victoria Child Abuse Prevention and Counselling Centre | (250) 385-6111 admin@vcapcc.com | Accessible, collaborative, inclusive and timely prevention, advocacy and counselling service for children, youth and caregivers affected by abuse |
| Victoria Sexual Assault Centre | 250-383-3232 access@vsac.ca | Support for women and all [trans] survivors of sexual assault and childhood sexual abuse. Ability to liaise between individuals affected by sexual violence, the justice and medical systems and community services |
| Mobile Youth Services Team (MYST) | Call or Text: 250-208-2660 | An integrated team consisting of a plain clothes police officer and counsellor, with the intent of supporting high risk youth, specifically in the reduction of sexual exploitation and gang affiliation |
| Vancouver Island Crisis Line | Call: 1-888-494-3888 Text: 250-800-3806 Online Chat: iCarol Messaging | 24/7 Crisis Line, as well as Crisis Chat and Crisis Text services offering short-term nonjudgemental support, crisis intervention, information, and resources |
| KUU-US Crisis Line | Adults: 250-723-4050 Youth: 250-723-4050 Toll free: 1-800-588-8717 | Support to Indigenous people throughout the province of British Columbia, with the goal of establishing a non-judgmental approach to listening and problem solving. Supports put into place where the caller is brought back to a pre-crisis |

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| | | state through mediating, de-escalating and interventions, as well as debriefing to any front-line worker who works within the field. KUU-US maintains an in-depth referral database. |
| Erase Website | A website supported through the BC Ministry of Education, offering resources for students, caregivers, and school staff, pertaining to safety and wellness | |
| Report it Tool | Anonymous reporting tool, providing a secure confidential platform through which students can send concerns to school and district Safe School Coordinator. Messages are only monitored during school hours | |
| Kids Help Phone | 24/7 e-mental health service offering free, multilingual and confidential support to help all young people Feel Out Loud, including mental health tips and info, crisis support, and professional counselling | |
| 988 | 24/7 mental health and suicide prevention support. Trained crisis responders able to listen, provide support with compassion, and a safe space to talk, while connecting to other resources as appropriate | |

[Guidelines for parents/guardians to support children through times of grief during and after a traumatic event](#)