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| **What do I do if I am worried that my child is at risk for Suicide or Self Harm** * Contact Counsellors or Administration ASAP
* If this is an emergency and you believe a child is in imminent danger of harming him/herself AND it is outside of school hours call 911
 | **Crisis Lines*** 1-800-SUICIDE – available 24 hours a day, 7 days a week
* 1-800-668-6868 – Kids Help Phone
* 310-6789 Mental Health Support Distress Line, available 24 hours a day, 7 days a week
* 310-1234 – Helpline for Children (child abuse and neglect reporting line)
* 604-466-7300 – MCFD Child & Youth Mental Health Team
* 604-466-2800 – MCFD Youth Team
* 911 Maple Ridge/Pitt Meadows RCMP/Ambulance (Emergency)
* 604-463-6251 Maple Ridge/Pitt Meadows RCMP (non-Emergency)
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| **Online Chat Services**For youth:[www.YouthInBc.com](http://www.YouthInBc.com)[www.youthspace.ca](http://www.youthspace.ca)For adults:[www.crisiscentrechat.ca](http://www.crisiscentrechat.ca) | **Websites**[www.YouthInBc.com](http://www.YouthInBc.com)[www.erasebullying.ca](http://www.erasebullying.ca)[www.kidshelphone.ca](http://www.kidshelphone.ca)[www.youthspace.ca](http://www.youthspace.ca)[www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)[www.mindcheck.ca](http://www.mindcheck.ca)[www.suicideprevention.ca](http://www.suicideprevention.ca)[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)[www.mcf.gov.bc.ca/suicide\_prevention.ca](http://www.mcf.gov.bc.ca/suicide_prevention.ca) |