|  |  |
| --- | --- |
| **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) |
| **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) |