You are stronger than you think

Surrey Schools Welcome Centre

SAFE TEEN RESOURCES

Emergency/Crisis Information
Forurgenthelp, call911(police/fire/ ambulance)
1-800-SUICIDE / 1-800-784-2433
Help available in 140 languages
crisiscentre.bc.ca
youthinbc.com
(Live chat: 12 PM – 1 AM)

Mental Health Support
310-6789
(310 Mental Health Support)
keltymentalhealth.ca
heretohelp.bc.ca
anxietycanada .ca
mindhealthbc.ca
bouncebackbc.ca

Kids Help Line
kidshelpphone.ca
(Live chat: 4 PM – 9 PM)
1-800-668-6868
Text CONNECT to 686868

Cyberbullying
needhelpnow.ca

Health Support & Resources
Nurse Line: 811
healthlinkbc.ca
fraserhealth.ca
keltyeatingdisorders.ca

Surrey Safe Schools
604-595-6195 safe-office@surreyschools.ca

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