

Mental Health Chat Lines

- 1 24 Hour Crisis Lines with online chat: <http://youthinbc.com>
- 2 The Lifeline Canada Foundation: Positive Mental Health and Suicide Prevention: <https://thelifelinecanada.ca>
- 3 Suicide Prevention and Education: <http://rightbyyou.ca/en/>
- 4 Suicide Prevention BC: <https://suicideprevention.ca/british-columbia-crisis-centres/>
- 5 <https://www.imalive.org/>