



Community Counselling Centre

#206 – 1811 Victoria St.
Prince George, BC
V2L 2L6

250 562 6690
communitycounsellingcentre.com

IF YOU ARE NEEDING IMMEDIATE SUPPORT, PLEASE CALL A CRISIS RESOURCE, 911, OR VISIT THE LOCAL EMERGENCY DEPARTMENT

Crisis Resources

National Suicide Crisis Helpline, 24/7

9-8-8 (call or text)

When calling or texting, you will be connected to the closest crisis centre available, often the Northern BC Crisis Line. You can call for any reason, not only for thoughts of suicide.

KUU-US Crisis Line, 24/7

BC Based Indigenous-specific

1 800 588 8717

250 723 2040 (Youth Line)

Trans Lifeline, 24/7

Run by trans people for trans and questioning peers

1 877 330 6366

Community Resources

BC Schizophrenia Society

Workshops and support groups

1131 6th Ave

250 563 5826

Canadian Mental Health Association (CMHA)

Wellness programs and workshops

1152 3rd Ave

250 564 8644

Elizabeth Fry Society

Support for women, children, and families

250 563 1113

Foundry PG

Services for Youth 12-24,

with some services for parents as well

1148 7th Ave

236 423 1571

Healing Centre @

The PG Native Friendship Centre

Long-term or short-term and drop-in counselling.

Open to all, don't need to be Indigenous.

1600 3rd Ave (3rd Floor)

250 564 3568

Call to inquire about drop-in times or book an intake

John Howard Society

Counselling services and groups for men

154 Quebec St

250 561 7343

Northern Health Primary Care

Individual counselling and other health services

Connect with your family physician for a referral or

call the Health Unit at 250 645 8963

Northern Health Virtual Primary and Community Care Clinic

Wraparound support for those wishing to speak to a

healthcare team member (doctor, nurse practitioner, or nurse)

by phone or video.

1 844 645 7811

PG Hospice

Grief and loss groups & peer support

1506 Ferry Ave

250 563 2551

Prince George Sexual Assault Centre

Services for women, men, teens, kids, and parents

1460 4th Ave

250 564 8302

Online Resources

Anxiety Canada

www.anxietycanada.com

Here to Help BC

www.here-to-help.bc.ca

HealthLinkBC

www.healthlinkbc.ca

HeadsUpGuys

www.headsupguys.org

MindHealthBC

www.mindhealthbc.ca

CMHA

www.northernbc.cmha.ca