

DOMESTIC VIOLENCE RESOURCES

Crisis Support

*If you are feeling suicidal, or so overwhelmed that you cannot function, know that you can call **911**, or go to your nearest hospital emergency*

1. **24-hour crisis line** (general population): **604-872-3311**
2. **Victim Link BC**: **1-800-563-0808** or email VictimLinkBC@bc211.ca; Provides immediate crisis support to victims of family and sexual violence; provides information and referral services to all victims of crime
3. **Ending Violence Association of BC**: Works to coordinate and support the work of victim-serving and other anti-violence programs in British Columbia through the provision of issue-based consultation and analysis, resource development, training, research and education. Their [Resource Page](#) is helpful, including some free webinars.
4. **Helpseeker**: If you are looking for a women's shelter, support services, a helpline, counselling or any other type of domestic violence resource, HelpSeeker makes it quick and easy to find the help you need. HelpSeeker is a free network offering over 63 domestic violence resources and services in Vancouver.
5. **Vancouver Coastal Health Domestic Violence Resources Card**: Includes information about crisis lines/emergency contacts, victim assistance, transition houses, emergency housing for women, services for men, legal assistance, multicultural services, counseling, LGBTQ2SIA services, Indigenous services, services for youth, services for women & children, services for seniors.
6. **BC Women's Hospital + Health Centre**: Read about what you can do to recognize violence against women, including intimate partner violence, how to find help, and how to plan for your own or someone else's safety.
7. **WorkSafeBC Domestic Violence Resources**: Includes resources for victims of domestic violence, resources for perpetrators of domestic violence, assistance with safety planning and risk assessment, resources for employers and other resources.

8. **Vancouver Police Department:** <https://vpd.ca/report-a-crime/domestic-violence/>

9. **Family Services of Greater Vancouver victim services:**

For over 35 years, Family Services has delivered Victim Services to women and children who have experienced domestic violence, sexual violence, and human trafficking.

10. **SAGE 24-hour crisis line for women and children** on the North Shore: **604-987-3374**

Counselling Support

1. **Family Services North Shore: 604-988-5281** www.familyservies.bc.ca

- *General Counselling Program (Individuals, Couples, Families): for intake; (sliding fee schedule available based on income assessment)*

2. **Living Systems Counselling: 604-926-5496** (sliding scale based on income assessment)

3. **Canadian Mental Health Association, North & West Vancouver: 604-987-6959**

- Brief counselling service for up to 12 sessions at low cost

4. **North Shore Stress and Anxiety Clinic: 604 985-3939** www.nssac.ca

- CBT-based treatment of stress, anxiety, depression. Services maybe covered by some extended health benefits.

5. **Mood Disorders Association of British Columbia: 604 873-0103** Website: www.mdabc.net

- CBT-based counselling, wellness, support groups

6. **BC Association of Clinical Counsellors:** bc-counsellors.org For lists of counsellors in private practice

7. **Battered Women Support Services: 604-687-1867;** Website: www.bwss.org

- Crisis line, counselling, support groups, Legal advocate, employment assistance.

8. Vancouver & Lower Mainland Multicultural Support Services (VLMSS): 604-436-1025;
website: www.vlmss.ca

- Individual counselling, advocacy and support at the office and/or over the phone to women experiencing any form of *abuse/sexual assault/violence*, provided by bi-lingual, bi-cultural workers; Group counselling and support; Crisis intervention and referrals to appropriate resources. Bi-lingual, bi-cultural workers: ***Hindi, Punjabi, Gujarati, Urdu, Vietnamese, Mandarin, Cantonese, Korean, Filipino, Tagalog, Japanese, Persian, Arabic, Dari, Pashto, Polish, Russian, Czech, Slovakian, Spanish, Telugu, Taiwanese, Malay, Italian and many more...***