

# Crisis Supports

---

## Aboriginal Child & Youth Mental Health Program

Aboriginal Child and Youth Mental Health services are available to infants, children and youth up to 18 years of age who are experiencing mental health challenges. Treatment focuses on providing individual treatment for the youth as well as family support.

Mental health disorders may include anxiety, eating disorders, psychosis, depression, attention deficit disorder (ADD) or attention hyperactivity disorder, bipolar or post traumatic stress disorder.

For more information or to find out if Child and Youth Mental Health services are appropriate for your child, please contact the local office.

For more information, you may want to access the [Orientation to Child, Youth & Family Mental Health and Substance Use Services \(A Guide for Families in the Campbell River and Comox Valley Areas\)](#) which is put together by the [F.O.R.C.E Society for Kids' Mental Health](#)

Ministry of Children and Family Development  
2455B Mansfield Drive  
Courtenay BC

Phone: 250-334-5820

Please note: MCFD office hours are from 9am-12pm, then 1pm-4pm.

---

## BC Healthy Kids Program

This program helps low income families with the costs of basic dental care\* and prescription eye wear for their children (under the age of 19).

Before beginning treatment, confirm that the dentist or optical provider offers services under the BC Healthy Kids program AND see if there will be additional charges over what the BC Healthy Kids program will cover.

If a family has been approved for MSP premium assistance, they are automatically eligible for Healthy Kids. If you need to apply for Premium Assistance, visit the [Ministry of Health Services website](#) or call 604-683-7151 (Toll free at: 1-800-663-7100.)

If you have questions about your child's teeth and your child is under the age of 6, you may want to contact the [Community Dental Hygienist](#).

Phone: 1-800-663-7100

---

## Income Assistance

To phone Income Assistance (Ministry of Social Development and Social Innovation), the number is 1-866-866-0800.

To apply for income assistance online, the link is:

[www.gov.bc.ca/sd/](http://www.gov.bc.ca/sd/)

Ministry of Social Development and Social Innovation  
730 Grant Avenue  
Courtenay BC V9N 2T3

[Visit website](#)

Office hours are Mon-Fri, 9am-4pm.  
Please note, the office is closed between 12-1pm.

# Crisis Supports

---

## Comox Valley Food Bank

Hours for the food bank are:

Mon - Wed: 9:30am -12pm

Thursday: distribution day, 9:30-1pm

Fri: 9:30am - 11am.

Baked items and produce are available daily.

Comox Valley Food Bank  
#1-1491 McPhee Avenue  
Courtenay BC

---

## Comox Valley Transition Society (Lilli House)

Crisis line for women in abusive situations is 250-338-1227.

Provides support services, legal information, counselling and other resources for women.

Operates Lilli House, a transition house for women and their children.

Comox Valley Transition Society  
625 England Avenue  
Courtenay BC

[Visit website](#)

Phone: 250-897-0511

[Visit website](#)

Office is open Monday - Friday, 9am-4pm but closed for lunch between 12 - 1pm.

---

## FamilySmart (F.O.R.C.E Society for Kids' Mental Health)

FamilySmart is an organization that offers a variety of supports to families whose children may have mental health challenges.

These supports include:

- providing families with an opportunity to speak with other families who understand and may be able to offer support or advice on what has worked for them
- providing families and professionals with information, tools, and tips on how to support and assist children with mental health difficulties
- Parent in Residence program: a parent in your community who has lived experience with mental health challenges and who can provide you with resources and support.

For more information, please check out the [Orientation Guide to Child/Youth Mental Health & Substance Use Services \(Comox Valley & Campbell River\)](#) or visit [FamilySmart](#).

Phone: 1-855-887-8004

Email: [colleen.clark@familysmart.ca](mailto:colleen.clark@familysmart.ca)

---

## Legal Aid

Wachiay Friendship Centre  
1625 McPhee Ave  
Courtenay BC

# Crisis Supports

---

## Pacific Post Partum Support Society

Pacific Post Partum Support Society supports women and men who are struggling during pregnancy or after the birth or adoption of a child.

Some of these difficult adjustments may include:

- crying for no apparent reason
- numbness or feelings of helplessness
- frightening or intrusive thoughts
- depression ranging from sadness to suicidal thoughts
- anxiety or panic attacks
- anger and aggression
- feelings of resentment toward the baby

The Pacific Post Partum Support Society is based in the Lower Mainland but supports parents throughout British Columbia by offering:

1. Telephone support: experienced postpartum counsellors offer telephone support, information and referrals five days a week. The toll free number is: 855-255-7999.

2. Information in print: information packages are available to individuals and professionals at no cost. There is also a Self-Help Guide published by the Society that is available for purchase.

Please note: women may seek support at any time from pregnancy until their child is 3 years old.

Phone: 855-255-7999

Email: [admin@postpartum.org](mailto:admin@postpartum.org)

[Visit website](#)

---

## Salvation Army Family Services

Provides support with food, emergency shelter, clothing, and furniture.

Appointments are required.

ID and proof of residence is required.

Salvation Army Family Services  
468-29th Street  
Courtenay BC

[Visit website](#)

Phone: 250-338-5133

Mon - Thur, 9am-4:30, closed from 12-1pm.

# Crisis Supports

---

## Santa's Workshop

Santa's workshop is for those who are in need of gifts at Christmas for their children. It is for families with children from newborn to 16 years of age.

Santa's workshop starts operation by November of each year. The location changes year to year, so please call.

Note: families need to bring something showing their address (ID or a utility bill) as well as each child's CareCard.

Phone: 250-897-0098

Email: [sw\\_admin@shaw.ca](mailto:sw_admin@shaw.ca)

---

## Child & Youth Mental Health Services

Child and Youth Mental Health (CYMH) services are available to infants, children and youth up to 18 years of age who are experiencing mental health challenges.

Mental health disorders may include anxiety, eating disorders, psychosis, depression, attention deficit disorder (ADD) or attention hyperactivity disorder, bipolar or post traumatic stress disorder.

For more information or to find out if Child and Youth Mental Health services are appropriate for your child, please contact the local office.

For more information, you may want to access the [Orientation to Child, Youth & Family Mental Health and Substance Use Services \(A Guide for Families in the Campbell River and Comox Valley Areas\)](#) which is put together by the [F.O.R.C.E Society for Kids' Mental Health](#)

Ministry of Children and Family Development  
2455B Mansfield Drive  
Courtenay BC

Phone: 250-334-5820

Please note: the MCFD office is open from 9am - 12pm then 1pm -4pm.

---

## Are you a Single Parent on Income or Disability Assistance?

The single parent employment initiative can help you secure employment by providing opportunities such as up to 12 months of funded training for in-demand jobs or paid work experience placements. In addition, child-care costs are covered during training and in the first year of employment.

Creative Employment Access Society / The Job Shop  
103 – 555 4th Street  
Courtenay BC

Contact: Creative Employment Access Society

Phone: (250) 334-3119

Email: [contact@ceas.ca](mailto:contact@ceas.ca)

[Visit website](#)

---

## Vancouver Island Crisis Line

Phone: 1-888-494-3888

Provides support, suicide assessment and access to a Crisis Intervention Nurse.

There is an online crisis chat service available from 6pm-10pm daily.

During this evening period, it is also possible to text the crisis line @ 250-800-3806

Phone: 1-888-494-3888

[Visit website](#)

---

# Crisis Supports

---

Are you travelling outside of the Comox Valley for medical care? (YANA - You Are Not Alone)

YANA is a community organization that provides financial support and accommodation to Comox Valley families who need to travel for medical care for a child or for a pregnant mother.

Some of the extra expenses that may be covered include food, transportation, parking and gas.

For more information or to apply for support, please contact YANA by email, phone or drop by the office.

YANA  
495 Fitzgerald Avenue  
Courtenay BC

Phone: 250-871-0343

Email: [info@yanacomoxvalley.com](mailto:info@yanacomoxvalley.com)

[Visit website](#)

Office hours are Tuesdays &  
Thursdays, 10am - 2pm, Wednesday  
by appointment.

---