

LSI

MENTAL HEALTH

FIRST AID OFFICERS

Mental Health First Aid Officers (MHFAOs) are trained to respond to declining mental health or emerging crises. Whether you are concerned for yourself or someone else, please approach any of the MHFAOs listed below.

If you're in immediate danger or need urgent medical support, call 9-1-1



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NEED HELP? SUPPORT IS AVAILABLE

If you're in immediate danger or need urgent medical support, call 9-1-1

MENTAL HEALTH CRISIS SUPPORT IS AVAILABLE 24 HOURS A DAY



9-8-8 (call or text)

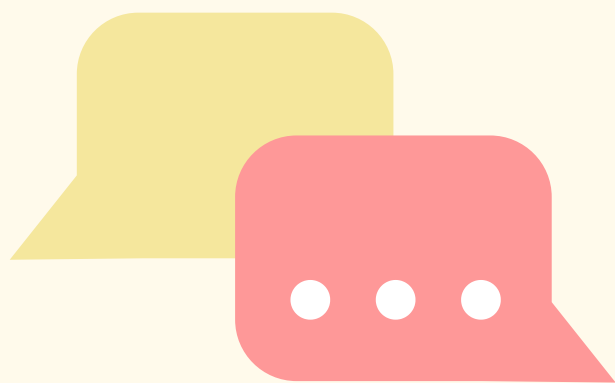
National Suicide Crisis Helpline

310-6789

BC Mental Health & Crisis Response/no area code needed

1-800-SUICIDE / 1-800-784-2433

BC Suicide Prevention and Intervention Line



ONLINE CHAT SUPPORT

IS AVAILABLE BETWEEN NOON AND MIDNIGHT

For Adults: [CrisisCentreChat.ca](https://crisiscentrechat.ca)

For Youth: [YouthinBC.com](https://youthinbc.com)

UNSURE WHETHER YOU NEED HELP?

You can call a crisis line, and a responder will be there to assist and support you.

When you call a crisis line, you can expect a dedicated responder to provide judgment-free listening and support.

FURTHER INFORMATION

- 988.ca
- www.crisiscentre.bc.ca
- Or ask an LSI Mental Health First Aid Officer



FEEL FREE TO APPROACH MHFA WITH CONCERNS, QUESTIONS,
OR IF YOU JUST WANT TO SOMEONE TO LISTEN