

# CRISIS LINES

1-800-784-2433

[www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca)

TTY 1-866-872-0113

OR

9-8-8 call/text

988.ca

## LGBTQ2S+ Youth

**Rainbow Connection-Youth Space, a program of Alex House**

Rainbow Connection is a weekly drop-in social group for LGBTQ2S+ youth (12+) in South Surrey/White Rock. They also host a yearly youth Pride Prom. [youthspace@alexhouse.net](mailto:youthspace@alexhouse.net), [theyouthspace.com](http://theyouthspace.com) 778-545-9188

**Qmunity Youth Programs**

Drop-in GAB programs have fun activities as well as social support with other youth, youth leaders, and youth workers.

**GAB** For youth 14-25. Weekly drop-in and online.

[Youth@qmunity.ca](mailto:Youth@qmunity.ca)

**GABJunior**. For ages 10-13. Online only.

[Gabjunior@qmunity.ca](http://Gabjunior@qmunity.ca)

**Bras, binders, and breast forms (BBB) program**. Free new and used gender affirming chest-wear for youth who are unable to obtain it otherwise.

[bbb@qmunity.ca](mailto:bbb@qmunity.ca), [Qmunity.com/youth](http://Qmunity.com/youth)

604.684.5307

**TransSupport-Plea**

Free, confidential and voluntary support sessions for transgender youth aged 25 years and under.

Separate sessions for parents and family members.

[transsupport@plea.bc.ca](mailto:transsupport@plea.bc.ca) **Plea.ca** 604-871-0450

**YouthCo**

An organization of youth leaders within the HIV and Hep C movements. They offer resources, financial support, one-on-one support, and many in-person and online events for youth living with Hep C or HIV.

[Youthco.org](http://Youthco.org). 604-688-1441

**Ochat**

A peer support line and resource database for LGBTQ2S+ youth in British Columbia. Lines open Saturday-Thursdays, 6:00PM-9:00PM

[Ochat.ca](http://Ochat.ca) 250.800.9036 (txt)  
1-855-956-1777 (call)

## Support Resources cont'd

**Sources Trauma Counselling**

Experienced trauma counsellors provide individual and group counselling for those who identify as LGBTQ2S+ who have experienced sexual assault, childhood trauma, and intimate partner abuse. Free to reduced fee services. [trauma.counselling@sourcesbc.ca](mailto:trauma.counselling@sourcesbc.ca) 604-335-5035

**Qmunity**

Peer support groups (like BiFocus, Trans, Latinx, AutisticQueer) free and low cost counselling, education and training. 604-684-5307

**Trans Care BC:**

An online BC-wide information service and resource hub. Information for access to gender-affirming health care and supports. [Phsa.ca/transcarebc/](http://Phsa.ca/transcarebc/) 1-866-999-1514

**Chronically Queer:**

Peer-facilitated group for LGBTQ+ people who are "neurodivergent, mad, crip, chronically ill, and/or disabled." Monthly meetings are hybrid in-person and zoom.

[Connectwithlets.org/chronically-queer](http://Connectwithlets.org/chronically-queer)

[Let'sconnectwithlets.org](mailto:Let'sconnectwithlets.org) 604.437.7331

**Health Initiative for Men (HIM)**

For self-identified GBO men and gender diverse people in BC. Health-based programming and services to meet the sexual, mental, physical, and social health needs. [checkhimout.ca](http://checkhimout.ca)

-55+ seniors men's group facilitated support

group, in person. [register@checkhimout.ca](http://register@checkhimout.ca)

-Counselling services. Free 8 sessions for low

income individuals. Can also provide referral to

network of recommended counsellors. [counselling@checkhimout.ca](mailto:counselling@checkhimout.ca) 604-488-1001

**QMUUNITY Gatherers: Seniors**

Weekly in-person and virtual gatherings for LGBTQ+ folk aged over 55 to network, share culture and talk rainbow life.

[seniorseqmunity.ca](http://seniorseqmunity.ca) 604-684-5307

**It Gets Better Project**

A global non-profit whose mission is to uplift, empower, and connect sexual and gender diverse youth around the globe. [itgetsbetter.org](http://itgetsbetter.org)

**TrevorSpace**

Online community for LGBTQ+ ages of 13-24 yrs. With over 400,000 members, you can explore your identity, get advice, find support, and make friends in a moderated online group. [Trevorspace.org](http://Trevorspace.org)

## LGBTQ2S+ Support Resources

**Sex Sense. Options for sexual health.**

Free, pro-choice, sex-positive, and confidential service. Our team of registered nurses, counsellors, and sex educators offer information and resources on

sex, sexuality and sexual health. Open Monday to Friday 9a.m. - 9p.m.

[Optionsforsexualhealth.org](http://Optionsforsexualhealth.org) 604-731-7803

**PflagCanada**

We help 2SLGBTQ+ people & loved ones connect with resources & find a supportive community. Local chapters include Pflag Vancouver and Pflag Surrey.

[Surreybc.pflagcanada.ca](http://Surreybc.pflagcanada.ca) [Pflagcanada.ca](http://Pflagcanada.ca)

## Specific Crisis Lines

**Kuu-Us Indigenous Crisis Line**

1-800-588-8717

**Youth in BC**

604-872-3311

**Trans Lifeline**

877-330-6366

**Youthline**

1-800-268-9688

647-694-4275(text) 1-800-563-0808 (call/text)

**SAIL-Seniors Abuse and Information Line**

604-437-1949

**Victim Link**

604-437-1949