

## **Parifam - Community Resources**

### **Resources for Mental Health and Sexual Violence**

- [VictimLinkBC - Province of British Columbia](#)
  - confidential, multilingual service available across B.C. and the Yukon 24 hours a day, 7 days a week and can be accessed by calling or texting 1-800-563-0808 or sending an email to [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)
  - VictimLinkBC staff can connect you to a network of community, social, health, justice and government resources, including victim services, transition houses and counselling resources. They also provide information on the justice system, relevant federal and provincial legislation and programs, crime prevention, safety planning, [protection order registry](#) and other resources as needed.
- [Immigrant & Refugee Resources | MOSAIC](#)
  - MOSAIC (M.O.S.A.I.C. Multi-lingual Orientation Service Association for Immigrant Communities) is one of Canada's largest settlement non-profit organizations. A frontline organization working with immigrants and refugees as they arrive and settle in BC.
  - [Immigrant & Refugee Resources | MOSAIC](#) - a number of links on gender-based violence, racism, healthy masculinity, etc.
  - [Immigrant & Refugee Client Services | MOSAIC](#) - employment, settlement, language, and other services for newcomers.
- [Canadian Mental Health Association - BC](#)
  - 24/7 mental health support line: 310-6789 (no area code)
- [Salal Sexual Violence Support Centre](#) - Vancouver, BC
  - 24-Hour Crisis & Information Line: 1-877-392-7583
  - Text and online chat available on website
  - Gender diverse support services
- [Gender-based violence, sexual assault, and domestic violence - Province of British Columbia](#)
  - Collection of resources including bystander information & creating safety plans

### **National Resources for Mental Health:**

- [Suicide Crisis Helpline](#)
  - call or text 9-8-8 24/7, nationwide
- Wellness Together Canada: [ca.portal.gs](http://ca.portal.gs)
- Canadian Mental Health Association: [cmha.ca](http://cmha.ca)
- Mental Health Commission of Canada: [mentalhealthcommission.ca](http://mentalhealthcommission.ca)
- National Network for Mental Health: [nnmh.ca](http://nnmh.ca)
  - Youth, text WELLNESS to 686868 / Adults, text WELLNESS to 741741

### **Further Learning:**

- SACE - [Sexual Violence Against Children And Youth: Understanding The Issue](#)
- SACE - [The effects of trauma on the brain](#)
- SACE - [Victim Blaming](#)
- [Next Gen Men](#): non-profit supporting men develop healthy masculinity and boundaries