

Coping after a traumatic event

You might be experiencing a range of feelings and emotions after the violent incident that took place in Lynn Valley on Saturday March 27th, 2021.

People have been directly and indirectly impacted by this event, with a number of people in close vicinity and many seeing the incident described in media after the fact. It is important to remember that you are not alone and there are various resources available to help support those in need.

The following is a resource list of services available in North Vancouver and the surrounding area that range from immediate crisis support to longer-term services.

Immediate Crisis Support

- **Visit the North Shore Wellness & Resilience Centre at the Karen Magnussen Rec Centre. It is open Monday, March 29 to Sunday, April 4, and open between the hours of 11:00 am to 6:00 pm.** CMHA representatives will be on site, and you will have access to clinicians on hand from the Disaster Psychosocial Support program.
- **Mental Health Support:** 310-6789 (24-hour service, no area code needed)
- **Crisis Centre:** 1-800-784-2433 (24-hour service)
- **KUU-US Crisis Line Society:** 1-800-588-8717 (24-hour service)
- **Kids Help Phone:** Text CONNECT to 686868 or visit kidshelpphone.ca
- **Indigenous Initiatives Network:** Text "First nations" "metis" or "Inuit" to 686868 (youth) or 741741 (adults) or call 1-800-668-6868
- **Crisis Centre:** Youth in BC Crisis Chat: Visit youthinbc.com (noon to 1:00 am)
- **VictimLinkBC:** Toll-free, confidential, multilingual service available across BC 24/7. Call or text 1-800-563-0808 or email VictimLinkBC@bc211.ca

Services Available

- **CMHA North and West Vancouver Counselling Services:** We provide low-cost, confidential counselling for adults. For more information, please visit northwestvancouver.cmha.bc.ca/counselling
- **Foundry Youth Support (13 to 24 yrs):** For drop-in support with the Foundry North Shore team call 604-984-5060 (1 to 5 pm, Monday to Thursday). More information at foundrybc.ca/northshore. You can also contact Foundry Central at 1-833-308-6379 between 1:15 and 7:15 pm, Monday to Friday or register online

to book an appointment at foundrybc.ca/virtual. For urgent youth support (YURT) on the North Shore, call 604-230-0389 (9:30 am to 7:30 pm, Monday to Friday).

- **Family Services of the North Shore:** Children, youth, and families can access a full continuum of prevention and early intervention services in-person and online. Services include low-cost or free counselling. Visit familyservices.bc.ca/find-support/counselling-support to learn more.
- **Here to Help:** Find the information you need to manage mental health and substance use problems, and learn how you can support a loved one by visiting www.heretohelp.bc.ca

Additional Resources

- **Coping & Self Care**
www.crisiscentre.bc.ca/coping-and-self-care
- **Tips for good Mental Health**
www.heretohelp.bc.ca/infosheet/tips-for-good-mental-health
- **Responding to Stressful Events**
www.canada.ca/en/public-health/services/reports-publications/responding-stressful-events.html
- **What to expect in the wake of mass violence**
www.ptsd.va.gov/understand/types/mass_violence_help.asp
- **Violence & Mental Health**
www.heretohelp.bc.ca/infosheet/violence-mental-illness-and-substance-use



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