

Mental Health Resources

VictimLinkBC

VictimLinkBC is a toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week at 1-800-563-0808. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.

Here2Talk

Chat sessions with a trained counsellor can be accessed by downloading the Here2Talk app or visiting the link. Students can speak to a counsellor by phone, toll free at 1-877-857-3397 or direct 604-642-5212. Students calling from outside Canada can dial 1-604-642-5212 (international calling charges may apply).

Inspiring Pathways

Tiffany Brown, MA, CCC
Inspiring Pathways Counselling
778-554-0487
#900 2025 Willingdon Avenue Burnaby
BC, V5C 0J3
tiffany@inspiringpathways.com

Nicola Family Therapy

To connect with Nicola Family Therapy, the following ways are available
office@nicolafamilytherapy.ca
250-379-9222

For students who are not yet connected with services, there is an option for 'Counselling Referrals' on the Student Success Centre's online booking system

here: <https://outlook.office365.com/owa/calendar/NVITStudentSuccessCentre@nvit.bc.ca/bookings/>

This books an appointment with a member of the SSC who can inform a student of the available mental health supports, such as counselling with Tiffany as well as Here2Talk (free and available 24/7), and NVIT Elders and Nicola Family Therapy.