

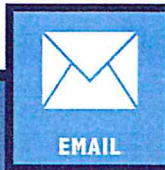
youthspace.ca



CHAT/TEXT



FORUM



EMAIL



RESOURCES

Online Crisis Chat At youthspace.ca
Or Text

778-783-0177

A Safe Place To Share Your:
THOUGHTS | FEELINGS | FEARS

Emotional Support For Youth Under 30
Brought To You By:



youthspace.ca

youthspace.ca



CHAT

Chat live to a trained volunteer about whatever is on your mind. Emotional support and help in times of crisis.



TEXT

Reach out by texting.
778-783-0177



FORUM

Peer to peer support - your thoughts, feelings, stories and ideas.



RESOURCES

Database of mental health information, programs, and services including email counselling.

6PM - MIDNIGHT PST
365 DAYS/YEAR

youthspace.ca