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## Suicide prevention

### Crisis Lines

[crisislines.bc.ca](http://crisislines.bc.ca)

### Crisis Chat

[crisiscentrechat.ca](http://crisiscentrechat.ca)

### Telecare Crisis & Caring Line

[telecarebc.com](http://telecarebc.com)

### Canadian Association for Suicide Prevention

[suicideprevention.ca/resources](http://suicideprevention.ca/resources)

### Suicide Attempt, Follow-up, Education & Research (S.A.F.E.R.)

[vch.ca/en/service/suicide-attempt-follow-education-research-safer](http://vch.ca/en/service/suicide-attempt-follow-education-research-safer)

## Free and Low-cost Counselling

### Free Counselling BC

[freecounsellingbc.ca](http://freecounsellingbc.ca)

### Free Mental Health and Substance Use Support

[wellnesstogether.ca](http://wellnesstogether.ca)

### Family Services of Greater Vancouver

[fsgv.ca/programs/traumacounselling](http://fsgv.ca/programs/traumacounselling)

### Free Gambling Support BC

[gamblingsupportbc.ca](http://gamblingsupportbc.ca)

### Living Systems Counselling

[livingsystems.ca/counselling/low-cost-counselling](http://livingsystems.ca/counselling/low-cost-counselling)