

## Body Image

adiosbarbie.com  
about-face.org  
reachout.com/guys-and-body-image  
mediasmarts.ca/body-image

## Bullying

safeteen.ca  
erasebullying.ca  
stopabully.ca  
bullyingendshere.ca  
cyberbullying.us

## Counselling

deltaassist.com 604-594-3455  
bgcbc.ca 604-591-9262  
Child and Youth Mental Health @ MCFD  
604-940-7900

## Crisis Lines

Youth Suicide Prevention Program @  
deltaassist.com 604-594-3455  
youthspace.ca  
youthinbc.com  
1-800-SUICIDE  
Youth in BC Crisis Line 866-661-3311  
South Fraser Crisis Line 604-951-8855  
Kids Help Phone 1-800-668-6868

## Eating Disorder

youthinbc.com  
lookingglassbc.com  
keltymentalhealth.ca 1-800-665-1822  
Child & Youth Mental Health @ MCFD  
604-940-7900  
Fraser South Eating Disorders  
604-592-3700

## Who We Are

### About Us

The Delta Opposes Violence Everywhere Committee (DOVE) is comprised of members from various community service agencies within Delta, whose focus is the prevention of violence through education.

### Contributing Agencies

Please see our website for our many contributing agencies!

### Website

deltapolice.ca/dove

### Twitter

@DOVE Committee

### Facebook

Delta Opposes Violence Everywhere



# Need Support? Teen Resources

Looking for  
Something New?



Searching for  
Community?



Considering  
Quitting?



Feeling  
Blue?

Want  
Help?



Online List of Resources at:  
[deltapolice.ca/dove](http://deltapolice.ca/dove)



Created by **DOVE**

*Delta Opposes Violence Everywhere*

## **Family Support**

familieschange.ca  
divorceandteens.weebly.com  
safeteens.org/relationships  
kidshealth.org/teen/your\_mind  
bgcbc.ca 604-591-9262

## **Gambling**

bcreponsiblegambling.ca  
1-888-795-6111

## **Get Involved**

deltaassist.com/youthgrowth  
dylsociety.com  
youthblackbook.com

## **General Health**

youngandhealthy.ca  
healthtalk.org  
kidshealth.org  
youthinbc.com  
healthlinkbc.ca

## **Immigration Services**

options.bc.ca  
pics.bc.ca  
wicsurrey.org  
getintheknow.ca  
dcrcs.ca (YIP program)

## **Legal**

pivotlegal.org  
Legal Services Society lss.bc.ca  
604-585-6595  
Law Students' Legal Advice Program  
604-822-5791

## **Reporting Abuse or Neglect**

MCFD Helpline for Kids 604-310-1234

## **LGBTQ Support**

itgetsbetter.org  
outinschools.com  
qmunity.ca  
youthresource.com  
syabc.ca 604-657-4991

## **Mental Health**

*(Anxiety, Depression, Self-Harm...)*  
mindcheck.ca  
cmha.bc.ca  
psychosissucks.ca  
kidshealth.org/teen  
safeteens.org/mind-body  
options.bc.ca  
bgcbc.ca 604-591-9262  
Child & Youth Crisis Program  
604-585-5561

## **Online Safety**

weron2u.ca  
nsteens.org  
kids.getnetwise.org

## **Relationships**

loveisrespect.org  
pamf.org/teen/abc  
safeteens.org/relationships  
kidshealth.org/teen/your\_mind

## **Sexual Health**

Puberty101.com  
sexualityandu.ca  
beyondthetalk.ca  
Sex Sense Line optbc.org  
North Delta Public Health Unit  
@ 11245 84 Ave / 604-507-5400  
South Delta Public Health Unit  
@ 470 Clarence Taylor Cres Ladner  
604-952-3550

## **Sexual Exploitation**

SEY: Stop Exploiting Youth pcrs.ca/sey  
604-587-8100  
SAIP: Sexual Abuse and Intervention  
Program bgcbc.ca 604-591-9262

## **Smoking**

quitnow.ca

## **Substance Use**

youthondrugs.com  
teens.drugabuse.gov  
deltaassist.com 604-594-3455  
dcrcs.ca 604-597-0205  
peakhouse.ca 604-253-6319  
Creekside Youth Bed 604-587-3755  
youthondrugs.com 1-866-658-1221  
Alateen bcyukon-al-anon.org (meetings)  
604-688-1716

## **Things To Do**

bgcbc.ca (teen nights)  
fvrl.bc.ca (teen pizza & games nights)  
delta.ca/parks-recreation  
stageoflife.com

## **Violence**

deal.org  
youthagainstviolenceline.com  
Delta Victim Services 604-940-5019  
VictimLink 1-800-563-0808

## **Young Moms**

Nobody's Perfect Parenting deltassist.com  
604-946-9526

## **Youth Resources Links**

youthblackbook.com  
kidshealth.org  
safeteens.org