



## **NEED TO TALK TO SOMEONE?**

Crisis and support lines available  
to 2SLGBTQPIA+ living in BC.



**Interligne:**

888-505-1010 (English and French, 24 hours)

<https://interligne.co/en/>

**Trans Lifeline:**

877-330-6366

<https://translifeline.org/>

**LGBT National Help Center - Hotline:**

888-843-4564 (English, Mon. to Fri. 1pm to 9pm PT;

Saturday 9am to 2pm PT)

[www.lgbthotline.org](http://www.lgbthotline.org)

While some of these resources may not be locally based in BC,  
these lines are open to all BC residents who are 2SLGBTQPIA+.

