

Reporting and Mental Health Related Resources for Victims/Witnesses of a Hate Incident/Crime

Resources for Reporting a Hate Incident/Crime

If you are in an emergency and require immediate assistance, call 911.

If you are not in an emergency, meaning there is no immediate threat to your and others' safety, call the **non-emergency number** of your local police department.

- North Vancouver RCMP Non-Emergency: **604-985-1311**
- West Vancouver Police Non-Emergency: **604-925-7300**

Resilience BC – Anti-Racism Network

- Information on [reporting a complaint about the police](#)
- BC Hate Crimes Team:
 - Phone: 1-855-462-5733 (toll free)
 - E-mail: BC_Hate_CRIMES@rcmp-grc.gc.ca

VictimLinkBC

- Provides information and referral services to all victims of crime for 24 hours a day, 7 days a week
- Provides services in up to 150 languages, including many North American Aboriginal languages
- Call or text 1-800-563-0808
- Email: VictimLinkBC@bc211.ca

Safe Space

- Allows Indigenous patients across BC to anonymously share their positive and negative healthcare experiences
- To file a report, click [here](#)

Law Related Resources for Reporting a Hate Incident/Crime

BC Human Rights Clinic

- If you need assistance filing a human rights complaint through [the British Columbia Human Rights Tribunal](#), you can sign-up for free 30-minute appointments through the [BC Human Rights Clinic](#)
- To book an appointment, click [here](#)

Access Pro Bono

- Summary Advice Program
 - Free 30-minute legal advice to low- and modest-income individuals
 - To request an appointment, call 1-877-762-6664 or fill out the [Online Triage Form](#)
- Lawyer Referral Service
 - Up to 30 minutes of free legal advice with an expert lawyer
 - Call 604-687-3221 or 1-800-663-1919

Law Student's Legal Advice Program (LSLAP)

- Free legal advice and representation to clients in Lower Mainland who would otherwise be unable to afford legal assistance
- Call 604-822-5791, or 604-684-1628 to set up an appointment in a Chinese language

BC Legal Aid

- Providing legal information, advice and representation services to British Columbians with low incomes
- [North Vancouver location:](#)
 - Call 604-980-7000 or 1-855-220-2800
 - Email: intake.northvancouver@legalaid.bc.ca

Islamophobia Hotline

- Free confidential legal advice if you feel that you have been discriminated against, harassment, or faced violence because you are Muslim or are perceived to be Muslim
- Call 604-343-3828

Mental Health Related Resources for Victims/Witnesses of a Hate Incident/Crime

Canadian Mental Health Association

- Mental Health Support Line
 - Call 310-6789 (no area code) to connect to your local BC crisis line, 24 hours a day
- Crisis Centre Chat
 - Visit [crisiscentrechat.ca](https://www.crisiscentrechat.ca) to chat online with a crisis responder; available from noon to 1:00am every day

SNIWWOC Mental Health Services

- Free therapy to low-income racialized women (Black, Indigenous, People of Colour including transgender and two-spirit community members)
- If you meet the [eligibility criteria](#), fill out the [Therapy Request Form](#)

Healing in Colour

- [Directory of Black, Indigenous and People of Colour \(BIPOC\) therapists](#)
- [Resources for healing and liberation](#)

S.U.C.C.E.S.S. Chinese Help Lines

- Counselling and crisis support help lines are answered seven days a week from 10:00am to 10:00pm
- Cantonese Line: 604-270-8233
- Mandarin Line: 604-270-8222

Black Youth Helpline

- A multicultural helpline and services for children, youth, families, school boards and other youth organizations
- Call 1-833-294-8650 (toll free)

Foundry – North Shore

- Offering young people (ages 12-24) access to mental health and substance use support, primary care, peer support and social services
- Call 604-984-5060 for drop-in support Monday-Thursday from 1:00-5:00pm

Indigenous Specific Mental Health Resources

Hope for Wellness Helpline

- Offers an immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada
- Call 1-855-242-3310; 24 hours a day, 7 days a week

KUU-US Crisis Line Society

- A 24-hour crisis line for Indigenous people in British Columbia
- Adults: 250-723-4050
- Youth: 250-723-2040
- Toll Free: 1-800-588-8717

Métis Crisis Line

- Immediate crisis intervention, but also a variety of other issues like relationship troubles, depression and anxiety, financial issues, and bullying and peer pressure support
- Call 1-833-638-4722; 24 hours a day, 7 days a week

Witnessing Racism

Try

Get Trained with Hollaback! | [Sign-up for a Free Anti-Harassment Training](#)

Bystander Intervention Trainings | [Sign-up for a Free Bystander Intervention Training by Asian Americans Advancing Justice – Chicago](#)

What to Do If You Witness or Are a Victim of Hate Crime | [Short Multilingual Videos Developed by Resilience BC Explaining the Steps Witnesses/Victims of a Hate Crime Can Take](#)

If you need assistance accessing any of the listed resources, please contact the front desk at Impact North Shore by emailing office@impactnorthshore.ca or calling 604-988-2931 to be connected with a Settlement Worker.