

SEXUAL VIOLENCE SUPPORT RESOURCES

The following information is designed to help you connect with sexual violence supports at Northern Lights College as well as within our communities. As NLC students may live in various places around our great province and even beyond we recognize that this resource list won't cover all communities however we have included various national and provincial resources to ensure access for NLC students wherever you are located.

EMERGENCY SUPPORT

If you are experiencing a **life-threatening emergency**, please call **911**, and then Campus Security if you are on campus (Dawson Creek Campus Security at (250) 784-8202 or Fort St. John Campus Security at (250) 261-4119). Retreat to a safe place if you are able.

AFTER-HOURS AND COMMUNITY SUPPORT (LISTED ALPHABETICALLY)

- [BC Mental Health Support Line](#) (Provincial) [310-6789](#)
This toll-free number connects callers to a BC crisis line offering emotional support, information on appropriate referral options, and a wide range of support related to mental health concerns. No area code needed. 24 hour phone support.
- [Fort Nelson Women's Shelter](#) (Fort Nelson) (250) 774-4511
The women's shelter offers safe and secure shelter to women and their dependent children who are victims of violence or abuse.
- [Get Checked Online](#) (Provincial)
Get tested for sexually transmitted infections without visiting a health care provider. Service is offered through "LifeLabs" locations in British Columbia.
- [Here2Talk](#) (Provincial) 1-877-857-3397
A 24 hour phone and chat counselling support for B.C. post-secondary students.
- [Hope For Wellness](#) (National) 1-855-242-3310
A 24 hour phone support for Indigenous People in Canada.
- [Kids Help Phone](#) (National) [1-800-668-6868](#) or text 686868
A national 24-hour phone and text support for youth and children.
- [KUU-US Crisis Line](#) (National) [1-800-588-8717](#)



A 24 hour phone support for Indigenous people in BC.

- [Meaope Transition House](#) (Fort St. John) (250) 785-5208
The transition house provides 24 hour safe and secure shelter to women who are victims of violence or abuse with their children. The confidential service is offered through Community Bridge programming.
- [Metis Crisis Line](#) (Provincial) 1-833-638-4722
A 24 hour phone support for Metis People in B.C.
- [Mitzpah Transition House](#) (Dawson Creek) (250) 782-9176
This service provides temporary safe shelter and basic needs for women and their dependent children who are at risk of violence or have experienced violence. The transition house provides safe, confidential, women-centered services in an undisclosed location, as well as information and referrals to other services.
- [Safe Home Services](#) (Chetywnd) (250) 788-1976
The Safe Home services provides short term temporary safe shelter and basic needs for women and their dependent children who are at risk of violence or have experienced violence. This service provides safe, confidential, women-centered services in an undisclosed location, as well as information and referrals to other services.
- [Sex & U](#) (National)
A webpage designed with a real-life approach to questions and issues around sex, sexuality, and sexual and reproductive health.
- [Sex Sense](#) (Provincial) 1-800-739-7367
Free, pro-choice, sex-positive, and confidential services where you can connect with registered nurses, counsellors, and sex educators for information and resources about sex, sexuality, and sexual health. M-F, 9:00 am – 9:00 pm.
- [Sexual Health Information Line](#) (Provincial) 1-888-642-2725(call)
A free 7 day a week (6:00 am – 6:00 pm) toll-free, confidential phone and text line (1-613-800-6757). It is available for questions about sexual health, pregnancy options, abortion, and safer sex.
- [Suicide Crisis Helpline](#) (National) Call or Text 988
A safe space to talk, 24 hours a day, every day or the year.
- [VictimLinkBC \(Province Wide\)](#)
A support program for victims of crime and trauma across B.C. and Yukon. This service is toll-free, confidential, and available 24 hours a day, 7 days a week in different languages. VictimLinkBC provides information and referral services to fit individual needs and they provide information about the network of community, social, health, criminal justice system and government resources.
- [Women's Outreach Services](#) (Tumbler Ridge) (250) 242-1577



This program serves women and their children who have experienced, or at risk of experiencing violence, abuse or threats. Outreach services offer short-term supportive counselling, safety planning, information and referrals, and other services.

ON-CAMPUS SUPPORT

(LISTED ALPHABETICALLY)

- [Access Services](#) accessservices@nlc.bc.ca
The staff in this department support students with diverse needs in arranging reasonable accommodations and support services during their studies. They also support students with temporary or short term accommodations as needed. In addition to email they can be reached at 250-784-5450.
- [Campus Security](#) (Dawson Creek (250) 784-8202 and Fort St. John (250) 261-4119)
- [Learning Support Services](#) learningsupport@nlc.bc.ca
Our Learning support team works one-on-one with current students to help them access personal supports including counselling, and to help students identify and overcome learning barriers. The staff on this team are the primary support for students experiencing sexual violence and can help a student access policy and procedures to determine what reporting options are available. Our specialists also help with organizing wellness workshops and learning webinars to support students academic success. In addition to email they can be reached by phone at 250-261-4930 or at 250-219-3496.
- [Indigenous Education](#) (indigenous@nlc.bc.ca)
The team in Indigenous Education is here to support indigenous students through their entire journey at NLC. This team works hard to ensure that indigenous students have the opportunity to connect with elders, culture and language. The Indigenous Student Navigators provide advice about admissions, program offerings, and so much more.
- [International Education](#) (international@nlc.bc.ca)
The staff in this department are here to support students before they arrive in Canada as well as once they arrive on campus. Helping students feel at home, and assisting students with navigating everything that NLC has to offer is their number one priority.
- [Safe Walk Program](#) (Dawson Creek (250) 784-8202 and Fort St. John (250) 261-4119)
This program offers campus patrols and escorted walks from class to your car throughout the year from 4:30 pm – 3:00 am.



ONLINE RESOURCES AND APPS

- [Anxiety Canada](#)
Online tools and resources to recognize and manage anxiety.
- [Booster Buddy App](#)
Free app to help youth improve their mental health and manage their wellness journey.
- [Calm App](#)
Meditation and mindfulness app to help manage anxiety, lower stress and improve sleep.
- [Headspace App](#)
Meditation and mindfulness app to reduce stress, have better focus and sleep better.
- [Here2Talk](#)
Free access to 24/7 counselling via app, phone and web support. For students registered at a BC post-secondary institution.
- [Here to Help](#)
Online resource for mental health and substance use information, including screening tools.
- [Healthy Living](#)
Online information from Health Canada to support healthy eating, physical activity, pregnancy, mental health and sexual/reproductive health.
- [In the rooms](#)
Provides global access to over 130 live online recovery meetings a week, including alcoholics and narcotics anonymous.
- [Insight Timer App](#)
Free library of guided meditations
- [Mindshift CBT App](#)
Free app using CBT tools to manage anxiety.
- [Y Mind](#)
YMCA's free mental wellness program for 13-18, and 18-30 year olds. Y Mind, helps participants learn how to manage stress and mild-to-moderate anxiety. Our programs



are evidence-based and teach Acceptance and Commitment Therapy (ACT) and mindfulness. This is a self-referral program.