

## Indigenous and Multicultural Resources

### Urban Native Youth Two Spirit Collective

Support, resources, and programming for Indigenous youth, ages 15-30, who identify as 2Spirit or LGBTQ+.

[604-379-5133](tel:604-379-5133)

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

### Two Spirits of BC

Support groups, workshops and drumming circles for Indigenous Two Spirit people.

[604-683-3884](tel:604-683-3884)

[2spiritsbc.com](http://2spiritsbc.com)

### SHER

SHER provides support through arts and culture, education and outreach to queer South Asians and allies, along with confidential counselling in multiple languages and multiple locations.

[ash@sherpride.ca](mailto:ash@sherpride.ca)

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

### DIVERSEcity

Hosts Together Now, a peer support group for 2SLGBTQIA+ newcomers of any immigration status. It offers social connections, information about community resources, and access to counselling services. Also offers individual support for 2SLGBTQ newcomers, information about community resources and access to counselling services.

[604-954-4001](tel:604-954-4001)

[newcomers@dcrs.ca](mailto:newcomers@dcrs.ca)

### Mosaic 2SLGBTQIA+ Newcomer Support

I Belong is a program welcoming all 2SLGBTQIA+ refugees and newcomers to a safe space to connect with and receive support through peer-support groups and individual counselling. They also have a group for trans and non-binary members - Beyond Borders and Binaries.

[604-254-9626](tel:604-254-9626)

[ibelong@mosaicbc.org](mailto:ibelong@mosaicbc.org)

### Qmunity Two Spirit Peer Support Group

A place for Indigiqueer, Two Spirit, and Indigenous trans people to come together and discuss their experiences as intersectional members of the community.

[twospirit@qmunity.ca](mailto:twospirit@qmunity.ca)

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



[www.together-sswr.com](http://www.together-sswr.com)



[info@together-sswr.com](mailto:info@together-sswr.com)



[@together.sswr](https://www.facebook.com/together.sswr)



**TOGETHER**  
*for mental wellness*

Connecting the *community* to available mental health resources

Together promotes non-profit, low-barrier services. All organizations are vetted, but we are not responsible for organizations changing or misrepresenting their services. We encourage due diligence when considering service use.

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Gender & Sexual  
Minority



Where do I find  
Gender and Sexual  
Diversity Mental  
Health?

## LGBTQ2S+ Youth

### Rainbow Connection-Youth Space

A program of Alex House, Rainbow Connection is a weekly drop-in social group for 2SLGBTQ+ youth (12+) in South Surrey/White Rock. They also host a yearly youth Pride Prom.

[778-545-9188](tel:778-545-9188)

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

### Queer Cafe from Foundry

A virtual social group for youth who identify as 2SLGBTQ+ or are questioning their gender. A safe space to ask questions, learn and connect with youth in BC.

[info@foundrybc.ca](mailto:info@foundrybc.ca)

### Qmunity Youth Programs

The Youth Program offers drop-in spaces, a Gender Supportive Wear Program, one-on-one support, plus referrals and available resources for 2SLGBTQ+ youth ages 25 and under.

[youth@qmunity.ca](mailto:youth@qmunity.ca) (14-25)

[gabjunior@qmunity.ca](mailto:gabjunior@qmunity.ca) (10-13)

### TransSupport- Plea

Free, confidential and voluntary support sessions for transgender youth ages 25 years and under. Separate sessions for parents and family members.

[604-871-0450](tel:604-871-0450)

[info@plea.bc.ca](mailto:info@plea.bc.ca)

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

### YouthCo

An organization of youth leaders within the HIV and Hep C movements. They take a peer approach to conversations about sexual health, harm reduction, and stigma.

[info@youthco.org](mailto:info@youthco.org)

[604-688-1441](tel:604-688-1441)

[youthco.org](http://youthco.org)

### Qchat

A peer support line and resource database for LGBTQ2S+ youth in British Columbia. Lines open Sunday-Thursday,

6:00PM-9:00PM

[1-855-956-1777](tel:1-855-956-1777) (call)

[250-800-9036](tel:250-800-9036) (txt)

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

## Specific Crisis Lines

KUU-US Indigenous  
Crisis Line 1-800-588-8717

SAIL - for Seniors Abuse  
604-437-1940

Kids Help Phone  
1-800-668-6868  
Text 686868

Salal - for  
Sexual Violence  
604-255-6344

SMART - for  
Assault  
604-583-1295

Youth in BC  
310-6789

Trans Lifeline  
877-330-6366

VictimLink (+text)  
1-800-563-0808

## CRISIS LINES

9-8-8 Call/Text

OR

1-800-784-2433

[www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca)

TTY 1-866-872-0113

## Youth Online Support

### It Gets Better Project

A global non-profit whose mission is to uplift, empower and connect sexual and gender diverse youth around the globe.

[itgetsbettercanada.org](http://itgetsbettercanada.org)

### Trevor Space

Online community for LGBTQ+ ages 13-24 yrs. Explore your identity, get advice, find support and make friends in a moderated online group.

[trevorspace.org](http://trevorspace.org)

## LGBTQ2S+ Resources

### Sex Sense by Options

Free, pro-choice, sex-positive, and confidential service. Our team of registered nurses, counsellors, and sex educators offer information and resources on sex, sexuality and sexual health. Open Monday to Friday 9a.m. – 9p.m.

[604-731-7803](tel:604-731-7803)

[optionsforsexualhealth.org](http://optionsforsexualhealth.org)

### pflag Canada

Helping 2SLGBTQ+ people and loved ones connect with resources and find a supportive community. Local chapters include Pflag Vancouver and Pflag Surrey.

[surreybc@pflagcanada.ca](mailto:surreybc@pflagcanada.ca)

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

## Support Resources cont'd

### Sources Trauma Counselling

Experienced trauma counsellors provide individual and group counselling for those who identify as LGBTQ2S+ who have experienced sexual assault, childhood trauma, and intimate partner abuse. Free to reduced fee services.

[604-335-5035](tel:604-335-5035)

[trauma.counselling@sourcesbc.ca](mailto:trauma.counselling@sourcesbc.ca)

### Qmunity

Age specific (like youth and seniors) peer support groups, free and low cost counselling services, and other supports.

[seniors@qmunity.ca](mailto:seniors@qmunity.ca)

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

[604-684-5307](tel:604-684-5307)

### Trans Care BC

An online BC-wide information service and resource hub. Information for access to gender-affirming health care and supports.

[transcareteam@phsa.ca](mailto:transcareteam@phsa.ca)

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

[1-866-999-1514](tel:1-866-999-1514)

### Chronically Queer

Peer-facilitated group for LGBTQ+ people who are "neurodivergent, mad, crip, chronically ill, and/or disabled."

[lets@connectwithlets.org](mailto:lets@connectwithlets.org)

[connectwithlets.org](http://connectwithlets.org)

[604-437-7331](tel:604-437-7331)

### Health Initiative for Men (HIM)

For self-identified GBQ men and gender diverse people in BC. Health-based programming and services to meet the sexual, mental, physical, and social health needs. Counselling for low income individuals and 55+ support group

[register@checkhimout.ca](mailto:register@checkhimout.ca)

[604-488-1001](tel:604-488-1001)

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

### QMUNITY Gatherers: Seniors

Weekly in-person and virtual gatherings for LGBTQ+ folk aged over 55 to network, share culture and talk rainbow life.

[604-684-5307](tel:604-684-5307)

[seniors@qmunity.ca](mailto:seniors@qmunity.ca)

Can't find what you are looking for? Head to [www.together-sswr.com](http://www.together-sswr.com) or call 778-369-2475