

# RESOURCES FOR YOUTH TRANSITIONING OUT OF GOVERNMENT CARE

## **Crisis services/Need someone to talk to**

**Kids Help Phone** (24hrs a day/7 days a week)  
Live chat [www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
1-800-668-6868

**Crisis Centre** (24hrs a day/7 days a week)  
1-800-784-2433 (1-800-SUICIDE)

**Youth Space**  
Live chat [www.youthspace.ca](http://www.youthspace.ca) | Text 1-778-783-0177

**Youth in BC Live chat**  
[www.youthinbc.com](http://www.youthinbc.com)

**The KUU-US Crisis Line Society** (Aboriginal)  
24-hour provincial Aboriginal crisis phone service.  
250-723-2040 | [www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca)

## **Indigenous supports**

**BC Association of Aboriginal Friendship Centres**  
Friendship Centres provide community support for Aboriginal peoples in BC who live in urban areas.  
[www.bcaafc.com](http://www.bcaafc.com) | 250-388-5522 | Locations across BC

**Métis Nation BC**  
1-800-940-1150 | [www.mnbc.ca](http://www.mnbc.ca)

## **Health**

**BC Mental Health Crisis Line**  
24/7 suicide prevention hotline.  
1-800-784-2433 | [www.crisislines.bc.ca](http://www.crisislines.bc.ca)

**Medical advice from a nurse** (24/7)  
Dial 811

**Options for Sexual Health (OPT)**  
Free and confidential sexual health resource and referral service.  
[www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org) | 1-800-739-7367  
Locations across BC

## **Housing**

**BC Housing/Housing Registry**  
Provides subsidized housing options.  
Application: [housingapplication.bchousing.org/olf/faces/welcome](http://housingapplication.bchousing.org/olf/faces/welcome)  
604-433-2218 | 1-800-257-7756

## **Employment**

**WorkBC**  
A provincial government employment program.  
[www.workbc.ca](http://www.workbc.ca) | 250-952-6914 | 1-877-952-6914  
Locations across BC

## **Finances**

**Public Guardians and Trustee (PGT)**  
Assists youth transitioning out of care with their finances.  
[www.trustee.bc.ca](http://www.trustee.bc.ca) | 604-775-3480

## **Education**

**Youth Educational Assistance Fund for Former Youth in Care (YEAF)**  
Grants of up to \$5,500 per year to youth from government care (age 19–24) in education.  
[www.studentaidbc.ca/explore/grants-scholarships/youth-educational-assistance-fund-former-youth-care](http://www.studentaidbc.ca/explore/grants-scholarships/youth-educational-assistance-fund-former-youth-care)

**Provincial Tuition Waiver Program**  
Provides post-secondary tuition for former youth in care (age 19–26).

[www2.gov.bc.ca/gov/content/education-training/post-secondary-education/pay-for-school/provincial-tuition-waiver-program](http://www2.gov.bc.ca/gov/content/education-training/post-secondary-education/pay-for-school/provincial-tuition-waiver-program)

## **Transitioning out of Government Care**

**AgedOut.com**  
A website for youth and young adults in and from government care in BC.  
[agedout.com](http://agedout.com)

**Agreements with Youth Adults (AYA)**  
(Can apply early if going to university)  
Provides financial support to youth who have previously been in foster care or had a Youth Agreement to help cover expenses such as housing and vocational programs.  
[www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/teens-in-foster-care/agreements-with-young-adults](http://www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/teens-in-foster-care/agreements-with-young-adults)

## **Multiple Services** (e.g., education, employment, housing, support)

**The Foundry**  
Youth health and wellness services and supports.  
[www.foundrybc.ca](http://www.foundrybc.ca) | Locations across BC

**John Howard Society**  
Assists youth who have come into, or are at risk of being in, conflict with the law.  
[www.johnhowardbc.ca](http://www.johnhowardbc.ca) | 604-872-5651  
Locations across BC

## **Advocacy or complaints**

**Office of Representative for Children and Youth**  
Supports youth and families who need help dealing with the provincial child and youth welfare system.  
1-800-476-3933 | [www.rcybc.ca](http://www.rcybc.ca)

**BC Government Ombudsman**  
If you think a provincial government ministry, local government, or other provincial public authority has treated you unfairly, they may be able to help.  
1 800-567-3247 | [www.bcombudsperson.ca](http://www.bcombudsperson.ca)