



COMOX VALLEY

RESOURCES FOR SEXUAL ASSAULT SURVIVORS

**Comox Valley Sexual Assault
Crisis Line: 778-225-0039**



RESOURCES FOR ALL ADULTS

- **Comox Valley RCMP: 911 or Non-Emergency: 250-338-1321**
- **Sexual Assault Services (SAS): 250-650-5488**
625 England Ave - Comox Valley Transition Society
- **Community-Based Victim Services: 250-338-7575 ext. 225/226**
Comox Valley Family Services Association
- **Forensic Nurse Examiner (Sexual Assault Nurse Exam)**
North Island Hospital Comox Valley
- **RCMP Victim Services: 250-334-5979**
- **Pidcock Shelter: 250-338-2533**
Salvation Army
- **Island Health - Mental Health Drop-In: 250-331-8524**
Monday, Tuesday, Friday 9:00am-11:15am/1:00pm-2:15pm
or Wednesday 9:00am-11:15am
- **Public Health - Sexual Health: 250-331-8520**
- **OPT Clinic (Sexual Health Testing): 250-331-8572**
Tuesdays 5:00pm - 8:00pm - Comox Valley Health Unit
- **Foundry (Ages 12-24 Sexual Health and Counselling): 250-338-7341**
575 10th Street <https://foundrybc.ca/comoxvalley/>

24/7 Information and Crisis Lines:

- **Comox Valley Sexual Assault Crisis Line: 778-225-0039**
- **Lilli House Crisis Line: 250-338-1227**
- **Suicide Hotline: 1-800-784-2433**
- **Suicide Crisis Hotline text or call: 988**
- **Vancouver Island Crisis Line: 1-888-494-3888**
- **VictimLink BC: 1-800-563-0808**
- **KUU-US Crisis Services: 1-800-588-8717**

RESOURCES SPECIFICALLY FOR SELF-IDENTIFYING WOMEN/LGBTQIA2+

- **Lilli House Crisis Line and Transition House - 250-338-1227**
- **Rosewall Women's Clinic (Sexual Health): 778-225-9738**
- **Stopping the Violence Counselling (STV) - 250-897-0511**
Comox Valley Transition Society
- **Sexual Assault Emergency Counselling: 250-897-0511**
Comox Valley Transition Society
- **VLM Multicultural Family Support Services Society
(Counselling/information services in 22 languages)
1-604-436-1025**

RESOURCES SPECIFICALLY FOR SELF-IDENTIFYING LGBTQIA2+

- **Qmunity (Counselling, peer support, and more): 1-604-684-5307**
<https://qmunity.ca/>
- **Trans Lifeline: 1-877-330-6366**
10:00am-8:00pm (English and Spanish)
- **Foundry (Ages 12-24 Sexual Health and Counselling): 250-338-7341**
575 10th Street <https://foundrybc.ca/comoxvalley/>



Sexual Assault Crisis Line: 778-225-0039
Sexual Assault Services Coordination: 250-650-5488
Location: 625 England Ave, Courtenay, B.C.
(January 2024)



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RESOURCES FOR SEXUAL ASSAULT SURVIVORS

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RESOURCES SPECIFICALLY FOR SELF-IDENTIFYING MEN/LGBTQIA2+

- **BC Society for Male Survivors of Sexual Assault and Abuse:**
1-604-682-6482 (\$Counselling and Victim Services) Vancouver
<https://bc-malesurvivors.com/>
- **Men's Therapy Clinic: 250-381-6367**
(\$Counselling & Victim Services) Victoria
<https://menstherapycentre.ca/MTC/>
- **Men's Counselling (Mike): 250-331-8502**
Comox Valley Nursing Centre

RESOURCES FOR ALL CHILDREN/YOUTH

- **Sexual Assault Services (SAS): 250-650-5488**
625 England Ave - Comox Valley Transition Society
- **Kids Help Phone: 1-800-668-6868**
<https://kidshelpphone.ca>
- **Sexual Abuse Intervention Program (Counselling): 250-338-7575**
Comox Valley Family Services Association
- **PEACE (Counselling children who have witnessed or experienced violence): 250-897-0511**
Comox Valley Transition Society
- **Foundry (Ages 12-24 Sexual Health and Counselling): 250-338-7341**
<https://foundrybc.ca/comoxvalley/>

CULTURAL RESOURCES

- **Indian Residential School Survivors Society (24/7 Counselling line): 1-800-721-0066**
- **Native Court Support Worker (Counselling): 1-877-811-1190**
- **First Nations Health Authority (Counselling/Wellness): 1-855-550-5454** <https://www.fnha.ca/benefits/mental-health>
- **K'ómoks First Nation Counselling: (KFN Members) 250-339-4545**
- **Immigrant Welcome Centre: 250-338-6359**
- **First Nations Health Authority Sexual Health: 1-855-344-3800**
If you do not have access to a local nurse or doctor, you can book a virtual appointment with the First Nations Virtual Doctor of the Day.
- **SASSMANS Society: 250-914-2212**
- **KUU-US Crisis Services:**
General Line: 1-800-588-8717
Elder/adult: 250-723-4050
Youth/Child: 250-723-2040
- **Hope for Wellness Indigenous Helpline: 1-855-242-3310**

LEGAL RESOURCES

- **STAND Informed (Legal advice for sexual assault): 1-604-673-3143**
- **Rise Women's Legal Centre: 1-236-317-9000**
- **Legal Aid: 1-604-601-6000**
- **Community-Based Victim Services: 250-338-7575 ext. 225/226**
Comox Valley Family Services Association