

Need Help? Call Us

RC&Y Representative
for Children & Youth

Our team of experts are here to support you.

We help solve problems that might be hard for you to fix alone. We can access information to help you get the answers you need.

Are you a young person in B.C.?

Here's what we do:

Speak Up

We speak up for your rights and make sure the government and other organizations are doing their part to protect and support you.

Listen

We listen to the stories, concerns, and ideas from kids and youth.

Problem-solve

We help solve problems that might be hard for you to fix alone. We can access information to help you get the answers you need.

Connect

We can help you navigate government services and get you in contact with the right people.

Representative for Children and Youth (RCY)

Hours: 8:30am - 4:30pm

Phone: 1-800-476-3933

If you are under 19, we can help with:

- ★ Social worker and government care issues
- ★ Access to mental health & substance abuse supports
- ★ Information on how the voices of youth can be heard

If you are 19-27, we can help with:

- ★ Transition to adulthood
- ★ Post-secondary tuition supports
- ★ Community Living BC Services

Kids

Help

Phone

1-800-668-6868

Visit our website
to learn more.

Hours: Always Open
Phone: 1-800-668-6868
Text: CONNECT to 686868

Suicide Crisis Help

A helpline offering support for suicide prevention. If you're struggling or worried about someone, call or text for help.

Hours: Always Open
Phone: 9-8-8

