

Need Help?

Call Us

RC&Y Representative
for Children & Youth

Are you a young person in B.C.?

RCY walks alongside children, youth in care, and young adults (19–27) to make sure your voice is heard and your rights are respected.

Our team of experts are here to support you.

Here's what we do:

Listen

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

Connect

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

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.

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.

Representative for Children and Youth (RCY)

Advocates for the rights and well-being of BC youth. If you're in care and need support or feel your rights aren't respected, contact RCY for help.

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

A helpline offering confidential support for youth facing mental health, addiction, or personal struggles.

Hours: Always Open

Phone: 1-800-668-6868

Text: CONNECT to 686868

Suicide Crisis Helpline

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

**Visit our website
to learn more.**

RC&Y

