



**Vancouver & Lower Mainland
Multicultural Family Support Services Society**

NEED HELP

CRISIS LINES/EMERGENCY NUMBERS

24 HOURS:

POLICE/FIRE/AMBULANCE	911
VICTIM LINK	1 800 563 0808
THE CRISIS CENTRE (ALSO MULTILINGUAL)	604 872 3311
MENTAL HEALTH EMERGENCY SERVICES	604 874 7307
WOMEN'S SUPPORT LINE	604 987 3374
INFORMATION AND REFERRAL	211

MCFD AFTER HOURS **604 660 4927**

VANCOUVER & LOWER MAINLAND

MULTICULTURAL FAMILY SUPPORT SERVICES

FOR FAMILY VIOLENCE MON-FRI 9AM TO 5PM **604 436 1025**

1 888 436 1025