

NEED HELP?
with a child or teen
mental health crisis

start here

START TEAM

An assessment and intervention program for 6-18 year olds experiencing a mental health crisis in Fraser Health

1-844-START11
(1-844-782-7811)

Monday to Friday: 9 am - 9 pm
Weekends & Holidays: Noon - 9 pm



THIS IS a mental health crisis

intense anxiety or depression

suicidal thoughts or attempts

threatening violence

distorted thinking

self-harming

START TEAM

Supporting Children & Youth
through Mental Health Crisis

*The START program delivers **assessment and intervention** services to children and teens in mental health crisis.*