



## Are you a youth with a small income?

### You may qualify for help with housing

Several organizations in the region (covering Nanaimo, Parksville, Qualicum, Lantzville and surrounding areas) may be able to help you find housing and other supports you may need. This includes help finding affordable housing, emergency shelter, employment, income assistance, supportive living and recreational activities.

#### Help Finding Subsidized Youth Housing

If you need help finding subsidized youth housing, the Nanaimo Affordable Housing Society maintains a webpage of Housing Options for the City of Nanaimo.

[Nanaimo Affordable Housing Society – Housing Options](#)

250-755-1158

#### Youth Housing & Support Services

[Nanaimo Youth Services Association](#)

250-754-1989

For help with housing, income, employment, training and other supports to live a healthy life.

Vancouver Island Crisis Line      24 hrs      1-888-494-3888

For 24 hour support when you are in crisis and need someone to listen and provide you with help. This includes figuring out who can help you with family or relationship challenges, resources for finding food, housing, income support and other needs.

NARSF Transitions Youth Withdrawal Management & Supportive Recovery Program      250-754-2773

Safe and supportive housing for youth aged 12 – 19 who are struggling with substance use related issues.

## Emergency Shelter

For immediate help if you find yourself homeless or needing a safe place to stay...

Haven Society Transition House      250-756-2452

Temporary shelter, information and crisis support for women, children and youth (up to 19 for males) who have experienced violence & are seeking safety while exploring their options. No provisions for pets.

Friendship Lelum Youth Safe House      250-753-8266

For 'at risk youth' 12 - 18 years old. Low barrier, but no drugs or alcohol permitted on the premises.

For youth over 18 please refer to the [Emergency Shelter](#) information sheet.

Please call 911 if your safety is at risk

## Aboriginal Youth (First Nations, Metis & Inuit)

Tillicum Lelum Aboriginal Friendship Centre      250-753-6578

For help finding housing, employment, training, counseling, parenting, child care and other supports

Tillicum Lelum - Young Mother's Residential Program      250-716-1080

Housing and support for aboriginal mothers ages 18 to 25

Salish Lelum Housing (BC Housing)

1-800-787-2807

For help finding affordable housing

In addition to this section for Aboriginal Youth - **please note that all** services listed on this sheet are open to Aboriginal Youth.

## Find More Resources for Youth

**Community Resources Database**

1-888-494-3888

In addition to crisis support the **Vancouver Island Crisis Line** provides community resource information and access to Mental Health Crisis Response Team when appropriate.