



SeatoSkySafetyNet.com

# We Are On Your Side.

Sea to Sky Safety Net is an online hub of local resources and tools to help connect people to mental health and substance use support. Together, we can build resilience, eliminate stigma, and encourage people to reach out for help when they need it.

**If you need support with a mental health or substance use challenge,  
We Are On Your Side.**



**MENTAL HEALTH  
SUPPORT**



**SUBSTANCE USE  
SUPPORT**



**VICTIM SERVICES**



**BASIC NEEDS**



**CRISIS LINES**



Find support resources at  
**SeaToSkySafetyNet.com**



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