BCBH British Columbia Bereavement Helpline

Grief & Loss Support

Our helpline is free & confidential. You can connect with trained volunteers who offer compassionate listening via phone or email.

We also provide homicide and suicide loss support groups to encourage healing and connection with participants experiencing these unique types of grief.

Our volunteers have access to a robust resource guide with support options in communities all across BC.

HELPLINE HOURS:

Monday: 9am-5pm
Tuesday: 9am-5pm
Wednesday: 9am-8pm
Thursday: 9am-5pm
Friday: 9am-5pm
Saturday: 9am-1pm

Call BCBH toll-free 1-877-779-2223 contact@bcbh.ca