**Mental Health and Substance Use Resource List - YES**

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| --- | --- | --- | --- |
| **Domain** | **Organization** | **Service Information** | **Contact Information** |
| **Child and Youth** | Foundry | * Counselling, peer supports and support groups
* Currently virtual and online
* Ages youth to age 24
 | * Crisis – 1-800-784-2433
* <http://bvbia.ca/index.php/our-services>
* Foundry App – for patients, families, and providers
 |
| Lake Babine Nation – New Vision Wellness Centre | * Drug and alcohol counsellor – also support with accessing treatment and detox centres (24/7)
* Wellness engagement worker
* Traditional Land Based Healing Program
 | * 250-692-3558
* Emergency: 250-692-6470
 |
| CSFS | * Support Indigenous and non-Indigenous children, youth, and families
* Counselling and support to children, youth, and families
* CYMH Team may involve, with consent, other specialized services as needed (e.g.: COMPASS and TOPS programs)
* School clinics
 | * 250-692-1800
* 108 – 2nd Avenue
* <https://www.csfs.org/>
 |
| Lakes District Community Services | * Child/Youth Mental Health
 | * 250-692-7577
 |
| Kuu-us Crisis Line Society | * Crisis services
* For Indigenous people in BC
 | * 1-800-588-8717
* [www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com)
 |
| TOPS – Therapist-assisted Online Parenting Strategies | * Child Psychiatry Services – BC Children’s Hospital
 | * Contact CSFS for referral
 |
| PG Sexual Assault Centre | * Counselling, education, and advocacy for youth who have experienced sexual violence
* Youth aged 14 -18
* Children aged 3 -13 who have been sexually abused
 | * Questions or concerns: 250-564-8302
* Crisis line: 1-888-564-8336
* <https://www.pgsac.org/>
 |
|  |
| **Adult / All Ages** | Canadian Mental Health Association (Prince George) | * To connect with support and resources in communities
* Wellness programs
 | * 1-866-564-8644
* For more information visit website: <https://northernbc.cmha.ca/>
 |
| Lake Babine Nation | * Drug and alcohol counsellor – also support with accessing treatment and detox centres
* Wellness engagement worker
* Traditional Land Based Healing Program
 | * Wellness Centre – 250-692-3558
 |
| Alcoholics Anonymous | * Southside
* Burns Lake
 | * Southside: 250-691-1673
* Burns Lake: 250-692-3024
 |
| PG Sexual Assault Centre | * Counselling and support services
* Individuals, families, and groups
 | * Questions or concerns: 250-564-8302
* Crisis line: 1-888-562-1214
* <https://www.pgsac.org/>
 |
| Elizabeth Fry Society | * Support for families, women, and children
 | * 250-692-7559
* Eagles Nest Transition House: 24-hour email: eaglesnest@pgfry.bc.ca
* 24-hour crisis and support line: 250-692-5720
 |
| Families – BCSS | * Support group for family/friends who support loved ones living with any mental illness
 | * Heather Megchelsen
* 250-691-1132
* lakesdistrict@bcss.org
 |
| Bounce Back BC | * Skill building to manage low to moderate depression, anxiety, and stress
 | * 1-866-639-0522
* <https://bouncebackbc.ca/>
 |
| CSFS | * **Family Preservation Program**
* Wrap around services
* Mental health clinicians available - each community
* Drug and alcohol wellness workers - each community
 | * 250-692-1800
* <https://www.csfs.org/>
* 108 – 2nd Avenue
 |
| Safe House – Dzee Ba’yugh  | * Emergency shelter for women and children fleeing family violence
* In-house clinical therapy
* Access to safe community resources
 | * 778-924-0004
 |
| NH Life skills worker |  | * 250-692-2412
 |
| Bulkley Valley Brain Injury Association | * Smithers (need to indicate a brain injury – no descriptor required)
* Individual support, advocacy, and case management
* Group support
* Family support
 | * 250-877-7723
* <http://bvbia.ca/index.php/our-services>
 |
| Food Centre – The Link | * Food security
* Community Garden
* Food distribution
 | * 250-251-1466
* 788 Centre Street
* <https://www.ldfes.com/food-distribution.html>
 |
| The Link | * Healthy Start (Prenatal Nutrition Program) – weekly classes in Burns Lake and Southside
* Community Connections **(system navigator)** - outreach supports for clients supporting access to other resources
* Better at Home – helping seniors and elders stay in their home (non-medical supports)
* Day Care – spaces may be limited
* Community education (e.g.: FASD and trauma informed practice, poverty reduction action plan, etc.)
 | * 250-251-1466
* Room 118 – 545 Hwy 16 West (located in the College of New Caledonia building)
* <https://www.ldfes.com/>
 |
| Pharmacists | * Medication supports and information
 |  |
| Psychiatry | * Referral from a provider required
 |  |
| Private counsellors | * Gordon Poschwatta (also a FNHA mental health provider)
 | * 778-669-0099
 |
| Community Living BC | * Support people who have a developmental disability, and people with autism or FASD, and need help with daily tasks
 | * 1-877-660-2522
* <https://www.communitylivingbc.ca/>
 |
| Service BC | * Income and disability assistance
* Access to forms and forms drop off
* Phone available to provide access to programs
 | * 250-692-2528
* [Service BC Burns Lake](https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/citizens-services/servicebc/service-bc-location-burns-lake)
 |
| Plan G | * Assistance with coverage for psychiatric medications
 |  |
| Opioid Agonist Therapy (OAT) | * Beth Berlin, NP, and Dr. Bastedo (In Burns Lake)
 |  |
| NH MHSU and SW clinicians | * Counselling
* Life Skills Worker
* Mobile Specialized MHSU Outreach Team w/ a psychiatric nurse
	+ target pop’n adults ≥ 19 yrs w/ problematic or chronic SU +/- MH w/ social determinant challenges and face barriers in accessing health or social services
* Provide transitional assistance with:
* Regional Consultation Services
* Establish linkage and access to Primary Care
* Daily activities
* Physical Health
* Family Support
* Employment
* Housing assistance
* Advocacy
* Financial support
* Harm Reduction Support and Treatment Centre Options
* Continuity of Care
* Education
* Liaising with community resources for food security options, harm reduction supplies, etc.
 | * 250-692-2412
* **Lakes District Specialized MHSU Outreach Team**

741 Centre StreetBurns Lake, BC V0J 7E0RPN: 250-251-5527Social Worker: 250-251-5431Life Skills Worker: 250-251-9441Facsimile: 250-692-2469Mon - Fri: 8 am - 5 pm |
| WorkBC Centre | * Support with completion of forms and will work with clients to help find services (no referral required)
 | * 250-692-4219
* <https://www.workbc.ca/WorkBC-Centres/Cariboo/Burns-Lake.aspx>
 |
| **Culturally safe and trauma informed MH and Wellness Supports** |
| New Vision Wellness Centre – Lake Babine Nation | * Certified counsellors for MH, NNADAP, and Holistic Wellness
 | * 250-692-3558
* Emergency: 250-692-6470
 |
| Hope for Wellness Help Line | * 24/7 access
* MH counselling and crisis intervention
* All Indigenous people across Canada
 | * 1-855-242-3310
* [www.hopeforwellness.ca](http://www.hopeforwellness.ca)
 |
| Kuu-us Crisis Line | * For Indigenous people in BC
 | * 250-723-4050
* <https://www.kuu-uscrisisline.com/>
 |
| FNHA Virtual Substance Use and Psychiatry Service | * referral from a health and wellness provider
* FNHA Doctor of the Day provides referral support for anyone who does not have a provider
 | * **1-855-344-3800**
* <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>
 |
| Tsow-Tun Le Lum Society | * Confidential outreach services in BC
* Counselling, cultural supports and personal wellness programs
 | * 1-888-403-3123
* <https://www.tsowtunlelum.org/>
 |
| Victim Services | * Emotional support for victims, witnesses, and their families
* Referrals to other services/resources
* Information and practical assistance
 | * Located at the College of New Caledonia
* 250-692-3010
 |
| **Detox and Treatment Centres** |
| Nenqayni Wellness Centre (Deep Creek - Williams Lake, BC area) | * Accredited treatment centre for alcohol, drug and inhalants for First Nation and Inuit youth and families
 | * Intake coordinator: 1-888-668-4245, or
* Email: jevans@nenqayni.com
* Applications are available through their website: <https://nenqayni.com/>
* Call or email for more information on waitlists and programs
 |
| Round Lake Alcohol and Drug Treatment Centre (Armstrong, BC) | * An accredited treatment centre for alcohol and drugs; addressing the impacts of intergenerational trauma and shame on FN peoples and the link to addictions.
 | * 1 -888-554-9944
* Application forms are available through their website: <https://roundlaketreatmentcentre.ca/>
 |
| Adult Withdrawal Management Unit (Northern Health) | * Support individuals withdrawing from drugs and alcohol. Trauma informed and harm reduction team approach; OAT for those with opioid use disorders.
 | * 1-877-565-2175
* Contact by phone
* Admission based on patient needs
* Time to admission based on patient needs and location (e.g., are they travelling from afar?)
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| **All** | Provincial 2-1-1 (Redbook BC) | * Provincial registry of services
 | * 2-1-1
* https://bc211.ca/
 |