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

|  |  |  |  |
| --- | --- | --- | --- |
| **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](mailto: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](mailto: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 Street  Burns Lake, BC V0J 7E0  RPN: 250-251-5527  Social Worker: 250-251-5431  Life Skills Worker: 250-251-9441  Facsimile: 250-692-2469  Mon - 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](mailto: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?) |
|  | | | |
| **All** | Provincial 2-1-1 (Redbook BC) | * Provincial registry of services | * 2-1-1 * https://bc211.ca/ |