

Madeira Park

2. Pender Harbour Health Centre

5066 Francis Peninsula Road, 604.883.2764

Toiletry/hygiene supplies, counselling, wellness support, harm reduction equipment, resource sharing.

- Alcoholics Anonymous - Wednesday at 7:00 pm
- Medical Care: doctors, nurses, emergency care: Triage of patients who may require transfer to hospital or urgent appointment with physician
- Mental Health and Substance Use Counseling – alternate Fridays (twice a month)
- Teen Drop-in – Tuesday 3:00pm to 5:00pm (no appointment necessary)

Indigenous Services

If you are First Nations, Inuit, or Métis, additional support is available:

- Free nasal spray naloxone at local pharmacies
- First Nations Health offers virtual psychiatric and substance use services by referral, or speak with a doctor by calling 1.855.344.3800

If you are a member of the shishálh Nation, you can also contact:

- Health Team: 604.885.9404
- Peer Outreach and Support: 604.399.9482



Resource List produced by the Sunshine Coast Community Action Team and the Sunshine Coast Division of Family Practice, May 2022.

Mental Health & Substance Use Resources on the Sunshine Coast

Community Services

Gibsons

1. Salvation Army

5-682 Gibsons Way, 604.886.3665

Food pantry, clothing, toiletries/hygiene supplies, warm space, meals.

- Monthly Box: Wednesday and Thursday 11:00 am to 12:00 pm
- Bread and Produce: Monday to Friday 10:30 am to 12:00 pm
- Hot Lunch: Tuesday and Friday at 11:30 am

2. Town of Gibsons

Warm space, meals

When the weather is extremely bad, the Town strives to open a daytime extreme weather/warming centre in the Marine Room under the Arts Building off Winn Road (between the museum and library).

3. St. Bart's Food Bank

Corner of School Road and Gibsons Way

- Third Wednesday of every month 11:00 am to 3:00 pm

Sechelt

1. Arrowhead Clubhouse

5554 Inlet Ave., 604.865.0471

Monday to Thursday, 9:00 am to 3:30 pm

Food pantry, clothing, hygiene supplies, transportation, group workshops, peer support, grief support, wellness support, resource sharing, access to technology, vocational skill training, Naloxone training, Naloxone kits, warm space, meals.

2. RainCity Housing

5653 Wharf Ave., 604.740.8160

20 beds, open all year

Call Robbie Gillard, Outreach Worker, at 604.989.5179 to arrange pickup or drop-off.

3. Sunshine Coast Community Services

5657 Lamprey Lane, 604.885.5881

- Food Bank - Wednesday, 10:30 am to 12:30 pm and 4:00 pm to 6:00 pm; Thursday, 10:30 am to 12:30 pm

Madeira Park

1. Pender Harbour Community Church,

12891 Lagoon Rd., 604.883.9773

- Food Bank every second Monday, 11:30 am to 12:30 pm

Free legal help

Community Legal Advocacy Program,

604.989.5771, advocate@resourcecentre.ca

Download an App



BeSafe



Lifeguard

Alcoholics Anonymous - sunshinecoastaa.ca

Health Services

Vancouver Coastal Health

Harm Reduction Worker, Brent Fitzsimmons:
604.741.1082

Overdose Outreach Team: 604.314.9116

Safe supply, drug checking, harm reduction equipment, resource sharing, drug witnessing, naloxone training and kits.

Safe Consumption and Overdose Prevention Site:

5653 Wharf Ave, Sechelt

Also drug testing and harm
reduction services.

Gibsons

4. Canadian Mental Health Assoc. (CMHA)

Peer Navigator and Drop-in Support
5-682 Gibsons Way, 604.399.9189

Toiletry/hygiene supplies, counselling, group workshops, peer support, wellness support, resource sharing, access to technology.

5. Coastal Recovery Community

634 Farnham Road, 604.865.0669

Monday to Friday, 9:30 am to 8:00 pm

Counselling (professional and peer), group workshops, peer support, wellness support, vocational skill training, naloxone training. For men – 4 beds.

6. Gibsons Health Unit Harm Reduction

821 Gibsons Way, 604.984.5070

Monday to Friday: 8:30 am to 4:30 pm

Harm reduction supplies, including safer injection, safer smoking and safer sex supplies along with harm reduction education and referrals to health services, addictions services and other social supports. Safe disposal of needles and other injection supplies.

7. SMART Recovery

682 Gibsons Way

Tuesday, 5:00 pm to 6:30 pm

Sechelt

4. Sechelt Hospital

5542 Sunshine Coast Highway

Opioid Replacement/Addictions Clinic —
Physicians & Nurses: 604.885.6101

Tuesday, 9:00 am to 12:00 pm; Thursday, 12:30 pm to 4:00 pm

- Provides harm reduction supplies/services (safer smoking and IV supplies, POC HIV test, Naloxone kits, take home fentanyl strips, safe sex supplies), treatment referral support, and risk mitigation prescribing.

Mental Health and Substance Use — Intensive Case Management: 604.885.6101

Monday to Friday, 8:30 am to 4:30 pm

- Supports for individuals with moderate to severe substance use disorder.

Vancouver Coastal Health — Youth Addictions Counsellor: 604.885.6101

Monday to Friday, 8:30 am to 4:30 pm

- Supports youth (12 to 19 years old) who are struggling with substance use and mental health issues.

5. SMART Recovery

Sunshine Coast Mental Health
and Addiction Services

5542 Sunshine Coast Hwy — PM Annex Building

Wednesdays 3:00 pm to 4:00 pm

604.885.8678: Nicole Lalonde, Kendrah Rose