

CONTACT NUMBERS

Emergency:

- Ambulance/Police/Fire ... 911
- Crisis line ... (250) 748 1133
- Help Line for Children ... (250) 310 1234
- Kids Help Phone ... 1 800 668 6868
- Parents Help Line ... 1 888 603 9100
- 800 Suicide Line ... 1 800 784 2433

Non-Emergency:

- Tse'wulhtun Health Center ... Counselors ... (250) 746-6148
- Cowichan District Hospital ... (250) 746-4141
- Duncan RCMP (250) 748-5522
- Crime Stoppers 1-800-222-8477
- Cowichan WAVAW Crisis Line ... (250) 748-7273
- Somenos Transition House ... (250) 748-8544
- Victim Link 1-800-563-0808

Counselling and Support:

- Aboriginal Network on Disability ...1-800-815-5511
- BC Association of Social Workers... 1-800-665-4747
- Bereavement Support Services ...(250) 746-4141
- Coastal Salish Employment and Training Society...(250) 746-0183
- Cowichan Family Life Association ... (250) 748-8281
- Cowichan Independent Living ... (250) 746-3930
- Cowichan Women Against Violence ... (250) 748-7000

Counselling and Support, Cont'd:

- Mental Health & Addiction... (250) 737-2007
- Duncan Mental Health ... (250) 709-3040
- FAS Disorder Society... (250) 748-0236
- Hiiye'yu Lelum (House of Friendship)... (250) 748-2242
- Hospice Society ... (250) 701-4242
- Indian Residential School Survivors Society... 1-800-721-0066
- Residential School Survivors – Extended Medical Benefits 1-800-317-7878
- Inter-Tribal Health Authority... 1-877-777-4842
- Non-Insured Health Benefits for First Nations... 1-800-317-7878

Child & Family Services:

- Aboriginal Child and Youth Mental Health ... 1-866-722-2235
- Big Brothers/Big Sisters... (250) 748-2447
- Boys and Girls Club ... (250) 748-1171
- Canadian Mental Health Association... (250) 746-5521
- Community Options Society ... (250) 748-0232
- Cowichan Tribes ... (250) 746-1002
- CMHA Support for Children and Youth ... (250) 746-5521
- Healthiest Babies Possible ... (250) 748-2242
- Healthy Children Healthy Futures... (250) 748-2242
- Hiiye'yu Lelum (House of Friendship)...250-748-2242
- Lalum'utul' Smuneen (Child & Family Services)... 250-746-1002
- Ministry for Children and Family Development ... (250) 715-2725
- Native Youth and Family Services... 1-877-811-1190
- Parent Support Circles... 1-800-377-0212
- Youth Against Violence Line ...1-800-680-4264

Other:

- First Nations House of Healing... 1-877-777-4842
- Stz'uminus First Nation (Chemainus First Nations)... (250) 245-7155
- Kackaamin Family Development Centre... 1-888-400-9880
- Lake Cowichan First Nations... (250) 749-3301
- Lyackson First Nations... (250) 246-5019
- Malahat First Nations...(250) 743-7430
- Namgis Treatment Centre...(250) 974-5522
- Penelakut Tribe... (250) 246-2321
- Round Lake Treatment Center... (250) 546-3077
- Tsow-Tun Le Lum Treatment Centre... (250) 390-3123

*Revised by Amy Croswell
November 13, 2013*