

Mental Health and Substance Use Guide



Let's take the first steps together!

You are not alone – together we walk the path of healing

Please reach out to the es zúmin' Primary Care Team at: eszumin@fnha.ca

We can provide physical, mental, spiritual, and emotional care

🕒 Monday – Friday 9:00am – 5:00pm

Southern Stl'atl'imx Health Centre Location

📍 321 IR #10 Road Mount Currie

☎ (604) 894 – 0209

Pqusnalhwcw Location

📍 11092 Black Bear Road Mount Currie

☎ (604) 894 - 0318

Other Local Mental Health & Substance

Use Supports - Naloxone and Harm Reduction

Supplies offered at each of the following local sites

Lil'wat Health & Healing

📍 11090 Black Bear Road

☎ (604) 894 – 6656

🕒 Monday -Friday 8:30am – 4:30pm

Southern Stl'atl'imx Health Society

📍 321 IR #10 Road Mount Currie

☎ 604 – 894 - 0151

🕒 Monday – Friday 9:00am – 5:00pm

Pemberton Clinic (VCH)

📍 1403 Pemberton Portage Rd, Pemberton B.C. V0N2L0

Mental Health

Self-referral/Access/Urgent Response

☎ (604) 698 - 5861

🕒 Monday – Friday 8:30am – 4:30pm

Safer Drug Use/Overdose Prevention Outreach Worker

☎ (604) 313 - 5119

🕒 Monday – Friday 8:30am – 4:30pm

OAT Clinic VCH (Drop-in)

☎ (604) 894 - 6454

🕒 9:00am – 12:00pm **Alternating Tuesdays**

Whistler Community Services (WCSS)

📍 8000 Nesters Road, Whistler, B.C. V8E 0G4

☎ (604) 932 - 0113

🕒 Monday – Saturday 9:00am – 4:30pm

Whistler Health Care Center

📍 4380 Lorimer Road, Whistler B.C.

☎ (604) 932 -4911

🕒 Monday – Friday 8:30am – 4:30pm

Local Alcoholics Anonymous (A.A.)

📍 Lil'wat - Ullus Community Complex

🕒 **Wednesdays 7pm – 8pm**

📍 Pemberton – St. Davids Church
7422 Dogwood Avenue (Basement)

🕒 **Fridays 7:00pm**

Local Narcotics Anonymous (N.A.)

📍 Lil'wat Health & Healing

🕒 **Thursdays 7:00pm – 8:00pm**

Other Local Resources

Stqaka7stúmc-Lil'wat Nation Transition House

For woman fleeing domestic violence

🕒 24/7

☎ 1 866 – 444 – 0772

Pearls Space Crisis Support Line

For Domestic Violence & Sexual Assault Services

☎ 1 877 890 - 5711

💬 www.pearlsspace.ca

Sea to Sky Community Services

Homeless /Prevention and Outreach

Whistler and Pemberton Inquiries

☎ 604-848-9605

Other

FNHA Quality Care & Safety Officer

Assists and serves as a first line of contact for First Nations people and families in BC in providing a supportive and culturally safe avenue to give feedback on their experience with health services systems wide. These services include; services delivered and funded by FNHA and services run by BC health authorities (such as hospitals)

☎ 1 – 844 – 935 – 1044 (Voicemail)

Email: quality@fnha.ca



24 – Hour Crisis Support

The KUU-US Crisis Line Society

Toll-free line: 1-800-588-8717
 Adults/Elders: 1-250-723-4050
 Chat & Support (778) 601 – 8009
 6pm – 7am 7day/week

Indian Residential School Survivors Society

LAMATHUT Crisis line

1800 – 721 - 0066

Hope for Wellness

1855 – 242 -3310
www.hopeforwellness.ca

Salal Sexual Violence Support Center

Crisis Line & Counselling Intake Line

1 877 – 392 - 7583

Crisis Intervention & Suicide Prevention Center

1-800-SUICIDE (1-800-784-2433)
 Call or Text: 988
 Text CONNECT to 68686

HelpStartsHere

Mental Health Support Line

310 – 6789 (no area code needed)
www.helpstartshere.gov.bc.ca/

BC Seniors' Distress Line

Support for senior or anyone concerned about a senior

604 – 872 - 1234

Healthlink BC

811

211 British Columbia

Call or Text 211 for Resource Navigator

VictimLinkBC

1 800 – 563 -0808

Gambling Support line

1 888 – 795 - 6111

Online/Phone Mental Health Support

First Nations Virtual Doctor of the Day

8:30am – 4:30pm 7 days a week

1 855 – 344 – 3800

www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day

Tsow-Tun Le Lum – Helping House

Urgent Crisis Support Line

1 888 – 403 - 3123

Monday – Friday 8:00am – 8:00pm

Weekends/Stat Holidays 10:00am – 2:00pm

Bounce Back

Online skill building program for adults and youth 13+ manage low mood, mild – moderate depression, anxiety, stress or worry

1866 639 - 0522

www.bouncebackbc.ca

BC Bereavement Helpline

Assists the bereaved and their caregivers in a coping and managing grief and loss.

Monday – Friday 9:00am – 5:00pm

1 877 – 779 – 2223 Toll free

604 – 738 – 9950

www.bcbh.ca

Racist Incident Helpline

A trauma – informed helpline for anyone who has experienced or witnessed an act of racism in BC

Monday – Friday 9:00am – 5:00pm

1 833 – HLP – LINE (1 833 – 457 – 5463)

Mind Health BC

Screening quiz to help you uncover mental health and substance use challenges

www.mindhealthbc.ca

BC Centre on Substance Use

www.bccsu.ca/

Pathways Vancouver

Community Service Directory

www.vancouver.pathwaysbc.ca/service_categories/37

Here to Help

Help you find resources, learn new skills, and screening self -test on mental health and substance use

www.heretohelp.bc.ca

Need2

Suicide Prevention Education & Support

www.need2.ca

Canadian Mental Health Association

www.cmha.ca



Online Substance Use Support

Substance Use/Recovery/Treatment Access Central

Detox information and treatment booking

☎ 866 – 658 - 1221

Alcohol and Drug Information Referral Service

☎ 1800 – 663 – 1441

HelpStartsHere

Opioid Treatment Access Line

Call for same-day opioid addiction support.

🕒 9:00am – 4pm Daily across B.C.

☎ 1-833-804-8111

First Nations Health Authority - Virtual Substance Use & Psychiatry Service

Referral – based service that provides access to specialists in addiction medicine and psychiatry. The service welcomes referrals from general practitioners, nurse practitioners, registered nurses, licensed practical nurses and registered psychiatric nurses, addictions worker, wellness workers, traditional medicine specialist, mental health counsellors, community health reps, treatment center staff, the first nations virtual doctor of the day services and counsellors registered with the First Nations Health benefits

☎ 1-833-456-7655

Email: fnvsups@fnha.ca

Substance Use and Addiction.

🕒 Monday – Friday 9:30am – 3:30pm

Psychiatry

🕒 Monday – Friday 9:30am – 3:00pm

Phone lines

🕒 Monday – Friday 8:30am – 4:30pm

Online Alcoholics Anonymous

Tsow-Tun Le Lum Society

Alcoholics Anonymous (A.A.) over Zoom

🕒 Mondays 8:00pm

Facebook message

“Tsow Tun Le Lum RHSW Support” to request link

AA Greater Vancouver Intergroup Society

Need a meeting right now?

🌐 www.vancouverarea.ca

☎ 1 604 434 - 3933

Anonymous (AA, NA, CA) Meetings

Info line: 604 – 815 - 4089

Support Services for Children & Youth

Kids Help Phone

☎ 1 800 668 - 6868

💬 Text CONNECT to 686868

💬 www.kidshelpphone.ca/live-chat-counselling/

Native Youth Crisis Line

☎ 1 877 – 209 - 1266

The KUU-US Crisis Line Society

☎ Toll-free line: 1-800-588-8717

☎ Child/Youth: 1 (250) 723 - 2040

💬 Chat & Support (778) 601 – 8009

6pm – 7am 7day/week

Youth Against Violence Line - 24/7 Support Line

Are you in danger? Or someone you know being threatened? Want to make a difference?

Stand up. Be Heard. Get Help

☎ 1 800 – 680 – 4264

💬 604 – 836 – 6381 Text

Plan – Y

A confidential youth directory for wellness and mental health resources in Pemberton and the surrounding region.

🌐 www.plan-y.ca

Foundry BC – Sea to Sky

📍 38646 Buckley Avenue Squamish, B.C.

☎ (604) – 567 – 9347

🕒 Wednesdays 2:00pm – 4:30pm (Drop in)

💬 www.foundrybc.ca/seatosky/ to download app

Hope for Wellness

☎ 1855 – 242 -3310

💬 www.hopeforwellness.ca

Bounce Back

Online skill building program for adults and youth 13+ manage low mood, mild – moderate depression, anxiety, stress or worry

☎ 1866 639 - 0522

🌐 www.bouncebackbc.ca

Youth In BC

Resource Support for 25 and under

🌐 www.youthinbc.com