

Healing and Wellness Resources and Support

If you or anyone you know is in immediate harm, call 911.

North Island Hospital Crisis Nurse (at ER) 9:00 – 9:00 daily

Phone: 250-286-7100

24-Hour Vancouver Island Crisis Line at: 1-888-494-3888

The Vancouver Island Crisis Line provides a supportive listening ear for people in emotional distress and connection to emergency mental health services when needed. The number is the same for all areas of Vancouver Island.

Also available:

Crisis Chat: Visit the Crisis Line website at www.viccrisis.ca

Crisis Text: Dial 1-250-800-3806 from your mobile

Both services are offered for all ages from 6:00 pm to 10:00 pm, 7 days a week.

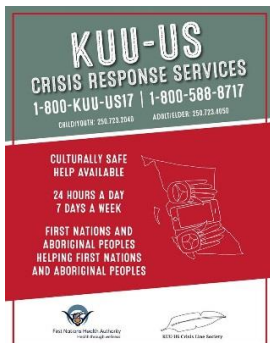
1-800-SUICIDE: If you are in distress, or are worried about someone in distress who may hurt themselves, call 1-800-SUICIDE (1-800-784-2433) 24 hours a day to connect to a BC crisis line, without a wait or busy signal.

Native Youth Crisis Hotline 1-877-209-1266: Answered by staff 24/7. Available throughout Canada and US.

Youth in BC Visit www.youthinbc.com for youth resources or chat with a counselor online. You can also call 1-866-661-3311 (toll-free in BC) 24 hours a day.

Mental Health Information Line 310-6789 (no area code needed) Answered 24/7/365 it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns. See the Here to Help website for more information:

www.heretohelp.bc.ca/



KUU-US Crisis Response Services

1-800-KUU-US17 or 1-800-588-8717

(250) 723-2040 for Child and Youth (250) 723-4050 for Adult/Elder

Culturally Safe 24 hours a Day 7 Days a Week

First Nations and Aboriginal Peoples Helping First Nations and Aboriginal People

KDC Health – for members of the Kwakiutl First Nation, [Mamalilikulla First Nation](#), [Da'naxda'xw First Nation](#), [Gwa'Sala - 'Nakwaxda'xw First Nation](#), [Tlatlasikwala First Nation](#), [We Wai Kai First Nation](#), [Wei Wai Kum First Nation](#), [Kwiakah First Nation](#), [K'ómoks First Nations](#)

1400 A Drake Road, Campbell River, BC V9W 7K6 Phone: 250-286-9766 Toll Free: 1-866-286-9766

The KDC Mental Health and Addictions Program offers a variety of services designed to promote education and healing across an array of social and personal issues. This broad range of client-centered counseling services can be accessed by referral at any of the KDC Health sites. Counseling services also include group, family and marital counseling options. Access to alcohol and drug treatment and/or detox is also available.

Inter Tribal Health Authority

Homalco First Nation – 1218 Bute Cres., Campbell River BC V9H 1G5 Phone: (250) 923-4979

Our Wellness and Mental Health (WMH) team provides two areas of programming; Aboriginal Suicide Critical Incident Response Team (ASCIRT) and Indian Residential School (IRS). The ASCIRT, IRS, Health Benefits, and Youth Programs are offered to ITHA's 29 Member Nations and address suicide and critical incidents at the community level and through Youth Leadership Programming; and, the IRS program.

Laichwiltach Family Life Society

441 – 4th Ave., Campbell River, BC Phone: 250-286-3430

Mission Statement: To provide holistic services (cultural, mental, emotional, spiritual, and physical) to Aboriginal people and families in the Campbell River region and surrounding area and Comox Valley.

Who do we serve? Families of Native Ancestry – men, women, youth, elders

What type of service do we provide? Counselling, support groups, therapy groups, youth after school programs, parenting programs.

Foundry - Where Wellness Takes Shape

140 – 10th Ave, Campbell River, BC (John Howard) Phone: 250-286-0611 Facebook: @foundrycampbellriver

Foundry offers health and wellness resources, services and supports for young people ages 12-24 bringing together a variety of health and social services under one roof and working in partnership with young people and families to help young people get the help they need when they need it. In Campbell River, Foundry offers drop-in counselling for mental health and substance use, Youth Parent Conflict Resolution, employment supports, housing and youth to adult transition, physician, sexual health clinic, LGBTQ2+ support, Elders.

Trauma and Abuse Healing Centre:

North Island Survivors' Healing Society - Trauma & Abuse Counselling

625 D 11th Avenue, Campbell River, BC, V9W 4G5 Campbell River, BC

Phone: 250.287.3325 Email: contact@nishs.ca Website: <http://www.nishs.ca>

All counselling is funded, by donation or subsidized depending on the nature of the incident for which you seek counselling. Our services are offered by registered clinical counsellors. We offer: Individual Counselling for people who have experienced various forms of abuse recently or in childhood and Individual counselling for people who have experienced trauma from accidents, injury, natural disasters, medical diagnosis, animal attacks, witnessing violence and warzone.

Mental Health and Substance Use (Island Health)

207 - 1040 Shoppers Row, Campbell River, BC, V9W 2C6 (upstairs beside HSBC) Phone: (250) 850-2620

To restore, preserve and promote the wellbeing of adults, 19 to under 65 years of age, by ensuring the provision of effective and responsive mental health and substance use. Adults 65 years of age or older who are presenting with a pre-existing mental illness and/or substance use as a focus for services may also be considered for services. Services are free (covered by MSP).

North Island Transition Society

Ann Elmore Transition House 24 hour hotline: (250) 286-3666

Rose Harbour and Society Office: (250) 287-7384

Ann Elmore Transition House provides safe shelter, support, and programs to women and children fleeing abuse. Rose Harbour offers a program which includes subsidized housing. Women and their children are supported in their efforts to build a healthy life free of violence and abuse.

Safe Homes on the North Island. This is a large area with many rural communities in remote areas and on outlying islands. The Society has implemented safe guards for women and children in these areas which includes safe homes and outreach programs.

North Island Supportive Recovery Society – “Second Chance”

647 Birch St., Campbell River, BC V9W 2T1 Phone: (250) 830-1103

The Second Chance Recovery House provides a supportive structure and recovery programs for men aged 18+, assisting their families, and building community ties that result in healthier individuals, families and community.

Campbell River Hospice Society

440 Evergreen Road, Campbell River, BC V9W 0C7 Phone: (250) 286-1121

Therapeutic Relaxation Skills: A therapeutic relaxation class in a group setting for persons struggling with illness or grief. Held on Wednesdays from 3:30 PM to 5:00 PM at the office.

Grief and Loss Counselling: Grief & Loss Counseling: Individual counselling in our office around grief and loss for adults, youth & children.

Suicide Bereavement Support Group: Monthly group led by trained facilitators. The groups are small and provide a safe place to share.