

Community Resources (Salmon Arm/Revelstoke)

Crisis Line Association of BC

The Crisis Line provides individuals with 24-hour confidential telephone crisis intervention and support. Phone **1.888.353.2273** (1.888.353.CARE)

Crisis Text Line: Text HOME to 686868

KUU-US (Indigenous) Crisis Line 1.888.588.8717

Salmon Arm Mental Health (Interior Health)

851-16th St NE, Salmon Arm 250-833-4102

Provide many services including adult community support, adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorders services, group therapy, peer support.

Salmon Arm Substance Use (Interior Health)

431 Hudson Ave NE 250-833-4103

Drop in intake for substance use counselling. Offered Monday / Wednesday / Friday from 1-4pm

Call your Family Doctor or go to a Walk-in Medical Clinic

Mt. Ida Medical Clinic

Salmon Arm Medical Clinic

Walk-In Clinic at Walmart

YouthSpace

A space for any youth across Canada, under 30, that is experiencing any sort of crisis to come and talk (through text and chat). They are open every day between 6pm and midnight. <http://youthspace.ca/>

Canadian Mental Health Association Shuswap-Revelstoke Branch

433 Hudson Ave. N.E. Salmon Arm, BC

Phone 250-832-8477 www.shuswap-revelstoke.cmha.bc.ca

Shuswap Hospice Society

Offers compassionate care, comfort, support and learning to those who are dying or grieving.

Suite 4 – 781 Marine Park Drive, Salmon Arm B.C. Tel. 250-832-7099

info@shuswaphospice.ca 9am – 4pm, Monday to Friday

Shuswap Family Resource and Referral Centre

181 TCW NE, Salmon Arm 250-832-2170

Sexual Violence Resources:

https://www.okanagan.bc.ca/Campus_and_Community/Safety_Security/Sexual_Violence/Get_Support.html

RCMP Victim Services 250-832-4453

Salmon Arm Women's Shelter 250-832-9616

Alcoholics Anonymous Shuswap 1-866-531-7045

The AA program, as set forth in the 12 steps to recovery, offers support to those using/misusing alcohol.

Shuswap Survival Guide 2018 (list of community resources compiled by CMHA Shuswap-Revelstoke): For online version visit: https://shuswap-revelstoke.cmha.bc.ca/wp-content/uploads/2019/01/Shuswap_Survival_Guide-2019-January-Final-Copy.pdf

Information Lines

Suicide Line (toll free) 1-800-784-2433

BC Poison Control (toll free) 1-800-567-8911

BC Nurse Line (toll free) 1-866-245-4700

HealthLink BC (toll free) 8-1-1

Employment and Income Assistance 1-866-866-0800

Tenants Rights Coalition 1-800-665-1185

Salmon Arm

RCMP Salmon Arm 250-832-6044

Shuswap Lake General Hospital 250-833-3600

Salmon Arm Health Unit 250-833-4100

Downtown Health Unit 250-833-4103

SAFE Society 250-832-9616

Salvation Army 250-832-9194

RCMP Victim Services Program 250-832-4453

Shuswap Family Resource Centre 250-832-2170

Shuswap Children's Association 250-833-0164

Downtown Activity Centre 250-832-0108

Aspiral Youth Partners Association 250-832-3885

The Mental Illness Family Support Centre 250-260-3233

The FORCE Society for Kids Mental Health 250-833-6100