

Community Resources (Vernon)

Crisis Line Association of BC – Vernon Crisis Line

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 <https://www.crisistextline.ca/how-it-works>

KUU-US (Indigenous) Crisis Line 1.888.588.8717 <http://www.kuu-uscrisisline.ca/>

Community Response Team

Vernon, BC (250) 260-7893

A service for those in emotional distress. Help is offered from 9:00 a.m. to midnight on weekdays and from 1:00 p.m. to midnight on weekends. Closed on statutory holidays. Offers emotional support, assistance to victims of crime and referrals to community resources.

Mental Health & Addictions Services, Vernon Health Centre

1440 – 14th Ave. Vernon, BC V1B 2T1 (250) 549-5737

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, and after-hours mental health support.

Mental Illness Family Support Centre/BC Schizophrenia Society

#301 - 2 3402 - 27 Avenue (People Place) Vernon, BC, V1T 1S1

(250) 260-3233 **E-mail:** bcssvernon@shaw.ca **Website:** www.mifsc.ca

Hours: Drop in: Monday to Thursday 9:00 am to 12:30 pm By Appointment: Monday to Thursday 12:30 pm to 4 pm and Fridays 9:00 am to 12:30 pm *Other times available by request.

Providing support and information for families affected by any mental illness. Individual support, education, support groups, lending library of books and videos, public education (e.g., presentations on all aspects of mental illness). For anyone who has a family member or friend living with mental illness.

North Okanagan Youth and Family Services Society

2900 - 32nd Avenue Vernon, BC, V1T 2L5

(250) 545-3572 **E-mail:** noyfss@telus.net Web: <http://www.noyfss.org/>

Hours: Monday to Friday 8:30 a.m. to 4:30 p.m.

NOYFSS provides counselling and support services to individuals and families in our community through a variety of community based and residential programs.

Canadian Mental Health Association – Vernon & District Branch

3100 – 28th Ave. Vernon, BC V1T 1W3

Phone: (250) 542-3114

General email: vernon@cmha.bc.ca

Website: www.vernon.cmha.bc.ca

Monday to Friday 8 AM – 4 PM

Family Resource Centre

#201 – 3402 27th Avenue (People Place) Vernon, BC V1T 1S1

250-545-3390 www.vernonfrc.ca

Provides affordable counselling and support to families.

North Okanagan Hospice Society

3506 27th Avenue Vernon, BC V1T 1S4 (250) 503-1800 **E-mail:** info@nohs.ca

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

Specialized Victims Assistance

250-542-3322 (Monday - Friday 8:30am to 4:30pm)

Specialized Victim Assistance Program offers support and information to women, children and men who have been victimized as a result of sexual assault, violence in an intimate relationship, child sexual abuse (recent or past), elder abuse, or criminal harassment (stalking).

Sexual Assault Services - Vernon Jubilee Hospital

250-542-3322 or 250-558-1200 ext. 1267 A confidential hospital and community based emergency service which provides sensitive and supportive care for anyone, 13 and over, who has been sexually assaulted. All children under 13 will be assessed and referred appropriately.

Vernon Women's Transition House

250-542-1122 www.vwts.ca

The Transition House provides short term shelter and related services to women, youth and children who have experienced or are at risk of violence. As a safe shelter with support, women are enabled to make decisions about their future and gain increased awareness of the nature of abuse.

Turning Points Collaborative (formerly John Howard Society)

#102 3301 24 Ave Vernon, BC V1T 9S8 Tel: (250) 542-3555

Email: info@turningpoints.ngo web: <http://turningpoints.ngo/>

Provides shelter and addiction recovery programs for men and women.

Alcoholics Anonymous Vernon

The AA program, as set forth in the 12 steps to recovery, offers support to those using/misusing alcohol. (250) 545-4933. https://www.bcyukonaa.org/pub/meetings/districts/dist_sql.php