

CRESTON COMMUNITY RESOURCES

Organization	Description of Services	Phone	Web Address	Hours of Operation	24/7	Community Supports	Sexualized Violence Support	Wellness and Self Care Support	Campus Support Services	Food and Housing Support
Anxiety BC	Tools and resources available to assist with managing anxiety. Video and audio resources available. Step-by-step guides related to anxiety management.	604-620-0744	anxietycanada.com					✓	✓	
BC NurseLine	Provides confidential health information and advice. Specially trained nurses answer questions about health topics and procedures, identify symptoms, and help you decide when to see a health professional. Pharmacists are available to answer your questions about medications.	1-866-215-4700 Deaf and hearing impaired 1-866-889-4700 or 8-1-1	healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1	24/7	✓		✓	✓		
Blossom and Bud Childcare	Daycare	250-402-3786	blossomandbud.ca			✓				
Blue Heron Medical Clinic	Medical Clinic - Creston	250-428-7768		Mon - Thu 9:00am - 12:00pm 1:00pm - 3:30pm				✓		
Bounce Back	Bounce Back ® Online is a self-help program based on Cognitive Behavioural Therapy principles. The online program helps with issues relating to depression, stress and anxiety. The modules are self-paced and easily accessible.		bouncebackonline.ca	Monday - Friday 9:00am - 5:00pm				✓	✓	
Canadian Adaptive Network	Focused on helping build a more inclusive community for people with disabilities.		canadianadaptive.network			✓				
Canadian Mental Health Association Kootenays Branch	Confidential clinical services by mental health professionals to adults of all ages. Services include: crisis intervention, individual and group counselling.	250-426-5222	kootenays.cmha.bc.ca/about-cmha/contact-us	Monday - Friday 9:00am - 5:00pm				✓		
Canadian Mental Health Association Transitional Housing for Women and Children	Emergency Shelter information - Serving all Regions	1-800-200-3003	kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children	24/7	✓	✓	✓	✓		✓
Child and Youth Mental Health (under 19 years of age)	Wide range of community-based specialized mental health services to children, youth and their families	250-428-3229	www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics	Monday - Friday 9:00am - 4:00pm		✓		✓		

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CMHA Discovery College	An online facilitated course to help manage stress and anxiety related to COVID-19.	250-861-3644	discoverycollegekelowna.com/coping-with-current-events-managing-anxiety-and-stress					✓	✓	
College of the Rockies Counselling and Wellness Services	Personal counselling is a free service provided to our students.	250-489-8243	studentservices@cotr.bc.ca	Monday - Friday 8:30 am to 4:30 pm				✓	✓	
Creston Valley Gleaners Society Food Bank	The mission of the Creston Valley Gleaners is to lend a hand where most needed and to treat with dignity and caring individuals in our community who are less fortunate.	Main Building: 250-428-4166 Food Bank: 250-428-4107	crestonvalleygleaners.ca	Tuesday and Thursday 9:00am - 4:00pm		✓				✓
Creston Valley Hospital		250-428-2286	interiorhealth.ca/locations/creston-valley-hospital-health-centre	24/7	✓		✓	✓		
Crisis Line Interior Crisis Line Network East Kootenay Crisis Line	Emotional Support for people who are experiencing any type of crisis or who are in emotional distress	1-888-353-2273	kootenays.cmha.bc.ca/programs-services/crisis-line	24/7	✓		✓	✓		
Crisis Services Canada The Canada Suicide Prevention Service		1-800-784-2433	kootenays.cmha.bc.ca/programs-services/crisis-line	24/7	✓			✓		
Dr. Hoffman Medical Clinic	Medical Clinic Creston	250-428-5381						✓		
East Kootenay Addiction Services Society	We provides free counselling services to youth, adults, couples and families dealing with their own or someone else's substance use problem.	250-428-3036	www.ekass.com	Monday - Friday 8:30am to 4:30pm Closed 12:00pm to 1:00pm Closed all Stat holidays		✓		✓		
East Kootenay Regional Hospital	24/7 Hospital	250-426-5281 1-866-288-8082	interiorhealth.ca/locations/east-kootenay-regional-hospital		✓		✓	✓		
Employee and Family Assistance Program	support for IAMAW Union members and their families experiencing personal problems by referring them to appropriate professional resources in their community. Your health and well-being is our goal EFAP offers referrals to community resources and/or approved counsellors for a wide range of personal challenges	1-844-880-9142	lifeworks.com/en/efap-employee-family-assistance-program			✓	✓	✓	✓	

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Empower Me (Student Care)	<i>Solution-focused counselling services available for students on health plan. Support over phone provided. 24/7 support. Ask for support in preferred language.</i>	1-844-741-6389	studentcare.ca					✓	✓	
Family Practice Associates Medical Clinic	Medical Clinic - Creston	250-428-9371	https://pathwaysmedicalcare.ca/clinic/family-practice-associates-creston/	Monday - Friday 9:00am - 3:00pm				✓		
First Nations Health Authority Circle of Care: KUU-US First Nations and Aboriginal Crisis Line Support	This is a First Nations and Aboriginal crisis line by and for First Nations and Aboriginal peoples that services the whole of British Columbia.	1-800-588-8717	https://www.fnha.ca/wellness/sharing-our-stories/circle-of-care-kuu-us-first-nations-and-aboriginal-crisis-line-support-available-24-hrs-1-800-588-8717	24/7	✓	✓		✓		
HealthLink BC - Alcohol & Drug Information and Referral Service (ADIRS)	Provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages. Information available from ADIRS includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome.	1-800-663-1441	healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service	24/7	✓			✓		
HealthLink BC 8-1-1	8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.	811	healthlinkbc.ca	24/7	✓			✓		

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Here to Help - BC Partners for Mental Health & Substance Use Information 310 Mental Health Support	We are a group of seven leading mental health and substance use non-profit agencies. Since 2003, we've been working together to help people live well and better prevent and manage mental health and substance use problems.	310-6789 (no area code required if calling from BC) or 1-800-661-2121	heretohelp.bc.ca	24/7	✓			✓	✓	
Here2Talk	The Ministry of Advanced Education, Skills and Training has launched Here2Talk, a free single-session service available by app, phone, or online chat 24 hours a day, seven days a week. Chat sessions with a trained counsellor can be accessed by downloading the Here2Talk app	1-877-857-3397 1-604-642-5212	here2talk.ca/main	24/7	✓			✓	✓	
Indian Residential School Survivors Society Indigenous Crisis Support	The Indian Residential School Survivor Society (IRSSS) strive to provide physical, emotional, intellectual, spiritual growth, development, and healing through culturally-based values and guiding principles for survivors, Families, and Communities.	1-800-721-0066	irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line	24/7	✓	✓		✓		
Irvine House (Safe House)	Shelter from Abuse or Older Women's Safe Home	24 Hour Crisis Line: 250-428-6856	kootenaicommunitycentre.org/safe-home---irvine-house-shelter-from-abuse--older-womens-safe-home.html	24/7	✓	✓				✓
Kelty's Key	Kelty's Key offers customized online courses developed by clinical experts in Cognitive Behavioural Therapy.		keltyskey.com/					✓	✓	
Kids Help Phone	Kids Help Phone's e-mental halth servcies are available 124/7 across Canada. This means that we are here for kids, teens and young adults from coast to coast to coast.	1-800-668-6868 TEXT 686868	kidshelpphone.ca	24/7	✓	✓				
Kootenai Community Centre Society (Safe Home)	KCCS is a non-profit organization and registered charity. We provide various programs and services to women and their families within the Creston Valley and east shore of Kootenay Lake.	Crisis line: 250-428-6856 Kootenai Community Centre: 250-402-0068	kootenaicommunitycentre.org	24/7 Office hours: Monday - Friday 9:00am -4:00pm	✓	✓	✓	✓		✓

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Kootenay Haven Transition House	Kootenay Haven, under the direction of the Canadian Mental Health Association for the Kootenays, provides services to women and their children who are experiencing an abusive relationship.	250-426-4887 1-800-200-3003	kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children	24/7	✓	✓	✓	✓		✓
Love and Laughter Family Childcare	Daycare	250-421-4411	facebook.com/LoveandLaughterFC	Tuesday - Friday 7:00am - 5:00pm		✓				
Mind Shift	Anxiety App		anxietycanada.com/resources/mindshift-cbt					✓	✓	
Options for Sexual Health (CRESTON)	Clinic offers STI testing and treatment and referrals for HIV testing. Also offers birth control, PAP testing, emergency contraception, pregnancy counselling and free condoms	250-254-7022	optionsforsexualhealth.org/clinic/creston-opt-clinic	Drop in 2nd and 4th Tuesday of each month: 5:00pm - 7:00pm		✓	✓	✓		
Poison Control BC Drug and Poison Information Centre	If you suspect someone has been poisoned by a medicine, chemical or other substance, call the Poison Control Centre. If someone is unconscious, having a seizure, difficulty breathing or chest pain, immediately call 9-1-1.	1-800-567-8911 604-682-5050	dpic.org	24/7	✓			✓		
Psychology Tools	Free resource for living with worry and anxiety amidst global uncertainty.		psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty	24/7	✓			✓		
RCMP Victim Services	From a call for help, to the investigation of a crime, to an offer of a referral, police work in close partnership with victim services organizations to ensure victims of crime receive the support they need without delay.	250-428-9313 or 911	policevictimservices.bc.ca	Virtual appointments, only M-F - 8:30AM-4:30PM	✓	✓				
Roadmap to Resilience	Free accessible book on how to cope with ongoing adversity and loss.		roadmaptoresilience.wordpress.com					✓	✓	
Rocky Mountain Metis Association		250-489-8960	cranbrookmetis.com	Monday-Friday 9am-4pm		✓				
Safe Homes with after hours staffing	We have a secure facility for you and any children that may be in your care.	250-402-0068 250-426-6856	bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports	24/7	✓	✓				✓

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Suicide Hotline Crisis Centre	Barrier-free non-judgmental, confidential support through 24/7 phone lines and online services.	1-800-suicide 1-866-661-3311	crisiscentre.bc.ca https://youthinbc.com (for youth) https://crisiscentrechat.ca	24/7	✓		✓	✓		
Summit Community Services Society	Summit Community Services Society is dedicated to promoting community well being by providing a continuum of quality, accessible, client-centred support and intervention services in a respectful manner. Serving the BC Interior.	250-489-3114	summitfamily.ca	Our door is open Monday - Thursday: 10-2pm for Information Monday - Friday: 8:30-4:30 By appointment only		✓	✓	✓		✓
Summit Medical Clinic	Medical Clinic Creston	250-428-8873	summitmedical.ca	M-TH 9AM-12PM & 1PM-4PM FRI - 9AM - 3PM				✓		
Teddy Bear Daycare Centre	Daycare	250-428-5111	kootenaimcommunitycentre.org/child-care.html			✓				
The Ktunaxa/Kinbasket Child and Family Services (KKCFS)	Family support and child protection services. Provides trauma counselling in the Cranbrook, Creston, Invermere and Kimberely area.	250-489-4563 EMERGENCY: 250-310-1234	kkcfss.org	Monday to Friday 8:30 am to 4:30 pm	✓	✓	✓	✓		
Tsow-Tun Le Lum Society Substance Abuse and Trauma Treatment Centre Indigenous Crisis Support		1-888-403-3123	tsowtunlelum.org	Monday - Friday 8:00am - 8:00pm Weekends 10:00am - 2:00pm		✓		✓		
Valley Community Services	Creston - Valley Community Services Community Services is a non-profit society and registered charitable organization providing social services to Creston and surrounding communities. Services include counselling, early childhood development, early years and seniors programming. The organization was established in 1996.	250-428-5547	valley.services	Monday -Friday 8:30am - 12pm 1pm to 4:30pm		✓		✓		
VICTIMLINK	Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.	Call or text: 1-800-563-0808 TTY: 604-875-0885 Email: victimlinkbc@bc211.ca	www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc	24/7	✓		✓	✓		