

## FERNIE 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
<b>Alcohol &amp; Drug Information and Referral Service (ADIRS)</b>	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	<a href="http://healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service">healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service</a>	Phone line available 24/7 Texting available 7 days a week: 08:00 - 23:00	✓			✓		
<b>Alpine Pathways Psychological Services</b>	Counselling Services Tyla Charbonneau PhD, R. Psych (16+)	250-423-8656	<a href="http://alpinepathwayspsychology.com">alpinepathwayspsychology.com</a>	Phone for an appointment		✓		✓		
<b>Anxiety BC</b>	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	<a href="http://anxietycanada.com">anxietycanada.com</a>					✓	✓	
<b>BC NurseLine</b>	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	<a href="http://healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1">healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1</a>	24/7	✓		✓	✓		
<b>Bounce Back</b>	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.		<a href="http://bouncebackonline.ca">bouncebackonline.ca</a>	Monday - Friday 9:00am - 5:00pm				✓	✓	
<b>Canadian Adaptive Network</b>	Focused on helping build a more inclusive community for people with disabilities.		<a href="http://canadianadaptive.net/work">canadianadaptive.net/work</a>			✓				

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Canadian Mental Health Association Kootenays Branch		250-426-5222	<a href="http://kootenays.cmha.bc.ca/about-cmha/contact-us">kootenays.cmha.bc.ca/about-cmha/contact-us</a>	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	<a href="http://kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children">kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children</a>	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	250-423-5311	<a href="http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics">www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics</a>	Wednesday 1:00pm - 4:00pm		✓		✓		
CMHA Discovery College	An online facilitated course to help manage stress and anxiety related to COVID-19.	250-861-3644	<a href="http://discoverycollegekelowna.com/coping-with-current-events-managing-anxiety-and-stress">discoverycollegekelowna.com/coping-with-current-events-managing-anxiety-and-stress</a>					✓	✓	
College of the Rockies Counselling and Wellness Services	Personal counselling is a free service provided to our students.	250-489-8243	<a href="mailto:studentservices@cotr.bc.ca">studentservices@cotr.bc.ca</a>	Monday - Friday 8:30 am to 4:30 pm				✓	✓	
Crisis Centre First Nations Health Authority	This website gives links to other resources.		<a href="http://crisiscentre.bc.ca/fnha">crisiscentre.bc.ca/fnha</a>			✓				
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	<a href="http://kootenays.cmha.bc.ca/programs-services/crisis-line">kootenays.cmha.bc.ca/programs-services/crisis-line</a>	24/7	✓		✓	✓		
Crisis Services Canada The Canada Suicide Prevention Service		1-800-784-2433	<a href="http://kootenays.cmha.bc.ca/programs-services/crisis-line">kootenays.cmha.bc.ca/programs-services/crisis-line</a>	24/7	✓					

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<b>East Kootenay Addiction Services Society</b>	We provides free counselling services to youth, adults, couples and families dealing with their own or someone else's substance use problem.	1-800-644-6144	<a href="http://www.ekass.com">www.ekass.com</a>	Monday - Friday 8:30am to 4:30pm Closed 12:00pm to 1:00pm Closed all Stat holidays		✓		✓		
<b>East Kootenay Regional Hospital</b>	24/7 Hospital	250-426-5281 1-866-288-8082	<a href="http://interiorhealth.ca/locations/east-kootenay-regional-hospital">interiorhealth.ca/locations/east-kootenay-regional-hospital</a>		✓		✓	✓		
<b>Elk Valley Critical Incident Response Team</b>	The team has been called out at all hours for a large variety of incidents over its existence: including the aftermath of avalanches, mining incidents, vehicle crashes, suicides, helicopter crashes, drownings, and traumatic events involving clerks and social services personnel. The team primarily functions in the Elk Valley but has been called out to Fairmont, Kimberley, and Cranbrook.	250-423-4226 (Ferne Fire/Rescue)	evcirt.org	24/7		✓		✓		
<b>Elk Valley Hospital</b>	Local Hospital	250-423-4453	<a href="http://interiorhealth.ca/locations/elk-valley-hospital">interiorhealth.ca/locations/elk-valley-hospital</a>	24/7	✓		✓	✓		
<b>Elkford Health Centre Medical Clinic</b>	Community Health Centres do not have acute care beds, but may provide: basic laboratory and radiology; urgent care; outpatient ambulatory care; community services; long term residential care services; and/or on-site doctors' offices.	250-865-2247	<a href="http://interiorhealth.ca/locations/elkford-health-centre">interiorhealth.ca/locations/elkford-health-centre</a>	Monday - Friday 8:00am - 4:30pm Emergency Services is closed.				✓		
<b>Elkford Women's Task Force Society (Safe Home)</b>	Elk Valley Safe Homes - (Elkford, Sparwood and Fernie)	250-946-6004 1-800-200-3003 If in danger call 911 or 1-800-563-0808	ewtfs.ca <a href="https://www.bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports">https://www.bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports</a>			✓	✓	✓		✓

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<b>Employee and Family Assistance Program</b>	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	<a href="http://lifeworks.com/en/efap-employee-family-assistance-program">lifeworks.com/en/efap-employee-family-assistance-program</a>			✓	✓	✓	✓	
<b>Empower Me (Student Care)</b>	<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	<a href="http://studentcare.ca">studentcare.ca</a>					✓	✓	
<b>Fellship</b>	Men's group aiming to provide food and a safe place to be heard.	Facebook Group	<a href="https://facebook.com/fellshipmensgroup">facebook.com/fellshipmensgroup</a>	Mondays 6:00pm - 8:00 pm		✓		✓		
<b>Fernie Women's Resource Centre</b>	Since 1979 the Fernie Women's Centre has been serving the communities of the Elk Valley, which include Fernie, Sparwood, Elkford and the South Country. Our aim is to raise the status of women, act as a referral and drop-in center, offer support to women and their families, and to inform and educate the public around issues concerning women.	250-423-4687 24/7 emotional support: 888-353-2273	<a href="http://ferniewomenscentre.com">ferniewomenscentre.com</a>	Monday – Friday 9:00am to 1:00pm		✓		✓		

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<b>HealthLink BC 8-1-1</b>	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	<a href="http://healthlinkbc.ca">healthlinkbc.ca</a>	24/7	✓					
<b>Here to Help - BC Partners for Mental Health &amp; Substance Use Information</b> <b>310 Mental Health Support</b>	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	<a href="http://heretohelp.bc.ca">heretohelp.bc.ca</a>	24/7	✓			✓	✓	
<b>Here2Talk</b>	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	<a href="http://here2talk.ca/main">here2talk.ca/main</a>	24/7	✓			✓	✓	
<b>Indian Residential School Survivors Society Indigenous Crisis Support</b>	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	<a href="http://irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line">irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line</a>	24/7	✓	✓		✓		
<b>Ivanov, Teddy MD Medical Clinic</b>	Physician	250-425-6644						✓		

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<b>Kelty's Key</b>	Kelty's Key offers customized online courses developed by clinical experts in Cognitive Behavioural Therapy.		<a href="http://keltyskey.com/">keltyskey.com/</a>					✓	✓	
<b>Kids Help Phone</b>	Kids Help Phone's e-mental health services are available 24/7 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	<a href="http://kidshelpphone.ca">kidshelpphone.ca</a>	24/7	✓	✓				
<b>Kootenay Haven Transition House</b>	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	<a href="http://kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children">kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children</a>	24/7	✓	✓	✓	✓		✓
<b>Leroux Medical Clinic</b>	Medical Clinic - Fernie	250-423-6404	<a href="http://pathwaysmedicalcare.ca/clinic/leroux-clinic-soetaert-shayne">pathwaysmedicalcare.ca/clinic/leroux-clinic-soetaert-shayne</a>					✓		
<b>Mind Shift</b>	Anxiety App		<a href="http://anxietycanada.com/resources/mindshift-cbt">anxietycanada.com/resources/mindshift-cbt</a>					✓	✓	
<b>National Eating Disorder Information Centre (Nedic)</b>	NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders.	866-633-4220	<a href="http://nedic.ca">nedic.ca</a>	Mon-Thu 7:00am - 7:00pm Fri 7:00am - 3:00pm				✓		
<b>Options for Sexual Health</b>	Clinic offers STI testing and treatment and referrals for HIV testing. Also offers birth control, PAP testing, emergency contraception, pregnancy counselling and free condoms	250-423-8274	<a href="http://optionsforsexualhealth.org/clinic/fernie-opt-clinic">optionsforsexualhealth.org/clinic/fernie-opt-clinic</a>	By appointment only 1st and 3rd Tuesday of each month: 6:30pm - 8:30pm (Apr-Dec) Every Tuesday: 6:30pm - 8:30pm (Jan-Mar)		✓	✓	✓		
<b>Poison Control BC Drug and Poison Information Centre</b>	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	<a href="http://dpic.org">dpic.org</a>	24/7	✓			✓		

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Psychology Tools	Free resource for living with worry and anxiety amidst global uncertainty.		<a href="https://psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty">psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty</a>	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.	250-423-7500 or 911	<a href="https://policevictimservices.ca">policevictimservices.ca</a>	24/7	✓	✓		✓		
Roadmap to Resilience	Free accessible book on how to cope with ongoing adversity and loss.		<a href="https://roadmaptoresilience.wordpress.com">roadmaptoresilience.wordpress.com</a>					✓	✓	
Rocky Mountain Health Centre	Medical Clinic - Fernie	250-423-4718						✓		
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	<a href="https://bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports">bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports</a>	24/7	✓	✓				✓
Salvation Army	We exist to support individuals and families in our community who are struggling with poverty, addictions, mental illness, hunger, and housing.	250-423-4661	<a href="https://ferniesa.ca/food-services">ferniesa.ca/food-services</a>	Food Bank Tuesday - Thursday 11:00am - 1:00pm  Office Hours: Monday - Friday 9:30am - 1:30pm		✓				✓
Snow Valley Counselling Ltd	Counselling Services Dayna Lidster MC/Registered Psychologist (14+ & Couples)	250-531-0048	<a href="https://snowvalleycounselling.com">snowvalleycounselling.com</a>	By appointment		✓		✓		
Sparling East Medical Centre	Medical Clinic - Fernie	250-423-4442	<a href="https://sparlingeastmed.ca">sparlingeastmed.ca</a>	Book appointments online Monday - Friday 9:00am - 5:00pm				✓		

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Sparwood Health Centre	Medical Clinic - Sparwood	250-425-6212	<a href="http://www.interiorhealth.ca/locations/sparwood-primary-health-care">www.interiorhealth.ca/locations/sparwood-primary-health-care</a>	Monday - Friday 8:00am - 3:00pm				✓		
Sparwood Medical Clinic	Medical Clinic - Sparwood	250-425-4501		Monday - Friday 9:00am - 5:00pm				✓		
Suicide Hotline Crisis Centre	Barrier-free non-judgmental, confidential support through 24/7 phone lines and online services.	1-800-784-2433 1-866-661-3311	crisiscentre.bc.ca <a href="https://youthinbc.com">https://youthinbc.com</a> (for youth) <a href="https://crisiscentrechait.ca">https://crisiscentrechait.ca</a>	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	<a href="http://summitfamily.ca">summitfamily.ca</a>	Our door is open Monday - Thursday: 10-2pm for Information Monday - Friday: 8:30-4:30 By appointment only		✓	✓	✓		✓
Thunder Meadows Health and Wellness	Massage, Acupuncture, Physiotherapy, Health/Wellness and Counselling	250-423-2673 Book an Appointment 250-423-2673	<a href="http://kootenacomunitycentre.org/child-care.html">kootenacomunitycentre.org/child-care.html</a>	Mon 8:00am - 7:00pm Tue 8:00am - 8:00pm Wed 8:30am - 8:00pm Thu 8:00am - 8:00pm Fri 8:00am - 8:30pm Sat 8:00am - 4:00pm Sun 8:00am - 4:00pm		✓		✓		
Tsow-Tun Le Lum Society Substance Abuse and Trauma Treatment Centre Indigenous Crisis Support		1-888-403-3123	<a href="http://tsowtunlelum.org">tsowtunlelum.org</a>	Monday - Friday 8:00am - 8:00pm Weekends 10:00am - 2:00pm		✓		✓		
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	<a href="http://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc">www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</a>	24/7	✓		✓	✓		