

GOLDEN 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	✓		✓	✓		
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	250-344-7773	www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics	Tuesday - in-person in-take 9:00am - 12:00pm Call anytime.		✓		✓		
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					✓	✓	

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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				✓	✓	
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	✓			✓		
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.	250-344-2000	www.ekass.com	Monday - Friday 9:00am to 5:00pm 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			✓	✓	✓	✓	
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					✓	✓	
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	✓	✓		✓		
Golden & District Hospital	Hospital	250-344-5271	interiorhealth.ca/locations/golden-district-hospital	24/7	✓		✓	✓		
Golden Dental Centre	Dental Services	250-344-2710	goldendental.ca	Monday – Friday 8:00 am – 4:00pm (8am - 6:00pm Wednesdays)				✓		

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Golden Family Centre	Confidential counselling services for individuals, families and couples including abuse recovery and addictions services. Weekly free drop-in counselling	250-344-2000	goldenfamilycenter.bc.ca	M, W, T, F - 8:30am-4:30pm Tuesday - 1:00pm-4:30pm Closed weekends			✓	✓		
Golden Family Pharmacy		250-344-6821	.pharmachoice.com/locations/golden-family-pharmacy	Monday - Sunday 9:00am - 6:00pm (except Sundays, 10:00am - 4:00pm)				✓		
Golden Food Bank	The Golden Food Bank provides emergency food hampers to community members. A proof of residency is required.	250-344-2113	goldenfoodbank.ca	Tuesdays - 1:00pm - 5:00pm Thursdays - 9:30am - 1:00pm		✓				✓
Golden Medical Clinic	Medical Clinic - Golden	250-344-2211	www.goldenmedicalclinic.ca	Monday - Friday 9:00am - 12:00pm, 1:30pm - 4:30pm				✓		
Golden Women's Resource Centre (Safe Home)	We provide a safe, non-judgmental, and positive place for women and their children to come together, get support, access services, relax, and unwind with a cup of coffee or tea in our cozy lounge.	Hotline 24/7: 250-344-2101 250-344-5317	www.goldenwomencentre.ca	Hotline 24/7 Monday - Friday 10:00am - 4:00pm	✓	✓	✓	✓		
Gourlay's Golden Pharmacy	Pharmacy	250-344-8600	pharmachoice.com/locations/gourlays-golden-pharmacy	Monday-Friday 9:00am - 5:00pm				✓		
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	✓			✓		

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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	✓			✓		
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	✓	✓		✓		
Kelty's Key	Kelty's Key offers customized online courses developed by clinical experts in Cognitive Behavioural Therapy.		keltyskey.com/					✓	✓	

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Kids Help Phone	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	kidshelpphone.ca	24/7	✓	✓				
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	✓	✓	✓	✓		✓
Metis Nation Columbia River Society	The Metis Nation Columbia River Society mission is to share, lift up and support Metis Culture in the Columbia Valley Golden and Area.	250-688-5096	metisrcs.wixsite.com/website	T, W, Th 10am-2pm		✓		✓		
Mind Shift	Anxiety App		anxietycanada.com/resources/mindshift-cbt					✓	✓	
Options for Sexual Health (GOLDEN)	Clinic offers STI testing and treatment and referrals for HIV testing. Also offers birth control, PAP testing, emergency contraception, pregnancy counselling and free condoms	250-272-9977	optionsforsexualhealth.org/clinic/golden-opt-clinic	Drop in 1st and 3rd Wednesday of each month 6:30pm - 8:30pm		✓	✓	✓		
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.	250-344-2221 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					✓	✓	

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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	✓	✓				✓
Social Justice Advocate Golden Community Coop	Free and confidential individualized support to help you navigate difficult situations. The Social Justice Advocate can help you with landlord/tenant issues, accessing government services and completing forms and advocacy.	250-439-9325 Email: advocate@goldencommunitycoop.ca	goldenced.ca/social-justice-advocate/	Thursdays 10:00am - 5:00pm drop-in and/or appointments		✓				
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		✓	✓	✓		✓
The Ktunaxa/Kinbasket Child and Family Services (KKCFS)	Family support and child protection services. Provides trauma counselling in the Cranbrook, Creston, Invermere and Kimberley 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		✓		✓		
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	✓		✓	✓		