

## COMMUNITY RESOURCES - INVERMERE

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>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.network">canadianadaptive.network</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	250-342-4367	<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 9:30am - 11:00am		✓		✓		
Chisel Peak Medical Centre	We are a full-service medical Family Medicine clinic	250-341-6900	<a href="http://chiselpeak.ca">chiselpeak.ca</a>	Monday - Friday 9:00am - 5:00pm				✓		
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				✓	✓	
Columbia Valley Food Bank	Food Bank	250-342-0850	<a href="http://columbiavalleyfoodbank.ca">columbiavalleyfoodbank.ca</a>	Tue and Thu 1:00pm - 2:00pm		✓				✓
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	✓			✓		
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.	250-342-3868	<a href="http://www.ekass.com">www.ekass.com</a>	Monday - Thursday 8:30am to 4:30pm Closed 12:00pm to 1:00pm Closed all Stat holidays		✓		✓		

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East Kootenay Regional Hospital	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>		✓		✓	✓		
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	<a href="http://lifeworks.com/en/efap-employee-family-assistance-program">lifeworks.com/en/efap-employee-family-assistance-program</a>			✓	✓	✓	✓	
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	<a href="http://studentcare.ca">studentcare.ca</a>					✓	✓	
Family Dynamix Invermere	Administer and support programs that enhance individual and community living including Sexual Abuse Intervention Programs and Substance Abuse Prevention Worker	250-342-5566	<a href="http://familydynamix.ca">familydynamix.ca</a>	Monday - Thursday 8:30am - 4:30pm		✓	✓			
Family Resource Centre (Safehome)	Invermere Safe Home	250-341-3963 250-342-5566 Support for BC Transition Housing: 1-800-200-3003 for	familydynamix.ca  <a href="http://bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports">bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports</a>			✓	✓	✓		✓

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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>Healthy Caring Meals</b>	Send Sean Westle a Facebook message any time you want a dinner meal		<a href="https://facebook.com/sk.westle">facebook.com/sk.westle</a>			✓				✓
<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	✓			✓	✓	

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<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>Invermere &amp; District Hospital</b>	Hospital	250-342-9201	<a href="http://interiorhealth.ca/locations/invermere-district-hospital">interiorhealth.ca/locations/invermere-district-hospital</a>	24/7	✓		✓	✓		
<b>Invermere Health Centre</b>	Invermere Health Centre	250-342-2360	<a href="http://interiorhealth.ca/locations/invermere-health-centre">interiorhealth.ca/locations/invermere-health-centre</a>	Monday - Friday 8:30am - 4:30pm			✓			
<b>Invermere Medical Clinic</b>	Invermere Medical Clinic	250-342-9206	<a href="http://invermeremedicalclinic.ca">invermeremedicalclinic.ca</a>	Monday - Friday 8:30am - 5:30pm (except Tuesdays: 8:30am - 7:00pm)			✓			
<b>Invermere Mental Health &amp; Substance Abuse</b>	Interior Health and our partner agencies provide a range of mental health and substance use services for all ages. We strive to ensure that our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.	250-342-2363	<a href="http://interiorhealth.ca">interiorhealth.ca</a>	Monday - Friday 8:30 - 4:30pm		✓		✓		
<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	✓	✓				

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<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>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	800-739-7367	<a href="http://optionsforsexualhealth.org/clinic/invermere-opt-clinic">optionsforsexualhealth.org/clinic/invermere-opt-clinic</a>	By appointment only 2nd and 4th Wednesday of each month 6:30pm - 8:30pm		✓	✓	✓		
<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	✓			✓		
<b>Psychology Tools</b>	Free resource for living with worry and anxiety amidst global uncertainty.		<a href="http://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	✓			✓		
<b>RCMP Victim Services</b>	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.	250-342-3937 or 911	<a href="http://policevictimservices.bc.ca">policevictimservices.bc.ca</a>	24/7	✓	✓				
<b>Roadmap to Resilience</b>	Free accessible book on how to cope with ongoing adversity and loss.		<a href="http://roadmaptoresilience.wordpress.com">roadmaptoresilience.wordpress.com</a>					✓	✓	

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<b>Safe Homes with after hours staffing</b>	We have a secure facility for you and any children that may be in your care.	250-402-0068 250-426-6856	<a href="http://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	✓	✓				✓
<b>Salvation Army</b>	Operating the Invermere Thrift Store	250-342-5552		Thursday 10:00am - 4:00pm Friday 12:00pm - 6:00pm Saturday 10:00am - 4:00pm		✓				
<b>Suicide Hotline Crisis Centre</b>	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://crisiscentrechat.ca">https://crisiscentrechat.ca</a>	24/7	✓		✓	✓		
<b>Summit Community Services Society</b>	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		✓	✓	✓		✓
<b>The Ktunaxa/Kinbasket Child and Family Services (KKCFS)</b>	Family support and child protection services. Provides trauma counselling in the Cranbrook, Creston, Invermere and Kimberely area.	250-489-4563 EMERGENCY: 250-310-1234	<a href="http://kkcfs.org">kkcfs.org</a>	Monday to Friday 8:30 am to 4:30 pm	✓	✓	✓	✓		
<b>Tsow-Tun Le Lum Society Substance Abuse and Trauma Treatment Centre Indigenous Crisis Support</b>		1-888-403-3123	<a href="http://tsowtunlelum.org">tsowtunlelum.org</a>	Monday - Friday 8:00am - 8:00pm Weekends 10:00am - 2:00pm		✓		✓		
<b>VICTIMLINK</b>	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	✓		✓	✓		