

## 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
9-8-8	Suicide Crisis Helpline Call or text 988	988	<a href="http://988.ca">988.ca</a>	24/7	✓					
Academic Communication Equity-British Columbia (ACE-BC)	Funded by the BC Ministry of Post-Secondary Education and Future Skills, ACE-BC provides province-wide services to support equitable access for students who are Deaf, hard of hearing and DeafBlind		<a href="http://ace-bc.ca/students/">ace-bc.ca/students/</a>						✓	
Assistive Technology BC	Assistive Technology BC (ATBC) provides assistive technology resources to make learning environments usable for people with disabilities throughout British Columbia.	General Inquiries: 1-604-264-8292	<a href="http://at-bc.ca">at-bc.ca</a>						✓	
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.		<a href="http://bouncebackonline.ca">bouncebackonline.ca</a>	Monday - Friday 9:00am - 5:00pm				✓		
CAPER - Centre for Accessible Post-secondary Education Resources in BC	CAPER-BC provides accessible learning and teaching materials to students and instructors that cannot use conventional print because of disabilities.	1-855-729-2457	<a href="http://caperbc.ca">caperbc.ca</a>	Monday - Friday 8:30am - 4:30pm (PT)					✓	
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.	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		✓		✓		
East Kootenay Regional Hospital Cranbrook	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>		✓		✓	✓		
Elk Valley Hospital	Local Hospital	250-423-4453	<a href="http://interiorhealth.ca/locations/elk-valley-hospital">interiorhealth.ca/locations/elk-valley-hospital</a>	24/7	✓		✓	✓		
Elkford Health Centre Medical Clinic	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 9:00am - 4:30pm Emergency Services is closed.				✓		
Elkford Women's Task Force Society (Safe Home)	Elk Valley Safe Homes - (Elkford, Sparwood and Fernie)	250-946-6004 1-800-200-3003 24/7	<a href="http://ewtfs.ca/">ewtfs.ca/</a>			✓	✓	✓		✓

<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		✓	✓	✓	✓
<b>First Nations BC Justice Council</b>	Help for Indigenous people and families with family law and criminal matters.	1-778-940-1520	<a href="http://bcfnjc.com/">bcfnjc.com/</a>			✓			
<b>First Nations Health Authority Circle of Care: KUU-US First Nations and Aboriginal Crisis Line Support</b>	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	<a href="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">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</a>	24/7	✓			✓	
<b>HealthLink BC These and other programs are available:</b>  •8-1-1  •Alcohol & Drug Information and Referral Service (ADIRS)	•8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia.  •ADIRS provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue.	•811  •ADIRS - 1-800-663-1441	<a href="http://healthlinkbc.ca">healthlinkbc.ca</a>	24/7	✓			✓	
<b>Here to Help - BC Partners for Mental Health &amp; Substance Use Information</b>  310 Mental Health Support	We're here to help you find quality information, learn new skills, and connect with key resources in BC. Explore strategies to help you take care of your mental health and use substances in healthier ways, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one.		<a href="http://heretohelp.bc.ca">heretohelp.bc.ca</a>	24/7	✓			✓	
<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>KUU-US Crisis Line Society Indigenous Crisis Support</b>	The KUU-US Crisis Line Society is a non-profit registered charity that provides 24 hour crisis services through education, prevention and intervention programs.	KUU-US Crisis Line 1-800-588-8717	<a href="http://www.kuu-uscrisisline.com">www.kuu-uscrisisline.com</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>	Monday -Thursday 9:00am - 9:00pm Friday 9:00am - 5:00pm Saturday & Sunday 12:00pm - 5:00pm				✓	
<b>Native Courtworker Services</b>	The Native Courtworker program is here to help ensure you understand the criminal justice process, at the earliest possible stage. As well as obtain fair, just equitable & culturally sensitive treatment before the courts.	1-877-811-1190	<a href="http://nccabc.ca/">nccabc.ca/</a>			✓			

<b>Options for Sexual Health (FERNIE)</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/fern timers-opt-clinic">optionsforsexualhealth.org/clinic/fern timers-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>Psychology Tools</b>	Free resource library for psychological health.		<a href="http://psychologytools.com">psychologytools.com</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.	250-423-7500 or 911	<a href="http://policevictimservices.bc.ca">policevictimservices.bc.ca</a>	Virtual appointments only Monday - Friday 8:30am - 4:30pm	✓	✓				
<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>					✓	✓	
<b>Rocky Mountain Health Centre</b>	Medical Clinic - Fernie	250-423-4718		Monday and Wednesday 9:00am - 4:30pm Tuesday and Thursday 9:00am - 6:00pm				✓		
<b>Salvation Army (FERNIE)</b>	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="http://fernies.ca/food-services">fernies.ca/food-services</a>	Food Bank Tuesday - Thursday 11:00am - 1:00pm  Office Hours: Monday - Friday 10:00am - 5:00pm		✓				✓
<b>Sparwood Primary Health Centre</b>	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				✓		
<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		✓		✓		