

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
9-8-8	Suicide Crisis Helpline Call or text 988	988	988.ca	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		ace-bc.ca/students/						✓	
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	at-bc.ca						✓	
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				✓		
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	caperbc.ca	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.	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 Cranbrook	24/7 Hospital	250-426-5281 1-866-288-8082	interiorhealth.ca/locations/east-kootenay-regional-hospital		✓		✓	✓		
First Nations BC Justice Council	Help for Indigenous people and families with family law and criminal matters.	1-778-940-1520	bcfnjc.com/			✓				
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 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 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 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 Crisis line 250-344-5317	www.goldenwomenscentre.ca	Hotline 24/7 Monday - Friday 10:00am - 4:00pm	✓	✓	✓	✓		
HealthLink BC These and other programs are available: •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	healthlinkbc.ca	24/7	✓			✓		
Here to Help - BC Partners for Mental Health & Substance Use Information 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.		heretohelp.bc.ca	24/7	✓			✓		
Kelty's Key	Kelty's Key offers customized online courses developed by clinical experts in Cognitive Behavioural Therapy.		keltyskey.com/					✓		
KUU-US Crisis Line Society Indigenous Crisis Support	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	www.kuu-uscrisisline.com	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.	250-290-0154	metisrcs.wixsite.com/website	Tue-Wed-Thu 10:00am - 2:00pm		✓		✓		
Mind Shift	Anxiety App		anxietycanada.com/resources/mindshift-cbt					✓		
National Eating Disorder Information Centre (Nedic)	NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders.	866-633-4220	nedic.ca/	Monday -Thursday 9:00am - 9:00pm Friday 9:00am - 5:00pm Saturday & Sunday 12:00pm - 5:00pm				✓		
Native Courtworker Services	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	nccabc.ca/			✓				
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		✓	✓	✓		
Psychology Tools	Free resource library for psychological health.		psychologytools.com	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 Monday - Friday 8:30am - 4:30pm	✓	✓				
Roadmap to Resilience	Free accessible book on how to cope with ongoing adversity and loss.		roadmaptoresilience.wordpress.com					✓	✓	
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		✓		✓		