

## INVERMERE 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>9-8-8</b>	<b>Suicide Crisis Helpline Call or text 988</b>	<b>988</b>	<a href="http://988.ca">988.ca</a>	<b>24/7</b>	<b>✓</b>					
<b>Academic Communication Equity-British Columbia (ACE-BC)</b>	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>						✓	
<b>Assistive Technology BC</b>	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>						✓	
<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>CAPER - Centre for Accessible Post-secondary Education Resources in BC</b>	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)					✓	
<b>Columbia Valley Food Bank</b>	Food Bank	250-342-0850	<a href="http://cvfoodbank.ca">cvfoodbank.ca</a>	Tuesday and Thursday 12:00pm - 2:00pm		✓				✓
<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.	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		✓		✓		
<b>East Kootenay Regional Hospital Cranbrook</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>Family Dynamix</b>  •Family Resource Centre •Safehome	Serving residents of the Columbia Valley. Administer and support programs that enhance individual and community living including Sexual Abuse Intervention Programs and Substance Abuse Prevention Worker.	Office: 250-342-5566  Safehome: 250-341-3963 1-800-200-3003 24/7	<a href="http://familydynamix.ca">familydynamix.ca</a>	Monday - Thursday 8:30am - 4:30pm		✓	✓	✓		✓
<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</b> <b>These and other programs are available:</b>  <b>•8-1-1</b>  <b>•Alcohol &amp; Drug Information and Referral Service (ADIRS)</b>	<b>•8-1-1</b> is a free-of-charge provincial health information and advice phone line available in British Columbia.  <b>•ADIRS</b> provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue.	<b>•811</b>  <b>•ADIRS - 1-800-663-1441</b>	<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'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>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 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="https://www.interiorhealth.ca/locations/invermere-mental-health-substance-use">https://www.interiorhealth.ca/locations/invermere-mental-health-substance-use</a>	Monday - Friday 8:30am - 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>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>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.	250-342-3937 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>Salvation Army (INVERMERE)</b>	Operating the Invermere Thrift Store	250-342-5552		Thursday 10:00am - 4:00pm Friday 10:00am - 4:00pm Saturday 10:00am - 2:00pm		✓				
<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		✓		✓		