

Environmental Scan

Resources for coping with and adjusting to dialysis

In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for British Columbians on dialysis.

We encourage you to see what is a good fit for you. In addition to using these resources, we encourage you to talk with your healthcare providers.



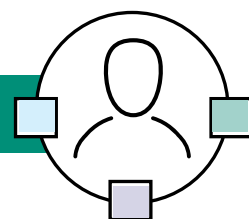
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under the BC Medical Services Plan for people living in British Columbia, Canada. The links were last verified in February 2022.

Information on Mental Health

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INFORMATION ON MENTAL HEALTH

Information on Mental Wellness for People Living with Dialysis or Kidney Disease

Name of information resource	Brief description of resource	How can you access the information?
KidneyPro	Module helps patients better understand the research process and landscape in Canada. Provides a general overview of kidney research in Canada, helps participants familiarize themselves with the roles that patient partners can play in research.	Go online: https://cansolvekd.ca/learning-tree Click 'patient partner' as the option that best describes your professional role.
Living with Kidney Failure	Mental health section (Chapter 8)	Go online: https://kidney.ca/Support/Resources/Living-With-Kidney-Failure
Living well with Reduced Kidney Function	Mental health section (Chapter 6)	Go online: https://kidney.ca/Support/Resources/Living-with-Reduced-Kidney-Function
Medical Education Institute	Link to learning modules.	Go online: https://kidneyschool.org/mods/ Link to a module on coping with kidney disease: https://www.kidneyschool.org/m05/
PsychoNephrology	Learn about kidney disease and how it affects people.	Go online: https://psychonephrology.com

General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
The Antidepressant Skills Workbook	Explains how you can manage low mood. Available in English, French, Chinese, Punjabi, Vietnamese, and Farsi.	Go online: https://psychhealthandsafety.org/asw
Anxiety BC	Free online, self-help, and evidence-based resources on anxiety.	Go online: https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-adults/
HealthLinkBC: Depression Health Tools	Information on depression, antidepressant use, and modifying negative thoughts.	Go online: https://www.healthlinkbc.ca/health-topics/depression

Information on Mental Health

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General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
BounceBack	Cognitive behaviour therapy (CBT) based materials over the phone with a trained coach for free.	Complete the online self referral form: https://bounceback.inpuhealth.com/ereferral#patient For more information, contact an Access Virtual Care Coordinator at 1-888-547-5575 from 8:00AM to 8:00PM Monday-Friday and 9:00AM to 5:00PM on weekends and holidays.
Canadian Mental Health Association: BC division	Information about wellness programs.	Go online: https://cmha.bc.ca/programs-and-services/
HealthLink BC: Mental Health	Information on depression, anxiety, suicide, mental health and COVID.	Go online: https://www.healthlinkbc.ca/mental-health-substance-use/mental-health If you or someone you know is considering suicide, call 1-800-SUICIDE (1-800-784-2433)
HealthLink BC: Resources	Provides numerous mental health and substance use related services and resources.	Go online: https://www.healthlinkbc.ca/mental-health-substance-use/resources
Here to Help BC	Explore strategies to help you take care of mental health, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one.	Go online: https://www.heretohelp.bc.ca/
Walk Along	Small steps to take care of yourself and help you get through the day.	Go online: https://www.walkalong.ca/

Resources for your Self-care

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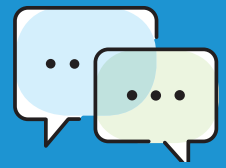
RESOURCES FOR YOUR SELF-CARE

Resources Specifically for People Living with Kidney Disease

Name of resource	Brief description of resource	How can you access the resource?
BC Renal: Anxiety	Information on anxiety, phobias, and coping.	Go online: http://www.bcrenal.ca/health-info/managing-my-care/mental-health/anxiety
BC Renal: Coping with Grief and Loss	Information on types of losses, moving forward, talking to others, types of grief, and after a death.	Go online: http://www.bcrenal.ca/health-info/managing-my-care/mental-health/coping-with-grief-and-loss
BC Renal: Depression and Anxiety: The Role of Kidney Care Clinics	Information on the management of depression and anxiety, treatment options, and resources.	Go online: http://www.bcrenal.ca/resource-gallery/Documents/Depression%20and%20Anxiety%20Guideline.pdf
BC Renal: Managing Stress	Information on symptoms in different kinds of stress and tips on managing stress.	Go online: http://www.bcrenal.ca/health-info/managing-my-care/mental-health/managing-stress#Tips--for--managing--symptoms--of--stress
BC Renal: Sadness and Depression	Information on the symptoms of sadness and depression as well as how to support someone with depression.	Go online: http://www.bcrenal.ca/health-info/managing-my-care/mental-health/sadness-and-depression Symptoms of Depression Self Assessment Tool: http://www.bccancer.bc.ca/coping-and-support-site/Documents/Symptoms%20of%20Depression.pdf
Kidney Foundation: CKD and Mental Health	Webinar on adapting to life with CKD and coping with the associated challenges.	Go online: https://www.youtube.com/watch?v=uxd75oq-6j9o&feature=emb_title
My Kidneys My Health: Mental Well-Being	Information and resources on depression and kidney disease. Helps you recognize symptoms of depression, develop coping strategies, and identify questions to ask your healthcare provider.	Go online: https://mykidneysmyhealth.com/living-with-ckd/mental-well-being Depression Screener: https://mykidneysmyhealth.com/living-with-ckd/mental-well-being/depression-screener
Kidney Foundation: Virtual Forum 2022: Coping, Resilience, and Well-Being	Program developed to bring together patients, care partners, healthcare professionals, and researchers to help you live your best life with kidney disease.	Go online: https://kidney.ca/Get-Involved/Be-a-Fundraiser/Events/all/Patient-Forum-2022

Resources for your Self-care

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Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the resource?
Anxiety Canada: My Anxiety Plan (MAP)	Provides guidance to deal with anxiety.	Go online: https://maps.anxietycanada.com/en/courses/my-anxiety-plan-map-for-adults/
PH+S Antidepressants Skills Workbook	A self-care guide on how to make changes to your thinking and actions that can help in dealing with depression.	Go online: https://psychhealthandsafety.org/asw
PH+S Antidepressant Skills at Work	A self-care workbook to help manage mood problems in the workplace; Includes strategies that are effective in managing depressed mood. The manual is primarily intended for working adults experiencing low mood or depression.	Go online: https://psychhealthandsafety.org/asaw/

Mental Health Apps

Name of information resource	Brief description of resource	How can you access the information?
Breathr	Provides easy and fun ways to practice mindfulness along with interesting facts about the benefits of mindfulness.	Available on the App Store and Google Play
Calm	The perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus.	Available on the App Store and Google Play
Feeling Good	Feeling Good uses relaxation, CBT, and resilience building techniques from sport to help improve positive feelings, self-esteem, and self-confidence.	Available on the App Store and Google Play
MindShift	An app to help you manage your anxiety and stress using a CBT approach.	Available on the App Store and Google Play

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Mood	Track your moods, help you understand your ups and downs and see the bigger picture of your emotional health.	Go online: https://www.anxietycanada.com/resources/mind-shift-cbt/ Available on the App Store and Google Play
Mood Gym	An interactive self-help book that helps you develop skills to prevent and manage symptoms of depression and anxiety.	Go online: https://moodgym.com.au/
MoodMission	Learn ways of coping with low mood and anxiety. Tell the app how you're feeling and get a tailored list of 5 missions to help you feel better. Missions are activities and mental health strategies that are quick and easy.	Available on the App Store and Google Play
Whats Up?	What's Up? can help you cope with anxiety, stress, and feelings of depression. It has interactive games, forums, thought tracking diary and helpful techniques to manage your feelings.	Available on the App Store and Google Play

In-person & Live Online Services

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IN-PERSON & LIVE ONLINE SERVICES

Peer Support Groups

Name of service	Brief description of service	How can you access the service?
Aboriginal Wellness Program	Hosts drop-in support groups, psycho-educational workshops, therapy groups and groups based on traditional teachings.	Go online: http://www.vch.ca/your-care/aboriginal-health or call: 604-675-2551 or email: aboriginalwellnessprogram@vch.ca
Chinese Mental Health Promotion by Vancouver Fraser Chapter of the CMHA	Changeways Program and Family support groups, available in multiple languages.	Go online: https://successbc.ca/counselling-crisis-support/services/health-wellness-support-groups/ or call: 604-408-7274 ext. 2087 or email: family.youth@success.bc.ca
Heads Up Guys	Provides support for men in their fight against depression.	Go online: https://headsupguys.org/
Kidney Foundation - Peer Support	Peer support in the B.C. and Yukon regions.	Go online: https://kidney.ca/Support/Peer-Support or call 1-866-390-PEER (7337)
Mood Disorders Association of British Columbia (MDABC)	Provides treatment, support, education, and hope of recovery for people living with a mood disorder.	Go online: https://mdabc.net/programs/counselling-and-wellness-centre-mdabc/
Vancouver Coastal Health: Family Involvement & Support Program	Support for hospital stays or hospital-like settings and mental health or substance use issues.	Go online: http://www.vch.ca/locations-services/result?res_id=783

In-person Services Provided by Healthcare Professionals

Name of service	Brief description of service	How can you access the service?
British Columbia Psychological Association	Information on finding help and choosing the right psychologist.	Go online: https://www.psychologists.bc.ca/content/find-help
Vancouver Coastal Health: Family Involvement & Support Program	Support for short term hospital stays.	Vancouver Acute- Otto Lim: 604-290-3817, Otto.lim@vch.ca
	Support for long term hospital stays.	Regional Tertiary – Becky Hynes: 604-313-1918, becky.hynes@vch.ca

Regional and Crisis Resources

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Provincial Crisis Resources

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
HealthLink BC: Mental Health	If you are considering suicide or are concerned about someone who may be.	1-800-SUICIDE (1-800-784-2433)

Provincial Support and Distress Lines

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
BC Bereavement Helpline	Provides various bereavement group support services.	Call: 604-738-9950 or 1-877-779-2223 Monday to Friday, 9:00AM to 5:00PM
BC Mental Health	Services provide specialized treatment, education, health promotion, and more for British Columbians.	Go online: http://www.bcmhsus.ca/ Most programs require a referral. Information about referrals can be found online: http://www.bcmhsus.ca/health-professionals/refer-a-client-or-patient
Mood Disorders Association of British Columbia	Provides wellness services, group programs, and workshops.	Go online: https://www.cognitofirms.com/MoodDisordersAssociationOfBC/CounsellingIntakeForm or email info@mdabc.net or call 604-873-0103 (ext. 2)
Mental Health Support Line	Connects you to your local BC crisis line immediately. Crisis line workers provide support and referrals to community resources.	Call: 310-6789 (no area code) Available 24/7

Resources by Region

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Regional and Crisis Resources

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Fraser Health Resources

Online and telephone resources for support and distress services

Name of service	Brief description of resource / service	How can you access the helpline, crisis line or on-line chat?
DIVERSEcity	Information on counselling services, woman and gender-based violence programs, substance use services, and gang prevention counselling. For those who reside in Surrey, Delta, White Rock, and Langley.	Go online: https://www.dcrs.ca/our-services/ or call: 604-547-1202 or email: intake@dcrs.ca
Fraser Health Mental Health and Substance Use	Information on mental health and wellness, substance use prevention services, and self screening tests.	Go online: https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use#.YCr96jKSnJN

Crisis Support Services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Fraser Health Crisis Line	Provides immediate confidential emotional support and crisis management.	Call: 604-951-8855 or toll-free: 1-877-820-7444
Telecare Crisis & Caring Line	Provides confidential and anonymous, empathetic listening in moments of personal crisis or distress. This service is Christian based.	Call: 604-852-9099 or toll-free: 1-888-852-9099

Vancouver Coastal Health Resources

Online resources for support and distress services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Aboriginal Health	Information on Aboriginal wellness program, First Nations and Aboriginal Primary Care Network.	Go online: http://www.vch.ca/your-care/aboriginal-health

Regional and Crisis Resources

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Community Mental Health Services	Information on community mental health teams, geriatric psychiatry outreach team, assertive outreach team (AOT), and provides links to region specific access services.	Go online: http://www.vch.ca/your-care/mental-health-substance-use/community-mental-health-services
Family Involvement & Support Program	Support for short term hospital stays, long term or hospital like settings and mental health or substance use issues.	Call: Isabella Mori at 604-314-9032, or Jennifer Glasgow at 778-879-3293 or email: Isabella.Mori@vch.ca or Jennifer.Glasgow@vch.ca
Mental Health & Substance Use Services	Information on a wide variety of mental health topics resources to information, self help, symptom monitoring, support groups/peer support, service directory.	Go online: http://www.mindhealthbc.ca/resources
Raven Song Community Health Centre	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=168
Robert and Lily Lee Family Community Health Centre	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=166
South Mental Health and Substance Use Service	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=857
Three Bridges Community Health Centre	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=171
East Hastings Street	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=167
North Shore Hope Centre	Adult Community Psychiatric Services	Go online: http://www.vch.ca/Locations-Services/result?res_id=342
Older Adult Mental Health Program- North Vancouver	Older Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=1061
Pemberton	Adult Mental Health Program	Call: 604-698-5861 Monday to Friday, 8:30AM to 4:30PM

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Pemberton Health Centre	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=866
Powell River	Adult Mental Health Program	Call: 604-485-3300 Monday to Wednesday, 8:30AM to 4:30PM
Powell River Community Health Centre	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=1140
Strathcona Mental Health Team (formerly Heatley MH)	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=164
Mental Health Program- Powell River General Hospital	Older Adult Mental Health Program	Go online: http://www.vch.ca/locations-services/result?res_id=1132
Squamish	Adult Mental Health Program	Call: 604-815-3008 Monday to Friday, 8:30AM to 4:30PM
Squamish Mental Health Services	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=845
Sunshine Coast (Gibsons, Sechelt & Pender Harbour)	Adult Mental Health Program	Call: 604-885-6101 Monday to Friday, 8:30AM to 4:30PM
Whistler	Adult Mental Health Program	Call 604-698-6455 Monday to Friday, 9:00AM to 5:00PM
Whistler Health Care Centre	Adult Mental Health Program	Go online: http://www.vch.ca/Locations-Services/result?res_id=1138

Interior Health Resources

Online and telephone resources for support and distress service

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Interior Health	Provides assistance with accessing support services and helpful sources	Go online: http://www.interiorhealth.ca/health-and-wellness/mental-health
Ashcroft Mental Health	Access mental health services	Call: 250-453-1940
Barriere: Yellowhead Community Services Society	Access mental health services	Call: 250-672-9773 Monday to Friday, 9:00AM to 4:30PM
Castlegar Mental Health	Access mental health services	Call: 250-304-1846 Monday to Friday, 8:30AM to 4:30PM

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Chase Mental Health	Access mental health services	Call: 250-679-1400 Monday to Friday, 8:00AM to 3:00PM
Clearwater: Yellowhead Community Services Society	Access mental health services	Call: 250-674-2600 Monday to Friday, 9:00AM to 4:30PM
Clinton Mental Health	Access mental health services	Call: 250-453-1940 Monday to Friday, 8:30AM to 4:30PM
Cranbrook Mental Health	Access mental health services	Call: 250-420-2210 Monday to Friday, 8:30AM to 4:30PM Toll free: 1-888-426-7566 Available 24/7
Creston Mental Health	Access mental health services	Call: 250-428-8734 Monday to Friday, 8:30AM to 4:30PM
Golden Mental Health	Access mental health services	Call: 250-344-3015 Monday to Friday, 8:30AM to 4:30PM
Grand Forks: BC Boundary Mental Health	Access mental health services	Call: 250-442-0330 Monday to Friday, 8:30AM to 4:30PM
Invermere Mental Health	Access mental health services	Call: 250-342-2363 Monday to Friday, 8:30AM to 4:30PM
Kaslo Mental Health	Access mental health services	Call: 250-353-2291 Monday to Friday, 8:30AM to 4:30PM
Kamloops Mental Health & Substance Use	Access mental health services	Call: 250-377-6500 Monday to Friday, 8:30AM to 5:00PM
King Street Centre	Access mental health services	Call: 250-376-7855 Monday to Friday, 8:30AM to 4:30PM
Kimberley Mental Health	Access mental health services	Call: 250-427-2215 Monday to Friday, 8:00AM to 5:00PM
Lillooet Mental Health	Access mental health services	Call: 250-256-4233 Monday to Friday, 8:30AM to 4:30AM Toll free: 1-855-656-4233
Local Mental Health & Substance Use Centre	Access mental health services	Call: 310-MHSU (6478)
Logan Lake Mental Health	Access mental health services	Call: 250-523-9414, ext. 23 Monday to Friday 8:00AM to 12:00PM
Martin Street Outreach Clinic	Access mental health services	Call: 250-770-3696
Merritt Mental Health	Access mental health services	Call: 250-378-3401
Nakusp Mental Health	Access mental health services	Call: 250-265-5253 Monday to Friday 8:30AM to 4:30PM, closed 12:00PM to 1:00PM
Nelson Mental Health	Access mental health services	Call: 250-505-7248 Monday to Friday, 8:30AM to 4:30PM

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Osoyoos Mental Health	Access mental health services	Call: 250-495-6433 Monday to Friday, 8:30AM to 4:00PM
Penticton Mental Health	Access mental health services	Call: 250-770-3555 Monday to Friday, 8:30AM to 4:30PM
Penticton Urgent and Primary Care Centre	Access mental health services	Call: 250-770-3696 Monday to Friday 8:00AM to 8:00PM, Saturday & Sunday 12:00PM to 6:00PM
Salmo Mental Health	Access mental health services	Call: 250-357-2277 Tuesday to Thursday, 9:00AM to 4:00PM
Salmon Arm Mental Health Services	Access mental health services	Call: 250-833-4102 Monday to Friday, 8:30AM to 4:30PM
Sparwood Mental Health	Access mental health services	Call: 250-425-2064 or toll-free: 1-800-661-0329 Monday to Friday 8:30AM to 4:30PM
Trail Mental Health	Access mental health services	Call: 250-364-6262 Monday to Friday, 8:30AM to 4:30PM
Vernon	CMHA	Call: 1-888-353-2273 Available 24/7
	Vernon Mental Health	Call: 250-549-5737 Monday to Friday, 9:00AM to 4:30PM
	Vernon Downtown Mental Health	Call: 250-503-3737 Monday to Friday, 9:00AM to 3:00PM
Williams Lake Mental Health	Access mental health services	Call: 250-392-1483 Monday to Friday, 8:30AM to 4:30PM
Kelowna Mental Health	Access mental health services	Call: 250-469-7070 Monday to Friday, 8:00AM to 4:30PM
Keremeos Mental Health	Access mental health services	Call: 250-499-3029 Monday to Friday, 8:00AM to 3:30PM Toll free: 1-800-663-7867
100 Mile Mental Health	Access mental health services	Call: 250-395-7676

Crisis Support Services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Interior Crisis Line	Serves mental health support, crisis, and suicide calls across the interior region of BC.	Call: 1-888-353-2273 (Available 24/7) Office: 250-398-8220 Monday to Friday, 8:30AM to 4:30PM
Kootenay Boundary Regional Crisis Line	Available 24/7	Crisis line: 1-888-353-2273 Mental Health Line: 310-6789 Toll free: 1-800-784-2433

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Vancouver Island Health Resources

Online and telephone resources for support and distress service

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Campbell River Access Number	Contact your local Access resource	Call: 250-850-2620 Monday to Friday, 8:30AM to 4:30PM
Comox Valley Access Number	Contact your local Access resource	Call: 250-331-8524 Monday to Friday, 8:30AM to 4:30PM
Cowichan Valley Access Number	Contact your local Access resource	Call: 250-709-3040 Monday to Friday, 8:30AM to 4:30PM
Nanaimo Access Number	Contact your local Access resource	Call: 250-739-5710 Monday to Friday, 9:00AM to 5:00PM
Oceanside Access Number	Contact your local Access resource	Call: 250-951-9550 Monday to Friday, 7:30AM to 9:30PM
Port Alberni Access Number	Contact your local Access resource	Call: 250-731-1311 Monday to Friday, 8:30AM to 4:30PM
Port Hardy Access Number	Contact your local Access resource	Call: 250-902-6051 Monday to Friday, 10:00AM to 6:15PM
Port MacNeill Access Number	Contact your local Access resource	Call: 250-956-4461 Monday to Friday, 8:30AM to 4:30PM
Southern Gulf Islands Access Number	Contact your local Access resource	Call: 250-538-4711 Monday to Friday, 8:30AM to 12:30PM
Victoria Access Number	Contact your local Access resource	Call: 250-519-3485 Monday to Friday, 8:30AM to 4:00PM
Westshore/Langford Access Number	Contact your local Access resource	Call: 250-370-5799 Monday: 2:00PM to 6:30PM, Tuesday: 9:30AM to 12:00PM, 1:00PM to 4:30PM, 5:30PM to 9:00PM, Thursday: 7:30AM to 12:00PM, 1:00PM to 4:30PM
Westcoast Access Number	Contact your local Access resource	Call: 250-726-1282 Monday to Friday, 10:30AM to 12:30PM and 1:00PM to 3:00PM; Closed daily from 12:30PM to 1:00PM

Crisis Support Services

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Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Vancouver Island Crisis Line	Available 24/7	Crisis Line (24 hours): 1-888-494-3888 Text services: 250-800-3806 Available 6:00PM to 10:00PM, 7 days a week. Chat services available online: https://www.vicrisis.ca/ Available 7 days a week, 6:00PM to 10:00PM

Northern Health Resources

Online and telephone resources for support and distress service

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Northern Health	Access mental health services	Go online: https://www.northernhealth.ca/services/mental-health-substance-use/important-links
Atlin Health Centre	Access mental health services	Call: 250-651-7677 Monday to Friday, 8:30AM to 4:30PM
Big Water Society	Provides funding for counselling services	Call: 250-651-2460
Burns Lake Community Program	Access mental health services	Call: 250-692-2412 Monday to Friday, 8:30AM to 4:30PM
Chetwynd Community Program	Access mental health services	Call: 250-788-7300 Monday to Friday, 8:30AM to 4:30PM
Dawson Creek	Community Program	Call: 250-719-6525 or toll free: 1-888-592-2711 Hours of operation Monday-Friday 8:30AM to 4:30PM
	Inpatient and Intensive Services	Call: 250-782-7369
	Tertiary Care Program	Call: 250-719-6525 or toll free: 1-888-592-2711
Dease Lake Stikine Health Centre	Access mental health services	Call: 250-771-4444
Fort Nelson Health Unit	Access mental health services	Call: 250-774-7092 Monday to Friday, 8:30AM to 4:30PM

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Fort St. James Community Program	Access mental health services	Call: 250-996-8411 Monday to Friday, 8:30AM to 4:30PM
Fraser Lake Community Program	Access mental health services	Call: 250-699-774 Monday to Friday, 8:30AM to 5:00PM
Hazelton Community Program	Access mental health services	Call: 250-842-5144 Monday to Friday, 8:30AM to 4:30PM or the After Hours or Emergency Line (Wrinch Memorial Hospital): 250-842-5211
Houston Community Program	Access mental health services	Call: 250-845-5964 (checked periodically throughout the day) Monday to Friday, 8:30AM to 5:00PM or the After Hours or Emergency Line (Houston Health Centre): 250-845-2294
Kitimat Community Program	Access mental health services	Call: 250-642-3181 Monday to Friday, 8:30AM to 4:30PM or the After Hours or Emergency Line (Kitimat Hospital): 250-632-2121
Mackenzie Community Program	Access mental health services	Call: 250-997-8517 Monday to Friday, 8:30AM to 4:30PM
Masset Community Program	Access mental health services	Call: 250-626-4725 Monday to Friday, 8:30AM to 4:45PM or the After Hours or Emergency Lines: Haida Gwaii Hospital: 250-626-4711 Masset Hospital: 250-626-4700
McBride Community Program	Access mental health services	Call: 250-569-2251 ext. 2038 Monday, Wednesday, every 2nd Friday 8:30AM to 4:30PM
Prince George University Hospital of Northern BC	Adult Psychiatric Inpatient Unit (PIU)	Call: 250-565-2000
	Adolescent Psychiatric Assessment Unit (APAU)	Call: 250-565-2575
Prince George Northern Interior Health Unit	Community Acute Stabilization Team (CAST)	Call: 250-565-2666
	Community Outreach and Assertive Services Team (COAST)	Call: 250-565-7472
	Adult Addiction Day Treatment Program	Call: 250-565-2387

Regional and Crisis Resources

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Prince George Nechako Centre	Acquired Brain Injury (ABI)	Call: 250-565-7393
	Developmental Disabilities Mental Health (DDMH)	Call: 250-565-7393
	Eating Disorder Clinic (EDC)	Call: 250-565-7479
	Early Psychosis Intervention (EPI)	Call: 250-649-7660
	Elderly Services	Call: 250-612-4500
Prince Rupert Health Unit	Access mental health services	Call: 250-622-6310 Monday to Friday, 8:30AM to 4:30PM
Island Wellness Society (for women)	Access mental health services	Call: 250-559-4743
Queen Charlotte Community Program	Access mental health services	Call: 250-559-4933
Quesnel	Westside Mental Health & Addiction Services	Call: 250-992-5189
	Grace Young Wellness Centre (referral-based program)	Call: 250-985-5824
	GR Baker Memorial Hospital	Call: 250-983-6828
	Quesnel Unit Emergency Short Stay Treatment (QUESST)	Call: 250-985-5608
Smithers Community Program	Access mental health services	Call: 250-847-6405 Monday to Friday, 8:30AM to 4:30PM or the After Hours or Emergency Line (Bulkley Valley District Hospital): 250-847-2611
Stewart Health Centre	Access mental health services	Call: 250-636-2221 Monday to Friday, 8:30AM to 4:00PM
Terrace	Terrace Community Program	Call: 250-631-4202 or the After Hours or Emergency Line: 250-638-4082
	Seven Sisters: Rehabilitation & Recovery Program	Call: 250-631-4121 or 250-631-4123
	Northwest Intensive Case Management Team	Call: 250-631-4647
Tumbler Ridge Community Program	Access mental health services	Call: 250-242-5271 Monday to Friday, 8:30AM to 4:30PM

Regional and Crisis Resources

Environmental Scan



Valemount	Valemount Community Program	Call: 250-566-9898 Tuesday, Thursday, every 2nd Friday, 8:30AM to 4:30PM
	Robson Valley Community Services	Call: 250-569-2266 or 250-566-9107 After hours: 250-566-1847
Vanderhoof Community Program	Access mental health services	Call: 250-567-6900 Monday to Friday, 8:30AM to 4:30PM

Crisis Support Services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Northern BC Crisis Line	Available 24/7	Call: 250-563-1214 Toll Free: 1-888-562-1214

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and find additional resources.