



Mental Health Resources



Not Sure Where to Start?

Please reach out to someone in the Cedar Circle Team at **Lilwat Health & Healing** at **604-894-6656**
11090 Blackbear Road, Mount Currie B.C. V0N2K0

Hours Monday - Friday 8:30 am - 4:30 pm

Indigenous & Culturally Focused Support

Lilwat Health and Healing

Call: 604-894-6656

Indian Residential School Survivors Society

Toll-free line: 1-800-721-0066

The KUU-US Crisis Line Society

24-hour Crisis Line for Adults, Elders & Youth

Toll-free line: 1-800-588-8717

Adults/Elders: 1-250-723-4050

Child/Youth: 1-250-723-2040

First Nations Virtual Doctor of the Day

About this Service: The First Nations Virtual Doctor of the Day program enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.

Have a question or need an appointment?

Phone (toll-free, 7 days a week, 8:30 am to 4:30 pm):

1-855-344-3800

Fax: 1-855-943-3354

www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day



Hope for Wellness Online Chat and Helpline

24-hour Crisis Line for Adults, Elders & Youth

Toll-free line: 1-855-242-3310

Chat: www.hopeforwellness.ca

Tsow-Tun Le Lum Helping House

Monday AA Meeting Night open 1 pm - 9 pm

Wednesday CODA Meeting Night open 1 pm - 9 pm

Open 10 am - 6 pm Tuesday, Thursday and Saturday

Closed Sundays

Toll-free line: 1-888-403-3123

24 Hour Crisis Support

Crisis Intervention and Suicide Prevention Centre

Call toll-free: 1-800-SUICIDE (1-800-784-2433)

Chat: www.crisiscentrechat.ca

Text: CONNECT to 68686

Women's Crisis Support

Howe Sound Women's Centre

Crisis line: 1-877-890-5711

Website: www.hswc.ca

Pearl's Safe Home in Pemberton provides Temporary Emergency Shelter for women, with or without children, escaping abuse or at risk of homelessness.

Kids Help Phone

Text **CONNECT** to **686868** to reach a trained volunteer Crisis Responder 24/7.

Call: 1-800-668-6868

Mental Health Support Line

Call 310-6789 (do not add 604, 778 or 250 before the number). This number will connect you to your local BC crisis line without a wait or busy signal.

Toll-free line: 1-866-661-3311

Chat: www.crisiscentrechat.ca

Counselling Services (Online and by phone)

Check with your employer to see if they offer Employee Assistance Programs for counselling and life coaching. Often, if you receive benefits from your employer, you can access counselling and other wellness services. Email or call your employer or your HR representative to learn if you are eligible.

Pemberton Mental Health Clinic

Self-referral/Access/Urgent Response
Phone: 604-698-5861
Monday - Friday from 8:30 am -4:30 pm

Kelty's Key Online Therapy

A new evidence-based treatment option for people struggling with mild to moderate depression or anxiety. Clients can self-refer directly to Kelty's Key.
Phone: 604-875-4111
www.keltyskey.com

Foundry BC

Online Health and Wellness services for youth in BC.
Monday & Thursday from 1 pm - 6 pm
Tuesday & Wednesday from 1 pm - 5 pm
Phone: 604-984-5060
foundrybc.ca/northshore

Bounce Back

On-line skill building program for adults and youth over the age of 15 that are experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety.
Call toll-free: 1-866-639-0522
www.bouncebackbc.ca

Mind Health BC

Online mental health counselling program for people 12 years and older struggling with depression, anxiety, or other mental health or substance use challenges.
Online Crisis Chat: www.crisiscentreachat.ca
Crisis line: 1-800-784-2433
www.mindhealthbc.ca

Homelessness Prevention

Shelter/Drop-in/Homeless Prevention Services

Howe Sound Women Women's Center
Phone: 604-892-5748
Drop-in 10am - 4pm, Monday - Thursday

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Be Kind. Be Calm. Be Safe.

Sea to Sky Community Services (SSCS)

Homeless Prevention and Outreach
Whistler and Pemberton
Chaelyn Falconer: 604-698-9034
Email: chaelyn.falconer@sscs.ca

Shelter Safe

A 24/7, Canada-wide service that connects women leaving abusive situations with safe housing in their areas.
www.sheltersafe.ca

Online Information Resources

PLAN-Y

A confidential youth directory for wellness and mental health resources in Pemberton and the surrounding region.
www.plan-y.ca


Mental Health Foundations

Good resources and videos for parents and caregivers.
www.mentalhealthfoundations.ca/resources

Anxiety Canada

Information and self-help regarding anxiety.
www.anxietycanada.com

Here to Help

Information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety and risky drinking.
 www.heretohelp.bc.ca

Mental Health Digital Hub

Information, services and education and awareness about mental health and substance use for adults, youth and children.
www.gov.bc.ca/mentalhealth

Canadian Mental Health Association

Information and self-help for dealing with anxiety and stress with COVID-19.
www.cmha.ca

ADHD and Parenting Resources

Confident Telephone
Parents coaching
Thriving for
Kids parents.

www.cmhacptk.ca

Rolling With ADHD

On-line strategies for parenting a child with ADHD

www.healthymindslearning.ca/rollingwith-adhd/

ADHD Psycho Education

Videos Russell Barkley

www.russellbarkley.org

Substance Misuse Services and Support

AA Meetings (Face to face)

Lilwat Nation

Úllus Community Complex

Mezz Room (Upstairs) Wednesdays 7:00 PM

Pemberton

St. David's Church

7422 Dogwood Avenue

Basement

Fridays 7:00 PM

NA/AA meetings (Phone)

24/7 phone: 604-434-3933

Mental Health and Substance Use Info Line 24/7 phone: 811

Online NA/AA meeting information

www.vancouveraa.ca

Anonymous (AA, NA, CA) Meetings

Info Line: 604-815-4089

Alcohol and Drug Information Referral Service

Toll-free: 1-800-663-1441

Safer Drug Use/ Overdose Prevention Outreach Worker

Pemberton & Whistler (VCH): 604-313-5119 Monday - Friday, 8:30 am - 4:30 pm

Virtual Substance Use and Psychiatry Service Provides access to specialists in addictions, medicine, and psychiatry. Referral-based service and is available at no cost to all Indigenous peoples, including non-Indigenous family members.

Contact:

Email: fnavsups@fnha.ca

Fax: 1-855-943-3354

www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service

OAT Clinic (Drop-in)

Pemberton VCH Office

1403 Pemberton Portage Road

Phone: 604-894-6454

Alternating Tuesdays, 9 am - 12 pm

Substance Use /Recovery / Treatment Access Central

Detox information and treatment

booking: 866-658-1221

Mental Health and Substance Use

Info Line: 8-1-1

FNHA Psychiatry & Addictions Services

To get a referral to this services, please contact your health and wellness provider. For information about the program and referrals process, visit www.fnha.ca

Whistler Community Services (WCSS)

8000 Nesters Road

Monday - Saturday, 9 am - 4:30 pm

Phone: 604-932-0113 for appointment

Book online: mywcss.org

Pemberton Mental Health Clinic

Self-referral/Access/Urgent Response

Phone: 604-698-5861

Monday - Friday from 8:30 am - 4:30 pm

Harm Reduction Guidelines for COVID-19 Stress

BC Centre for Disease Control

www.bccdc.ca

Harm Reduction Supplies & Needle Exchange

Pemberton VCH Office

1403 Portage Road

Monday - Friday, 8:30 pm - 4:30 pm

Whistler Health Care Centre

4380 Lorimer Road

Monday - Friday, 8:30 am - 4:30 pm

Whistler Community Services (WCSS)

8000 Nesters Road

Monday - Saturday, 9 am - 4:30 pm

Phone: 604-932-0113 for appointment

Book online: mywcss.org

