

## Harm Reduction & Substance Use

### **AVI Health & Community Services**

🏠 1371 Cedar Street, Campbell River

☎ 250-830-0787

🕒 Mon-Th 9am-4pm, closed for lunch 12-1pm

*Harm reduction supplies/education, Naloxone kits/training, on-site Hep C & HIV testing, Indigenous Wellness Program*

### **CR Mental Health and Substance Use (19+)**

🏠 207-1040 Shoppers Row, Campbell River

☎ 250-850-2620

🕒 Mon-Fri 8:30am-4:30pm

*Assessment, treatment, counselling, referrals, education, medication management, support*

### **Vancouver Island Mental Health Society**

#### **Overdose Prevention Site**

🏠 1-1330 Dogwood Street, Campbell River

☎ 250-287-9969

🕒 9am-8pm, 7 days a week; Last call (7:45pm)

*Harm reduction supplies, overdose prevention services, education and referrals*

### **VIMHS-CR Sobering & Assessment Centre (17+)**

🏠 5-1330 Dogwood St, Campbell River

☎ 250-287-9969

*Sobering beds - up to 24hrs, 16 beds available*

### **CR MHSU Substance Use Integrated Team (19+)**

🏠 1307 Shoppers Row, Campbell River

☎ 250-668-5472

🕒 Mon-Fri 0830-1730 (closed for lunch)

*Outreach based high acuity substance use supports, harm reduction, assessment, referrals, connection to community resources*

Cover art by Shawn Decaire

Thank you to North Island College Nursing Practicum Students

## Emergency Shelter

### **Evergreen House (Salvation Army) (19+)**

🏠 690 Evergreen Road, Campbell River

☎ 250-287-3791

🕒 Hours: 24/7

*Emergency shelter for men and women-access to showers, laundry, hygiene supplies, clothes, and meals - 22 beds available*

## Seasonal Shelter

Seasonal Shelter is CURRENTLY CLOSED

## ☎ Crisis Lines

Vancouver Island Crisis Line **1-888-494-3888**

KUU-US Aboriginal Crisis Line **1-800-588-8717**

Adults **250-723-4050**

Youth **250-723-2040**

VictimLinkBC **1-800-563-0808**

Ann Elmore House (Women Experiencing Abuse)

24 Hr Help line **250-286-3666**

Toll-Free **1-800-667-2188**

24 Hr Text Only Help Line: **250-895-1773**

Kids Help Phone **1-800-668-6868**

Crisis Nurse **250-286-7159**

BC NurseLine **811 or 1-866-215-4700**

1-800-SUICIDE **1-800-784-2433**

Residential School Survivors & Family Crisis Line

**1-800-721-0066**

BC 211 - Connect to services in BC communities

**Dial 211 or visit [bc.211.ca](http://bc.211.ca)**

24-Hr Métis Crisis Line **1-833-638-4722**

Métis Elder Line **1-833-676-3847**

Emergency Sexual Assault Response Program

Call or Text **250-201-2150**

# **NEED SHELTER, FOOD OR SUPPORT?**



## **Legend**



Indigenous-led Organization



Hours of Operation



Phone #



Address

## General Support & Food Services

### **Salvation Army - Centre of Hope**

🏠 100-1381 Cedar Street, Campbell River

☎ 250-287-2699

🕒 Meals Mon-Fri 11:30am-1:15pm

Family Services & Food Hampers Mon-Fri 8am-4pm

*Meal program, showers, supplies, laundry, resource info, clothing, food, household goods*

### **MOUHSS: Mobile Outreach Unit for Health and Support Services (LKT)**

🏠 Campbell River Locations:

🕒 Tues: Spirit Square 8-10:45am

Willow Point (Tim Hortons Area) 11am-12pm

Wed: Spirit Square 8:30-10:45am

Dogwood (Curling Rink) 11am-12pm

Fri: Nunns Creek Park: 8am-12pm

☎ 250-203-9713; Toll Free: 1-866-286-9713

*Physical/mental health support, connections/referrals, diabetes, HIV/Hep C testing, foot care, harm reduction supplies, beverages and snacks.*

### **John Howard Society North Island**

🏠 140-10th Ave, Campbell River

☎ 250-286-0611

🕒 M-F 8:30am-4:30pm (closed 12-1)

*Housing support, housing outreach, and youth services*

### **Campbell River Family Services**

🏠 487-10th Ave, Campbell River

☎ 250-287-2421

*Support, counselling, education, prevention and crisis intervention - includes sexual assault programs, victim services, and pregnancy outreach*

### **North Island Employment Foundations Society**

🏠 920 Alder Street, Campbell River

☎ 250-286-3441

*Financial supports, programs and services to help individuals seeking employment*

### **Community Kitchen**

This service is currently closed

*Bagged dinners are temporarily being offered at the Salvation Army - Centre of Hope (100-1381 Cedar Street) for pick-up Mon-Fri 11:30am-1:15pm*

### **Drop-In Centre**

This service is currently closed

*Free showers and a weekly laundry service can be temporarily accessed at the Community Centre. Call 250-286-1161 or visit 401 11<sup>th</sup> Ave. for more info*

### **Laichwiltach Family Life Society**

🏠 441 4th Ave, Campbell River

☎ 250-286-3430

*Counselling, Elder support, programs for addiction, recovery and anger management & LifeSkills*

### **Sasamans Society**

🏠 680 Head Start Crescent, Campbell River

☎ 250-914-2212

*Youth and Elder support, outreach, parenting programs & Jordan's Principle services.*

### **North Island Métis Association (NIMA)**

🏠 A124 - 740 Robron Road, Campbell River

☎ 250-287-7417

*Housing, education, and health support for Métis*

### **Campbell River Food Bank**

🏠 1393 Marwalk Crescent, Campbell River

☎ 250-286-3226

🕒 Call 250-914-2423 for shopping appointment.

### **Society of St. Vincent De Paul**

☎ 250-287-4911

🕒 Call Tues 9am-12pm

*Supply and delivery of food hampers*

*One visit/month, max. 6/year*

### **Ka:yu:'k't'h'/Che:k'tles7et'h' First Nations**

🏠 1250-C Ironwood Street, Campbell River

☎ 250-287-2775

*Support/services to KCFN members*

## Youth Mental Health & Support

### **Foundry Campbell River (Ages 12-24)**

🏠 140-10th Ave, Campbell River

☎ 250-286-0611

Mon/Fri 8:30am-4:30pm, Tues-Th 8:30am-6pm

Walk-in: Mon 9-11am, 1-3pm; Tue-Th: 1-5pm; Fri 9-11am

*Programs for substance use, mental health, counselling, primary care and peer support*

## Legal and Income Assistance

### **Ministry of Social Development and Poverty Reduction**

🏠 833A 14th Ave, Campbell River

☎ 1-866-866-0800

*Income assistance*

### **Opportunities Advocacy Services**

🏠 101-300 St Ann's Road, Campbell River

☎ 250-286-3436

🕒 Mon-Fri 9am-4pm

*Legal advocacy, family law, income tax assistance for low-income residents*

## Women & Children

### **Campbell River & North Island Transition Society**

🏠 #101-1116 Dogwood Street, Campbell River

☎ 250-287-7384

*Housing, outreach, support for women and their children*

### **Women's Resource Centre**

🏠 771 12<sup>th</sup> Ave, Campbell River

☎ 250-287-3044

🕒 M, T, Th, Fr - 10am-2pm

*Drop-in centre, referrals, computer access, clothing, tax preparation, and more. Women & their children only*

### **Ann Elmore Transition House**

🏠 N/A for safety and confidentiality

☎ 24/7 Help line 250-286-3666

*Shelter for women and children experiencing abuse. Includes support groups, counselling*