

# MHFA : Community Resources (Salmon Arm)

## OC Counselling Services (Salmon Arm)

To schedule an appointment with a counsellor:

Call or walk-in to OC Front Office (250-832-2126) to schedule an appointment with a counsellor; or

Visit OC Counselling Services webpage to learn more about the counsellors, and then contact a counsellor directly via email/telephone to request an appointment

[https://www.okanagan.bc.ca/Student\\_Services/students/counselling/](https://www.okanagan.bc.ca/Student_Services/students/counselling/)

## Crisis Line Association of BC

The Crisis Line provides individuals with 24-hour confidential telephone crisis intervention and support. Phone 1.888.353.2273 (1.888.353.CARE)

Crisis Text Line: Text HOME to 686868

KUU-US (Indigenous) Crisis Line 1.888.588.8717

## Salmon Arm Mental Health (Interior Health)

851-16th St NE, Salmon Arm 250-833-4102

Provide many services including adult community support, adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorders services, group therapy, peer support.

## Salmon Arm Substance Use (Interior Health)

431 Hudson Ave NE 250-833-4103 Drop in intake for substance use counselling. Offered Monday / Wednesday / Friday from 1-4pm

## Call your Family Doctor or go to a Walk-in Medical Clinic

Mt. Ida Medical Clinic

Salmon Arm Medical Clinic

Walk-In Clinic at Walmart

## YouthSpace

A space for any youth across Canada, under 30, that is experiencing any sort of crisis to come and talk (through text and chat). They are open every day between 6pm and midnight. <http://youthspace.ca/>



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Canadian Mental Health Association Shuswap-Revelstoke Branch  
433 Hudson Ave. N.E. Salmon Arm, BCP  
Phone 250-832-8477 [www.shuswap-revelstoke.cmha.bc.ca](http://www.shuswap-revelstoke.cmha.bc.ca)

## Shuswap Hospice Society

Offers compassionate care, comfort, support and learning to those who are dying or grieving. Suite 4 – 781 Marine Park Drive, Salmon Arm B.C.  
Tel. 250-832-7099 [info@shuswaphospice.ca](mailto:info@shuswaphospice.ca)  
9am – 4pm, Monday to Friday

## Shuswap Family Resource and Referral Centre

181 TCW NE, Salmon Arm 250-832-2170

## Sexual Violence Resources:

[https://www.okanagan.bc.ca/Campus\\_and\\_Community/Safety\\_\\_\\_Security/Sexual\\_Violence/Get\\_Support.html](https://www.okanagan.bc.ca/Campus_and_Community/Safety___Security/Sexual_Violence/Get_Support.html)

RCMP Victim Services 250-832-4453

Salmon Arm Women's Shelter 250-832-9616

Alcoholics Anonymous Shuswap 1-866-531-7045

The AA program, as set forth in the 12 steps to recovery, offers support to those using/misusing alcohol.

## Shuswap Survival Guide 2018

(list of community resources compiled by CMHA Shuswap-Revelstoke):

For online version visit: [https://shuswap-revelstoke.cmha.bc.ca/wp-content/uploads/2019/01/Shuswap\\_Survival\\_Guide-2019-January-Final-Copy.pdf](https://shuswap-revelstoke.cmha.bc.ca/wp-content/uploads/2019/01/Shuswap_Survival_Guide-2019-January-Final-Copy.pdf)



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## Information Lines

Suicide Line (toll free) 1-800-784-2433  
BC Poison Control (toll free) 1-800-567-8911  
BC Nurse Line (toll free) 1-866-245-4700  
HealthLink BC (toll free) 8-1-1  
Employment and Income Assistance 1-866-866-0800  
Tenants Rights Coalition 1-800-665-1185

## Salmon Arm

RCMP Salmon Arm 250-832-6044  
Shuswap Lake General Hospital 250-833-3600  
Salmon Arm Health Unit 250-833-4100  
Downtown Health Unit 250-833-4103  
SAFE Society 250-832-9616  
Salvation Army 250-832-9194  
RCMP Victim Services Program 250-832-4453  
Shuswap Family Resource Centre 250-832-2170  
Shuswap Children's Association 250-833-0164  
Downtown Activity Centre 250-832-0108  
Aspiral Youth Partners Association 250-832-3885  
The Mental Illness Family Support Centre 250-260-3233  
The FORCE Society for Kids Mental Health 250-833-6100