

SUPPORT LINES

Interior Health Crisis Line for Mental Health & Substance Use: 310-MHSU (6478)

Interior Crisis Line Network
1-888-353-2273/C.A.R.E.

310 Mental Health Support
Phone: (no area code required) 310-6789

BC Alcohol & Drug Information & Referral Service | Phone: 1-800-663-1441

BC Mental Health & Addiction Info Line
Phone: 1-800-661-2121

First Nations Health Authority - Wellness Provider Referral Line | Phone 1-833-456-7655

KUU-US Crisis Line Phone: 1-800-588-8717

NA 24-Hour Support Line Phone: 1-866-265-7333

National Overdose Response Service (NORS)
Phone: 1-888-688-6677

Online Resources:

TowardTheHeart.com
BCCDC Online Naloxone Training: www.bccdc.ca
FNHA Virtual Doctor of the Day: WWW.FNHA.CA

Visit WWW.THETAILGATETOOLKIT.CA FOR MORE INFORMATION AND LINKS.

Phone Apps:

If a physical OPS isn't available or of interest digital ones exist in the form of the Lifeguard and The Brave App downloadable through all app stores.

LIFE GUARD

The app is activated by the user before they take their dose. After 50 seconds the app will sound an alarm. If the user doesn't indicate that they are fine, the alarm grows louder. After 75 seconds, the app will alert emergency responders.

THE BRAVE APP

The user can utilize the app to connect with remote peer support through a voice call. If the user is deemed unresponsive during the call, your supporter will employ your custom response plan to call for help.

MENTAL HEALTH SUPPORTS

By making a quick call and completing a brief assessment, Interior Health can provide referrals to the mental health services that best meet your needs. The local numbers for assessment are:

East Kootenay Addiction Services Society
1617 Baker St., Cranbrook | 1-877-489-4344

EKASS, located at Valley Community Services
915 Pine St., Creston | 250-428-3036

EKASS, located 1221-E 7th Ave, Fernie
1-800-644-6144

Kimberley Health Centre,
260 4th Ave., Kimberley | 250-427-2215

Creston Mental Health & Substance Use 243 - 16 Ave., Creston | 250-428-8734.

Golden Mental Health & Substance Use, 835 - 9th Ave.South, Golden | 250-344-3015.

Invermere Health Centre, 850 10th Ave., Invermere
(250) 342-2360.

Shuswap Band Office, RR#2-3A 492 Arrow Rd., Invermere | Toll Free: 1-833-847-0727
or Local: (250) 341-3678

East Kootenay Addiction Services Society, 1317 7th St., Invermere | Call 250-342-3868

Sparwood Health Centre - Mental Health and Substance Use (MHSU), 570 Pine Ave., Sparwood
250-425-2064 / 1-800-661-0329.

Elkford Health Centre, 212 Alpine Way, Elkford
250-865-2247.

Nakusp Mental Health & Substance Use, 97 - 1st Ave. NE | 250-265-5253

Kaslo Mental Health & Substance Use, 673 A Ave.
250-353-2291

Nelson Mental Health & Substance Use, 333 Victoria St. | 250-505-7248

Castlegar Mental Health & Substance Use, 707 - 10th St. | 250-304-1846

Boundary Mental Health & Substance Use, 7441 - 2nd St. | 250-442-0330

Trail Mental Health & Substance Use, Suite 3 - 1500 Columbia Ave. | 250-364-6262

Salmo Mental Health & Substance Use, 311 Railway Ave. | 250-357-2277

'TAILGATE TOOLKIT'

KOOTENAY RESOURCE GUIDE

EAST KOOTENAY REGION

KOOTENAY BOUNDARY

RECOVERY SERVICES

Recovery can look different for everyone. There is no one size fits all option. But we recommend starting with an assessment from the Interior Health Mental Health and Substance use access lines. They will be able to determine what options best suit your needs and goals.

Detox Services

Axis House Withdrawal Management Program, 2528 Columbia Ave., Castlegar
Phone: 778-460-1901 or Email: info@axis.bc.ca

Are you a Union Member?

If you are a union member, consider asking your union rep about the Construction Industry Rehabilitation Plan: www.constructionrehabplan.com

Looking for Indigenous Support?

First Nations Health Authority - Wellness Provider Referral Line
Phone: 1-833-456-7655

Support Groups

The Tailgate Toolkit, in partnership with The Umbrella Society, offers an industry specific support group called Hammer Time.

This group is available to provide support for people in construction who are struggling with substance use issues and may need access to recovery and or harm reduction services.

The group is currently accessible over Zoom. More information available:

www.umbrellasociety.ca/hammer-time/
Every Thursday, 7 PM - 8 PM

For an extensive list of support groups in your area, please see our resources at www.thetailgatetoolkit.ca

HARM REDUCTION SERVICES

WHERE CAN I USE SAFELY?

Overdose Prevention Sites Overdose Prevention sites (OPS) offer a range of services but most importantly they provide a safe and supervised space to use. There has never been a death at any OPS.

ANKORS Office, 101 Baker St., Nelson
Call 250-505-5506 or Email: information@ankors.bc.ca

The Hub, Nelson Cares, 521 Vernon St., Nelson
Phone: 250-352-6011 ext 526

WHERE CAN I TEST MY SUPPLY?

Drug checking Fentanyl screening is available at all Overdose Prevention Sites. Testing kits may be found for purchase online.

Mail-in drug checking services are also available at www.getyourdrugstested.com

ANKORS located at #209A – 16th Ave N, Cranbrook
250-426-3383 or Email: ankorseast14@gmail.com

EKASS, 421 – 9th Ave, Golden | 250-344-2000

EKASS, 1022A – 7th Ave, Invermere | 250-342-3868

ANKORS Mobile Drug Checking | 236-972-7080
Email: rugcheckankors@gmail.com

Mobile service areas are Castlegar, Trail, and Grand Forks

WHERE CAN I GET CLEAN GEAR?

Harm reduction services include the provision of safe, sterile supplies, education, and peer support. Visit www.towardtheheart.com for additional info on services and supplies.

ANKORS located at #209A – 16th Ave. N, Cranbrook
Mobile outreach services available.
250-777-0733 or Email: ankorseast14@gmail.com.

Cranbrook Health Centre, 20 23rd Ave., Cranbrook
250-420-2207.

Aq'am, 7470 Mission Rd., Cranbrook
250-426-5717

Kimberley Health Centre, 260 4th Ave., Kimberley
250-427-2215.

WHERE CAN I GET CLEAN GEAR? (CONT.)

Creston Mental Health & Substance Use
243 - 16 Ave., Creston OAT prescribing clinicians.
250-428-8734.

Lower Kootenay Band, 830 Simon Rd., Creston.
Phone: 250-428-4428

Fernie Health Centre, 1501-5th Ave., Fernie
250-423-8288.

Golden Mental Health & Substance Use, 835 - 9th Ave. S, Golden | 250-344-3015

EKASS, 421 – 9th Ave., Golden | 250 344-2000.

Shuswap Band Office, RR#2-3A 492 Arrow Rd, Invermere | 1-833-847-0727 or (250) 341-3678

Invermere Health Centre, 850 10th Ave., Invermere | (250) 342-2360

EKASS, 1022A – 7th Ave., Invermere
(250) 342 3868

Sparwood Health Centre - Mental Health and Substance Use (MHSU) 570 Pine Ave., Sparwood
250-425-2064 / 1-800-661-0329

Elkford Health Centre, 212 Alpine Way, Elkford
250-865-2247

ANKORS Mobile outreach services to a regularly scheduled monthly route in the West Kootenays
Call 250-777-0733 for more information

ANKORS office, 101 Baker St., Nelson
250-505-5506 | Email: information@ankors.bc.ca

The Hub, Nelson Cares, 521 Vernon St., Nelson.
250.352.6011 ext 526

Salmo Health and Wellness Centre, 413 Baker Ave., Salmo | 250-357-0104

Contact your local pharmacies to see if they have supplies.