

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:

Penticton Mental Health and Substance Use Interior Health
740 Carmi Ave., Penticton
250-770-3555

Martin St Outreach Centre
101-437 Martin St.,
250-770-3697

Ooknakane Friendship Centre
146 Ellis St, Penticton
250-490-3504 or
Email reception@friendshipcentre.ca

Mental Health & Addiction Services South Similkameen Health Centre
Box 579, 700 – 3rd St., Keremeos
250 499-3029

Desert Sun Counselling and Resource Centres:

762 Fairview Rd., Oliver
250-498-2538

8701 Main St., Osoyoos
250-495-2623

'TAILGATE TOOLKIT'

PENTICTON & AREA RESOURCE GUIDE

PEACHLAND
SUMMERLAND
PENTICTON
KEREMEOS
OLIVER
OSOYOOS

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.

The local numbers for assessment are:

Penticton Mental Health and Substance Use Interior Health
740 Carmi Avenue, Penticton | 250-770-3555

Opioid Antagonist Treatment

Urgent Primary Care Centre
101- 437 Martin St. | 250-770-3696

Detox Services

The Bridge Services Adult Withdrawal Management, Highway 33, Kelowna
250-763-0456 or info@thebridgeservices.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.

Martin St Outreach Centre
117-437 Martin St., Penticton
250-770-3697 | Monday- Friday 1:00 PM - 3:30 PM

P+OPS, mobile safe consumption site
Open Friday and Saturday 7:00 PM until midnight
778-559-2603

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

Victory Church Shelter 352 Winnipeg St. Penticton
Wednesdays 11am-12pm

1706 Main St., Penticton
Wednesdays between 1pm-2pm

Martin Street Outreach 117-437 Martin St, Penticton
Wednesday's between 2pm-3pm

ASK Wellness, 594 Winnipeg St., Penticton
236-422-1601

SOWINS Mobile Outreach Van
Mondays, Tuesdays & Thursdays, 5pm - 9pm
Wednesdays & Fridays 11am - 5pm
Sundays & Saturdays, 10am - 4pm
250-809-7054 or mobile@sowins.com

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.

Unity House - CMHA SOS
2852 Skaha Lk Rd., Penticton
250-493-6327

SOWINS Mobile Outreach Van
250-809-7054 or mobile@sowins.com

Penticton Health Centre located
160 - 740 Carmi Avenue, Penticton
250-770-3434.

Martin St. Outreach-Primary Care Clinic
117 - 437 Martin Street, Penticton
250-920-6015

Ooknakane Friendship Centre
146 Ellis Street, Penticton
250-490-3504

Call your local Pharmacy to see if they have harm reduction supplies at their location.

