

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:

Salmon Arm Mental Health Services
851 - 16th St. NE. | 250-833-4102

Community Connections Revelstoke, Box 2880,
314 Second St. East | 250-837-2920 or E-mail:
info@community-connections.ca

Canadian Mental Health Association Cariboo
Chilcotin Branch, 201, 35 Second Ave. S.
Williams Lake | 250-398-8220

100 Mile House, Mental Health & Substance Use
555 Cedar Ave. | 250-395-7676

Barriere Mental Health & Substance Use
4936 Barriere Town Rd. | 250-672-9773

Chase Mental Health & Substance Use
825 Thompson Ave. | 250-679-1400

Clearwater Mental Health & Substance Use
612 Park Dr. | 250-674-2600

Clinton Mental Health & Substance Use
1510 Cariboo Hwy. | 250-453-1940

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

'TAILGATE TOOLKIT'

THOMPSON & CARIBOO RESOURCE GUIDE

WILLIAMS LAKE
100 MILE HOUSE
CLEARWATER
CLINTON
REVELSTOKE
SALMON ARM

BC has been in the grips of a public health crisis since 2016. This is in response to the growing number of drug related fatalities caused by a powerful synthetic opioid known as Fentanyl.

Unfortunately, this opioid epidemic has only escalated, with 2021 being the worst year on record with 2,224 suspected drug poisoning deaths in BC. This has a particular impact on our industry as 24% of these individuals were members of the trades, construction, and transport industries. This can be attributed to factors such as managing physical pain, our mental health, and a culture of substance use within the industry.

We understand that substance use will occur in our personal lives, but if you are using an unregulated supply, you are at risk.

*Please note that these practices do not remove the risk of experiencing a drug poisoning, but they do reduce it.

HARM REDUCTION SERVICES

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

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.

Revelstoke Mental Health & Substance Use
1200 Newlands Rd. | 250-814-2241

Community Connections Revelstoke
Box 2880, 314 Second St East. | 250-837-2920 or
E-mail: info@community-connections.ca

BGC Williams Lake
17 South 4th Ave. | 250-305-4235 or
Email: prevention@bgcwilliamslake.com

Clearwater Mental Health & Substance Use
612 Park Dr. | 250-674-2600

Chase Mental Health & Substance Use
825 Thompson Ave. | 250-679-1400

Salmon Arm Substance Use Services, 2nd Floor -
431 Hudson Ave. NE. | 250-833-4103

Also contact your local pharmacies for supplies.

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.

100 Mile House, Mental Health & Substance Use
555 Cedar Ave. | 250-395-7676

Barriere Mental Health & Substance Use
4936 Barriere Town Rd. | 250-672-9773

Chase Mental Health & Substance Use
825 Thompson Ave. | 250-679-1400

Clearwater Mental Health & Substance Use
612 Park Dr. | 250-674-2600

Clinton Mental Health & Substance Use
1510 Cariboo Hwy. | 250-453-1940

Salmon Arm Substance Use Services
2nd Floor - 431 Hudson Ave. NE. | 250-833-4103

Revelstoke Mental Health & Substance Use
1200 Newlands Rd. | 250-814-2241

Williams Lake Mental Health & Substance Use
487 Borland St. | 250-392-1483

Detox Services

Community Based Withdrawal Management
Renner House, Williams Lake | 250 392 1800

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