

SUPPORT LINES

For anyone physically located in a Northern community they can call **1-844-645-7811** from 10 AM till 10 PM daily to talk with a healthcare professional about treatment options for substance use, if they do not have a family doctor or if their local health centre is closed.

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:

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

Accessing recovery services in our region can be challenging. There are fewer services available and those that are available are spread out. We recommend utilizing these phone lines to find the services closest to you:

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

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

Additional Supports

Adult Addiction Day Treatment Program
1444 Edmonton Street - 3rd Floor
250-645-7776

Youth Treatment Center Mental Health and Addictions
1308 Alward Street | 250-645-7410

Community Outreach and Assertive Services Team
Northern Interior Health Unit - 3rd Floor
1444 Edmonton Street | 250-645-7730

Many community programs offer mental health services. To find the closest to you, visit www.northernhealth.ca/services

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'

PRINCE GEORGE & AREA RESOURCE GUIDE

**PRINCE GEORGE
HOUSTON
DAWSON CREEK
FORT ST. JOHN
FORT NELSON
SMITHERS
TERRACE**

RECOVERY SERVICES

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

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

Houston

Houston Health Center – Harm Reduction Team,
3202 14 Street | 250-845-5964

Prince George

Prince George Native Friendship Centre – Native
Healing Centre (for indigenous and non-indigen-
ous people), 1600 - 3rd Avenue (3rd Floor),
250-564-4324

Terrace

Terrace & District Community Services Society,
#200 – 3219 Eby St., Terrace | 250 635-3178

Detox Services

Adult Withdrawal Management Unit
1308 Alward Street, Prince George | 250-565-2175

Are you a Union Member?

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

Looking for Indigenous Support?

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

HARM REDUCTION SERVICES

WHERE CAN I USE SAFELY?

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.

Fort St. John Specialized Service
#300-9900 100th Ave, Fort St John | 250-263-6083

Prince George Needle Exchange
1108 3rd Ave, Prince George | 250-564-1727

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

Fort Nelson Aboriginal Friendship Society
5012 49th Ave., Fort Nelson | 250-774-2993

Riggs Safety
5420 50th Ave., Fort Nelson | 250-321-3267

Fort St John Women's Resource Center
10051 100 Ave., Fort St. John | 250-787-1121

Prince George Aids Prevention Program
1108 3rd Ave., Prince George | 250-564-1727

Houston Health Center
3202 14 St., Houston | 250-845-2294

Smithers Positive Living North
3862 Broadway Ave., Smithers | 250-877-0042

**Specialized Mental Health and
Substance Use Outreach Team**
3862 Broadway Ave., Smithers | 250-643-7456

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.

Prince George AIDS Prevention
1108 Third St., Prince George | 604-216-1684

Central Interior Native Health
1110 4th Ave., Prince George | 250-564-4422

Houston Health Center – Harm Reduction Team,
3202 14 St., Houston | 250-845-5964

Dawson Creek Health Unit
1001 110th Ave., Dawson Creek | 250-719-6500

**Fort St. John Mental Health and
Addiction Services**
10011 96 St. 2FL, Fort St. John | 250-263-6080

Fort St. John Health Unit
10115 110 Ave., Fort St. John | 250-263-6000

Fort Nelson MHSU
5315 Liard St., Fort Nelson | 250-774-8105

Smithers Health Unit
206 - 3793 Alfred Ave., Smithers | 250-847-6400

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

