

## 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](http://www.bccdc.ca)  
FNHA Virtual Doctor of the Day: [WWW.FNHA.CA](http://WWW.FNHA.CA)

Visit [WWW.THETAILGATETOOLKIT.CA](http://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:

Kamloops: 250-377-6500 OR 250-376-7855  
Ashcroft: 250-453-1940  
Lillooet: 250-256-4233  
Merritt: 250-378-3401

### Additional Supports

#### Kamloops

Kamloops Family Resource Society  
657 Seymour St., Kamloops  
250-377-6890

Kamloops Aboriginal Friendship Society  
125 Palm St., Kamloops  
250-376-1296

#### Lillooet

Lillooet Friendship Centre Society  
357 Main St., Lillooet | 250-256-4146

#### Merritt

Conayt Friendship Society  
2164 Quilchena Ave., Merritt  
250-378-5107 or email: [ads@conayt.com](mailto:ads@conayt.com)

### Looking for Indigenous Support?

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

# 'TAILGATE TOOLKIT'

## KAMLOOPS & AREA RESOURCE GUIDE

**KAMLOOPS**  
**ASHCROFT**  
**LILLOOET**  
**MERRITT**

# 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:

Kamloops: 250-377-6500 OR 250-376-7855  
Ashcroft: 250-453-1940  
Lillooet: 250-256-4233  
Merritt: 250-378-3401

## Detox

Phoenix Centre, 922 - 3rd Avenue, Kamloops  
1-877-318-1177 or 250-374-4634  
Email: ksad@phoenixcentre.org. Open 24/7.

## 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](http://www.constructionrehabplan.com)

## 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/](http://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](http://www.thetailgatetoolkit.ca)

# 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.

**ASK Wellness Society**  
433 Tranquille Rd., Kamloops  
Open 7 days a week, 8:30am-4:30pm.

## 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](http://www.getyourdrugstested.com)

### Kamloops

ASK Wellness  
433 Tranquille Rd., Kamloops  
Monday-Friday 8:30am-4:30pm

Kamloops MHSU  
235 Lansdowne St., Kamloops  
250-377-6500

### Lillooet

Lillooet Mental Health & Substance Use  
951 Murray St., Lillooet  
250-256-1623 Open Monday-Friday, 8:30am-4:30pm

### Merritt

ASK Wellness  
2196 Quilchena Ave. Merritt  
Open Monday to Friday, 8:30 AM to 4:30 PM  
250-315-0098

Nicola Valley Shelter and Support Society  
2350 Voght St., Merritt  
Open 24/7 | 250-315-0155

## WHERE CAN I GET CLEAN GEAR?

Harm reduction services include the provision of safe, sterile supplies, education, and peer support.

Visit [www.towardtheheart.com](http://www.towardtheheart.com) for additional info on services and supplies.

### Kamloops

Kamloops Public Health Unit, 519 Columbia St., Kamloops | 250-851-7300

Mental Health & Substance Use  
235 Lansdowne St., Kamloops | 250-377-6500

King Street Centre  
126 King St., Kamloops | 250-376-7855.

ASK Wellness  
433 Tranquille St., Kamloops  
Open 8:30-4:30, seven days a week.  
Additionally, ASK operates a 24/7 vending machine that delivers harm reduction supplies

### Ashcroft

Ashcroft Health Centre  
700 Ash-Cache Creek Highway, Ashcroft  
250-453-1940

### Lillooet

Lillooet Mental Health & Substance Use  
951 Murray St., Lillooet | 250-256-4233

Lillooet Health Centre (First Nations Health), 296 Main St., Lillooet

Lillooet Friendship Centre Society  
357 Main St., Lillooet | 250-256-4146

### Merritt

Nlakapamux Health Services  
2088-B Quilchena Ave., Merritt  
250-378-9772

ASK Wellness  
2196 Quilchena Avenue, Merritt

