

SUPPORT LINES

24-HOUR VANCOUVER ISLAND CRISIS LINE
Phone: 1-888-494-3888

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, Island Health can provide referrals to the mental health services that best meet your needs.

As of 2023, Island Health has streamlined all regional numbers into one island-wide number:

1.888.885.8824

Additional Supports:

Chemainus H'ulh-etun Health Society
8019 Chemanius Rd., Chemainus, BC
Phone: 250-246-2127

Duncan

Mental Health and Substance Use Services - Island Health
3088 Gibbins Rd., Duncan BC
Phone: 250-709-3040

Lake Cowichan

Cowichan Lake Community Services Society
121 Point Ideal Rd., Lake Cowichan, BC
Phone: 250-749-6822

Nanaimo

Resource and Referral Program - The Men's Centre
418D Fitzwilliam St., Nanaimo, BC
Phone: 250-716-1551

Parksville

Mental Health & Substance Use Services — Island Health Oceanside Health Centre 489 Alberni Highway
Parksville, BC Phone: 250-951-9550

Port Alberni

Addictions and Mental Health Counselling - Port Alberni Friendship Center 3555 4th Ave., Port Alberni, BC
Phone: 250-723-8281

Canadian Mental Health Association (CMHA) 3178
2nd Ave., Port Alberni, BC Phone: 250-724-7199

Saltspring Island

Mental Health and Substance Use Services - Island Health 102-321 Lower Ganges Rd., Saltspring Island, BC
Phone: 250-538-4849

'TAILGATE TOOLKIT'

MID ISLAND RESOURCE GUIDE

DUNCAN
NANAIMO
PARKSVILLE
COWICHAN VALLEY
GULF ISLANDS

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 **Island 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:

Cowichan Valley: 250-709-3040
Nanaimo: 250-739-5710
Port Alberni: 250-731-1311
Southern Gulf Islands: 250-538-4711
Ucluelet & Westcoast: 250-726-1282

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
Doctor of the Day Program 1-855-344-3800

Tsow-Tun Le Lum Society - Substance Abuse and Trauma Treatment Centre
699 Capilano Rd., Lantzville, British Columbia
Phone (250) 390-3123 or 1-888-403-3123

Tillicum Lelum Health Centre 602 Haliburton St., Nanaimo, BC Phone: 250-753-6578

Support Groups

The Tailgate Toolkit, in partnership with The Umbrella Society, offers an industry specific support group called Hammer Time.
www.umbrellasociety.ca/hammer-time/
Every Thursday, 7 PM - 8 PM

Nanaimo

Healing Hearts
Support group for those who have lost someone to substance use: nanaimohealinghearts@gmail.com OR canadahealinghearts@gmail.com

Holding Hope
Support group for those who have a loved one experiencing issues with substance use:
HoldingHopeNanaimo@gmail.com OR CanadaHoldingHopeNational@gmail.com

Port Alberni

Holding Hope
Support group for those who have a loved one experiencing issues with substance use: HoldingHopePortAlberni@gmail.com OR CanadaHoldingHopeNational@gmail.com

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.

Duncan

Duncan OPS
5878 York Road, Duncan, BC
Phone: 250-597-7779

Lookout Housing & Health Society
221 Trunk Rd., Duncan, BC
Phone: 250-597-7779

Nanaimo

CMHA - Mid-Island *Spectrometry Equipped
437 Wesley St., Nanaimo, BC Phone: 250-591-3999

Port Alberni

Port Alberni Shelter Society
3699 3rd Ave., Port Alberni, BC
Phone: 778-419-0016

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.

Duncan

Harm Reduction Services - Island Health
3088 Gibbins Rd., Duncan, BC Phone: 250-709-3040

Harm Reduction Services - Island Health
71 Government St., Duncan, BC Phone: 250-737-2007

675 Canada Ave., Duncan, BC Phone: 250-709-3050

Gabriola Island

Harm Reduction Services - Gabriola Community Health Centre
695 Church St, Gabriola Island BC
Phone: 250-247-9922

WHERE CAN I GET CLEAN GEAR? (CONT.)

Galiano Island

Galiano Health Care Society - Harm Reduction Services
Health Care Centre
908 Burrill Rd., Galiano Island, BC
Phone: 250-539-3230

Nanaimo

AVI Health and Community Services AVI Health Centre
102-55 Victoria Rd., Nanaimo, BC
Phone: 250-754-9111

Harm Reduction Services - Island Health Beaufort Centre
8-1599 Dufferin Cres., Nanaimo, BC
Phone: 250-740-2615

Harm Reduction Services - Island Health
1665 Grant Ave., Nanaimo, BC
Phone: 250-755-3342

Parksville

Harm Reduction Services - Island Health Oceanside Health Centre
489 Alberni Highway, Parksville BC
Phone: 250-951-9550

Harm Reduction Services - Island Health
494 Bay Ave., Parksville, BC
Phone: 250-947-8242

Port Alberni

Island Health Harm Reduction Services
201-4152 Redford St., Port Alberni, BC
Phone: 250-731-1350

Island Health Harm Reduction Services
4780 Roger St., Port Alberni, BC
Phone: 250-731-1311

Island Health Harm Reduction Services
6th Ave., Port Alberni BC
Phone: 250-731-1315

Qualicum Beach

Beach Road Medical Centre -
Harm Reduction Services
703 Beach Rd, Qualicum, BC
Phone: 250-752-2080