

## 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](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, 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:

#### Alert Bay

Namgis Health Centre 48 School Rd, Alert Bay, BC  
Phone: 250-974-5522

#### Campbell River

Men's Counselling Program — North Island Survivors' Healing Society Campbell River  
Trauma & Abuse Counselling Centre  
625D 11th Ave. Campbell River, BC  
Phone: 250-287-3325

Homalco First Nations Health Centre  
1218 Bute Crescent, Campbell River, BC  
Phone: 250-923-4979

#### Courtenay

Unbroken Chain, Indigenous Harm Reduction  
202-576 England Ave., Courtenay, BC

Vancouver Island Integrated Counselling & Services Society  
206-576 England Ave Courtenay, BC  
Phone: 250-716-8888

#### Gold River

Mental Health & Substance Use Services — Island Health Gold River Health Centre, 601 Trumpeter Dr., Gold River, BC Phone: 250-283-2626

#### Port Hardy & Area

Mental Health & Substance Use Services  
7070 Shorncliffe Avenue, Port Hardy, BC  
Phone: 250-902-6051

#### Port McNeill

Mental Health & Substance Use Services — Island Health 2750 Kingcome Pl., Port McNeill, BC  
Phone: 250-956-4461

# 'TAILGATE TOOLKIT'

## NORTH ISLAND RESOURCE GUIDE

**CAMPBELL RIVER  
COURTENAY**

**COMOX VALLEY**

**PORT HARDY & AREA**

# 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:

Comox Valley 250-331-8524  
Campbell River 250-850-2620  
Gold River 250-283-2626  
Port Hardy 250-902-6051  
Port McNeill 250-956-4461

## 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)

## Looking for Indigenous Support?

First Nations Health Authority  
Doctor of the Day Program 1-855-344-3800

## Support Groups

The Tailgate Toolkit, in partnership with The Umbrella Society, offers an industry specific support group called Hammer Time.

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

## Holding Hope

Support group for those who have a loved one experiencing issues with substance use:  
[HoldingHopeNorthVanIsl@gmail.com](mailto:HoldingHopeNorthVanIsl@gmail.com) OR [CanadaHoldingHopeNational@gmail.com](mailto:CanadaHoldingHopeNational@gmail.com)

## Healing Hearts

Support group for those who have lost someone to substance use: [canadahealinghearts@gmail.com](mailto:canadahealinghearts@gmail.com)

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** 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.

### Campbell River

Vancouver Island Mental Health Society 1330 Dogwood St. Unit #5, Campbell River, BC  
Phone: 250-287-9969

### Courtenay

Mental Health & Substance Use Office 941C England Ave., Courtenay, BC  
Phone: 250-331-8524

## 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.getyourdrugtested.com](http://www.getyourdrugtested.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](http://www.towardtheheart.com) for additional info on services and supplies.**

### Alert Bay

Namgis Health Centre 48 School Rd., Alert Bay, BC  
Phone: 250-974-5522

### Campbell River

AVI Health and Community Services  
1370 Cedar St., Campbell River, BC  
Phone: 250-830-0787

Island Health Harm Reduction Services  
381 2nd Ave., Campbell River, BC  
Phone: 250-286-7152

## WHERE CAN I GET CLEAN GEAR? (CONT.)

### Campbell River (Continued)

Island Health Harm Reduction Services  
207-1040 Shoppers Row, Campbell River, BC  
Phone: 250-850-2620

Kwakiutl District Council Health Center (Indigenous Specific) 1400 A Drake Rd., Campbell River, BC  
Phone: 250-286-9766 Toll Free 1-866-286-9766

Kwakiutl District Council Health Center – Quinsam (Indigenous-Specific)  
200-2005 Eagle Dr., Campbell River, BC  
Phone: 250-286-8064

### Courtenay

AVI Health and Community Services  
355 6th St., Courtenay, BC  
Phone: 250-338-7400

Care-A-Van Harm Reduction Services  
2800 Cliffe Ave., Courtenay, BC  
Phone: 250-702-7011

### Gold River

Gold River Health Centre  
601 Trumpeter Drive, Gold River, BC  
Phone: 250-283-2626

### Hornby Island

Hornby Island Medical Clinic  
1885 Sollans Rd., Hornby Island, BC  
Phone: 250-331-8631

### Port Hardy & Area

Island Health Harm Reduction Services  
7070 Shorncliffe Ave., Port Hardy, BC  
Phone: 250-902-6051