

## 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:

**Penticton Mental Health and Substance Use Office**  
740 Carmi Ave., Penticton  
250-770-3555

**Osoyoos Mental Health & Substance Use Office**  
4816 - 89th St., Osoyoos | 250-495-6433

**Keremeos Mental Health and Substance Use Office**  
700 - 3rd Street, Keremeos | 250-499-3029

### Additional Supports

**Martin St Outreach Centre**  
101-437 Martin St.,  
250-770-3697

**Ooknakane Friendship Centre**  
146 Ellis St, Penticton  
250-490-3504 or  
Email [reception@friendshipcentre.ca](mailto:reception@friendshipcentre.ca)

**Mental Health & Addiction Services**  
**South Similkameen Health Centre**  
Box 579, 700 - 3rd St., Keremeos  
250 499-3029

### Desert Sun Counselling and Resource Centres:

762 Fairview Rd., Oliver  
250-498-2538

8701 Main St., Osoyoos  
250-495-2623

### Looking for Indigenous Support?

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

# 'TAILGATE TOOLKIT'

## PENTICTON & AREA RESOURCE GUIDE

PEACHLAND  
SUMMERLAND  
PENTICTON  
KEREMEOS  
OLIVER  
OSOYOOS

# 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:

Penticton Mental Health and Substance Use Office, located at 740 Carmi Avenue, Penticton. Phone: 250-770-3555.

Osoyoos Mental Health & Substance Use Office, 4816 89th St., Osoyoos, 250-495-6433

Keremeos Mental Health and Substance Use Office, 700 - 3rd Street, Keremeos, 250-499-3029

## Opioid Antagonist Treatment

**Urgent Primary Care Centre**  
101- 437 Martin St. | 250-770-3696

## Detox Services

**The Bridge Services Adult Withdrawal Management**, Highway 33, Kelowna  
250-763-0456 or info@thebridgeservices.ca

## 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.

**Martin St Outreach Centre**  
117-437 Martin St., Penticton  
250-770-3697 | Monday- Friday 1:00 PM - 3:30 PM

**P+OPS, mobile safe consumption site**  
Open Friday and Saturday 7:00 PM until midnight  
778-559-2603

## 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)

**Victory Church Shelter 352 Winnipeg St. Penticton**  
Wednesdays 11am-12pm

**1706 Main St., Penticton**  
Wednesdays between 1pm-2pm

**Martin Street Outreach 117-437 Martin St, Penticton** Wednesday's between 2pm-3pm

**ASK Wellness, 594 Winnipeg St., Penticton**  
236-422-1601

**SOWINS Mobile Outreach Van**  
Mondays, Tuesdays & Thursdays, 5pm - 9pm  
Wednesdays & Fridays 11am - 5pm  
Sundays & Saturdays, 10am - 4pm  
250-809-7054 or mobile@sowins.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.

**Unity House - CMHA SOS**  
2852 Skaha Lk Rd., Penticton  
250-493-6327

**SOWINS Mobile Outreach Van**  
250-809-7054 or mobile@sowins.com

**Penticton Health Centre located**  
160 - 740 Carmi Avenue, Penticton  
250-770-3434.

**Martin St. Outreach-Primary Care Clinic**  
117 - 437 Martin Street, Penticton  
250-920-6015

**Ooknakane Friendship Centre**  
146 Ellis Street, Penticton  
250-490-3504

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

