

SUPPORT LINES

Fraser Health Crisis Line

604-951-8855 or
toll free anywhere in BC 1-877-820-7444

310 Mental Health Support

Phone: 604-310-6789

Alcohol and Drug Information and Referral Service

604-660-9382 or toll free 1-800-663-1441

Culturally Sensitive Crisis Line for Aboriginal people | 1-800-KUU-US17

National Overdose Response Services (NORS)

1-888-688-6677

BC Mental Health and Addiction Info Line

1-800-661-2121

NA helpline

1-866-683-6819 or 604-873-1018

AA central office and helpline

604-434-2553 (24 hours a day)

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

The local numbers for their Mental Health and Substance Use Offices are:

Surrey: 604-953-4900

Langley: 604-514-7940

Delta South: 604-948-7010

White Rock: 604-541-6844

Additional Supports

Creekside outpatient Daytox Program

13740 94A Avenue Surrey BC

1-888-587-3755 (self-referral)

Surrey Mental Health Outreach Program

203-7327 137th Street Surrey BC

604-592-2700

Looking for Indigenous support?

Contact the Fraser Health Aboriginal Mental Health

Liaison line: 1-866-766-6960

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

'TAILGATE TOOLKIT'

SURREY & SOUTH FRASER RESOURCE GUIDE

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 Fraser Health Authority Substance use access lines. They will be able to determine what options best suit your needs and goals.

Surrey: 604-953-4900
Langley: 604-534-6817
Delta South: 604-948-7010
White Rock: 604-541-6844

You may also contact the BC Drug Information and Referral Service at: 1-800-663-1441 or 604-660-9382 or consult with a community substance use services clinic in your area below:

Delta

Deltassist Family and Community Services
9097 120th Street
Phone: 604-594-3455

Langley

Langley Community Services Society
Phone 604-534-7230 ext. 1108

Surrey

DIVERSEcity Community Resources Society
13455 76th Avenue Surrey BC
Phone: 604 547-1375

Quibble Creek sobering and community substance use services clinic
13670 94Avenue Surrey BC
Phone: 604-580-4950

White Rock

Sources Community Resources
982 Maple Street White Rock BC
Phone: 604-538-9473

If you are a union member, consider asking your union rep about the Construction Industry Rehabilitation Plan: www.constructionrehab-plan.com

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.

Surrey

Safepoint (Supervised consumption site)
2-10681 135A Street | Phone: 604-587-7898

Quibble Creek Sobering and Assessment Centre
13670 94A Avenue | Phone: 604-587-4600

White Rock

White Rock/South Surrey Sobering and Assessment Centre
15521 Russell Avenue Russell Unit
Phone: 604-541-6870

WHERE CAN I TEST MY SUPPLY?

Delta

North Delta Public Health Unit
11245 84th avenue
Phone: 604-507-5400

Langley

Langley Public Health Unit
20389 Fraser Highway Langley BC
Phone: 604-539-2900

Surrey

Guilford Public Health Unit
100-10233 153rd Street Surrey BC
Phone: 604-587-4750

Newton Public Health Unit
200-7337 137th street Surrey BC
Phone: 604 592-2000

North Surrey Public Health Unit
220-10362 King George Highway Surrey BC
Phone: 604-587-7900

WHERE CAN I TEST MY SUPPLY? (CONT.)

Surrey (Cont.)

Lookout Housing and Health Society
Mobile Harm Reduction Supply and Drug Checking Van
Available by request in Surrey, Delta, Ladner and Tsawwassen
Phone: 604-328-7610

Cloverdale

Cloverdale Public Health Unit
205-17700 56th avenue
Phone: 604-575-5100

Online:

Visit: www.getyourdrugtested.com

Drug checking for fentanyl is available at most overdose prevention sites (OPS). Testing kits may be found for purchase online

WHERE CAN I GET CLEAN GEAR?

Surrey

Safepoint (Supervised consumption site)
2-10681 135A Street | Phone: 604-587-7898

Quibble Creek Sobering and Assessment Centre
13670 94A Avenue | Phone: 604-587-4600

White Rock

White Rock/South Surrey Sobering and Assessment Centre
15521 Russell Avenue Russell Unit
Phone: 604-541-6870