

# 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](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, Fraser Health can provide referrals to the mental health services that best meet your needs.

Burnaby: 604-453-1900

Tri City: 604-777-8400

Mission: 604-814-5600

Maple Ridge: 604-476-7165

Abbotsford: 604-870-7800

Chilliwack: 604-702-4860

New Westminster: 604-777-6800

Hope : 604-860-7733

## Mental Health and Substance Use Wellness

**Centre** | 330 East Columbia Street, New Westminster BC | 604-527-2904

## Aster Wellness Centre

#203 -2550 Shaughnessy Street, Port Coquitlam BC  
604-474-2790

## Looking for Indigenous support?

Contact the Fraser Health Aboriginal Mental Health Liaison line at 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/](http://www.umbrellasociety.ca/hammer-time/)

Every Thursday, 7 PM - 8 PM

# 'TAILGATE TOOLKIT'

# TRI-CITY AREA RESOURCE GUIDE

**ABBOTSFORD  
MAPLE RIDGE**

**NEW WESTMINSTER  
CHILLIWACK**

**PORT COQUITLAM**

# RECOVERY SERVICES

Recovery can look different for everyone. There is no one size fits all option.

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.

Burnaby: 604-453-1900  
Tri City: 604-777-8400  
Mission: 604-814-5600  
Maple Ridge: 604-476-7165  
Abbotsford: 604-870-7800  
Chilliwack: 604-702-4860  
New Westminister: 604-777-6800  
Hope: 604-860-7733

## Additional Supports:

Abbotsford Addictions Centre  
604-850-5106

Chilliwack Addictions and Prevention  
604-795-5994

Hope and area Transition Society  
604-869-5111

Fraser House Society (Mission)  
604-826-6810

Fraser side Community Services  
(New Westminister)  
604-522-3722

SHARE family and Community Services (Port Moody  
and Tri-City area)  
604-936-3900

Alouette Addictions Services (Maple Ridge)  
604-467-5179

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

**If you are a union member, consider asking your union rep about the Construction Industry Rehabilitation Plan: [www.constructionrehabplan.com](http://www.constructionrehabplan.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.

### Abbotsford

Mobile Overdose Prevention Site  
Customized Van on site in the area of Lonzo Road and Sumas way Abbotsford BC

Sara for Women  
33264 Old Yale Road Abbotsford BC  
Phone: 604-855-3363

Phoenix Society  
32883 South Fraser Highway Abbotsford BC  
Phone: 604-854-1101

### New Westminister

Starship Health Contact Centre Purpose Society  
40 Bergie Street | Phone: 604-526-2522

## WHERE CAN I TEST MY SUPPLY?

### New Westminister

Starship Health Contact Centre Purpose Society  
40 Bergie Street | Phone: 604-526-2522

New Westminister Public Health Unit  
218-610 Sixth Street | Phone 604-777-6740

### Mission

Mission Public Health Unit  
7298 Hurd Street | Phone: 604-814-5517

### Burnaby

Burnaby Public Health Unit  
105-4946 Canada Way | Phone 604-918-7605

### Langley

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

## WHERE CAN I TEST MY SUPPLY? (CONT.)

### Chilliwack

Chilliwack Public Health Unit  
45470 Menholm Road | Phone: 604-702-4901

### Maple Ridge

Maple Ridge Public Health Unit  
400-22470 Dewdney Trunk Road  
Phone: 604-476-7000

### Tri Cities

Tri Cities Public Health Unit  
200-205 Newport Drive Port Moody BC  
Phone: 604-949-7211

### Online:

**Visit: [www.getyourdrugstested.com](http://www.getyourdrugstested.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?

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