

## PARKSVILLE

### Mental Health & Substance Use Services — Island Health

Oceanside Health Centre 489 Alberni Highway  
Parksville, BC  
Phone: 250-951-9550

## DUNCAN

### Mental Health and Substance Use Services - Island Health

3088 Gibbins Rd., Duncan BC  
Phone: 250-709-3040

### Open Door Rehabilitation Program - Island Health

Cowichan Valley Mental Health Centre  
3088 Gibbins Rd., Duncan BC  
Phone: 250-709-3040

## CHEMAINUS

### H'ulh-etun Health Society

8019 Chemanius Rd., Chemainus, BC  
Phone: 250-246-2127

## LAKE COWICHAN

### Cowichan Lake Community Services Society

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

## SALT SPRING ISLAND

### Mental Health and Substance Use Services - Island Health

102-321 Lower Ganges Rd., Saltspring Island, BC  
Phone: 250-538-4849

## RECOVERY SERVICES

Accessing treatment options through Island Health begins with a quick and simple assessment. Assessments can be completed over the phone through the Island Health Mental Health and Substance use access lines:

**Cowichan Valley:** 250-709-3040

**Nanaimo:** 250-739-5710

**Port Alberni:** 250-731-1311

**Southern Gulf Islands:** 250-538-4711

**Westcoast:** 250-726-1282

## ONLINE RESOURCES

TowardTheHeart.com  
BCCDC Online Naloxone Training  
FNHA Virtual Doctor of the Day



VISIT [WWW.VICABC.CA](http://WWW.VICABC.CA) FOR MORE INFORMATION  
AND LINKS.

## HAMMER TIME

The Umbrella Society, in partnership with VICA, is pleased to announce their newest group, 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](http://www.umbrellasociety.ca)

Thursdays, 7 - 8 PM.

Meeting ID: 845 2308 9259  
Passcode: 379893

For an extensive list of support groups, please see our resources at [www.vicabc.ca](http://www.vicabc.ca)

## CRISIS & REFERRAL LINE

### 24-HOUR VANCOUVER ISLAND CRISIS LINE

Provides a supportive listening ear for people in emotional distress and connection to emergency mental health services when needed.

**1-888-494-3888**

### KUU-US CRISIS LINE

The KUU-US Crisis Line is a suicide-prevention resource for Indigenous and non-Indigenous people on Vancouver Island and in British Columbia. Help is available 24 hours a day. If you are facing a crisis, call any time.

**1-800-588-8717**

### Alcohol & Drug Information & Referral Service

This 24/7 service is available to people across BC needing help with any kind of substance abuse issues. It provides information and referral to education, prevention and treatment services and regulatory agencies.

**1-800-663-1441**

### BC Mental Health and Addiction Info Line

This service provides information and referrals to people across BC seeking information about addictions and mental health resources.

**1-800-661-2121**, 9:00 a.m.– 4:00 p.m. Mon - Fri.

# TAILGATE TOOLKIT PROJECT

# MID-ISLAND HARM REDUCTION RESOURCE GUIDE

**VICA**  
Vancouver Island  
Construction Association

  
island health

## 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. If a physical OPS isn't available or of interest digital ones exist in the form of the Lifeguard and Brave Apps downloadable through all app stores

### PORT ALBERNI

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

### NANAIMO

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

### DUNCAN

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

## 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)

## HARM REDUCTION SERVICES

Harm reduction services include the provision of safe sterile supplies, education, and peer support.

### PORT ALBERNI

**Port Alberni Shelter Society**  
3699 3rd Ave. (Off Bute St.)  
Phone: 778-419-0016

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

4780 Roger St., Port Alberni, BC  
Phone: 250-731-1311

4227 6th Ave., Port Alberni BC  
Phone: 250-731-1315

### NANAIMO

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

### 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

1665 Grant Ave., Nanaimo, BC  
Phone: 250-755-3342

203-2000 Island Highway North, Nanaimo, BC Phone:  
250-739-5710

### PARKSVILLE

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

494 Bay Ave., Parksville, BC  
Phone: 250-947-8242

### QUALICUM BEACH

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

### DUNCAN

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

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

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

### GALLIANO ISLAND

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

## MENTAL HEALTH SERVICES

### PORT ALBERNI

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

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

**Mental Health & Substance Use Services -  
Island Health**  
201-4152 Redford St., Port Alberni, BC  
Phone: 250-731-1350

4780 Roger St., Port Alberni, BC  
Phone: 250-731-1311

### NANAIMO

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

**Vancouver Island Integrated Counselling &  
Services Society**  
306-285 Prideaux St., Nanaimo, BC  
Phone: 250-716-8888

**Mental Health and Substance Use Services -  
Island Health**  
#203 - 2000 Island Hwy, Nanaimo, BC  
Phone: 250-739-5710

3151 Barons Rd., Nanaimo BC  
Phone: 250-739-5880

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

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

**\*\* Intake limited to Indigenous peoples only.**

### LADYSMITH

**Mental Health and Substance Use Services -  
Stz'uminus Health Centre**  
3945A Shell Beach Rd., Ladysmith, BC  
Phone: 250-245-7155