

## Mental Health 250-392-1483

Ensures the provision of core mental health services for affected individuals and their families. These services include:

- urgent/emergent response
- assessment and consultation
- support and treatment
- referrals
- rehabilitation and socialization
- medication management

### **BC Schizophrenia Society** 250-305-4467

Williams Lake Chapter, Daniela  
Regional Coordinator, Cindy

### **Jubilee Care CMHA** 250-398-7736

Provides services for the mentally ill in the community through a variety of programs including: Clubhouse, Drop-in Centre, Jubilee Care House, and Work Centre

### **Women's Contact Centre Advocacy Program** 250-392-4118 250-392-4005

Provides support, information, referral service, drop-in, meeting place, support group, advocacy services for legal issues, tenancy BC Benefits and community resources.

### **Central Cariboo Hospice Palliative Care Society** 250-392-5430

A community based non-profit volunteer society that provides quality compassionate care for the dying and support for their families and friends.

### **BC Mental Health & Addictions Information** 1-800-661-2121

## 24-Hour Emergency Services

### **Crisis Line** 1-888-353-2273

This Crisis Line is a free 24-hour, 7 day a week phone support and referral service. Providing confidential and non-judgmental emotional support for those in need.

### **Gateway Crisis Stabilization Program** 250-302-3261

A short stay program for people in emotional or psychiatric distress and/or in need of sub-acute withdrawal management.

### **Cariboo Memorial Hospital** 250-392-4411

Emergency medical treatment, support and community referrals.

### **Chiwid Transition House** 250-398-5658

Provides a safe, supportive environment for women and children in need. Counselling, child minding and advocacy also available.

### **Helpline for Children** 250-310-1234

### **Ministry of Children & Family Development** 250-398-4220

Family support, protection & emergency referral service.

### **RCMP** 250-392-6211

Provide protection, crime investigation & referral to other support agencies.

### **Hostel** 250-398-6831

Services to men, women and families

### **Ministry of Social Development and Social Innovation** 1-866-866-0800

Emergency financial assistance for individuals and families. Family Maintenance Worker and subsidized daycare applications available.



Interior Health

## Williams Lake Resources



## Mental Health & Substance Use Services

487 Borland Street  
Williams Lake, BC V2G 1R9

Phone: 250-392-1483

Fax: 250-392-1484

# Community Resources (Free Services)

## Substance Use Services 250-392-1483

Addiction counsellors provide individual drug and alcohol assessments, counselling support, education, treatment planning, group counselling and referrals to residential treatment centers or detoxification facilities, if required. Services are offered to youth and adults, as well as persons affected by the problem substance use of others.

### Williams Lake Crisis Response 250-305-8496

- Mental Health and Substance Use Crisis Response Nurse
- Provides assessment and support for individuals experiencing crisis
- Refers and facilitates access to services as needed

### Canadian Mental Health Assoc. (CMHA) 250-398-8220

- Crisis Line
- short term counselling
- Homelessness Outreach Program
- Parent Teen Program
- employment programs
- Community Navigator
- Victim Services
- Lifeskills program for brain injured
- Outreach Advocacy and Support Worker
- Family Solutions

### Child & Youth Mental Health 250-398-4963

Provides a wide range of community-based specialized mental health services to mentally ill children and their families.

### Child Development Centre 250-392-4481

- infant development
- supported childcare
- preschool
- occupational therapy
- physiotherapy
- speech therapy
- Child & Youth/Child Care Worker
- Fetal Alcohol Syndrome Program
- groups for parents & children
- Prenatal

### Enquiry BC 1-800-663-7867

### BC Nurses Hotline 1-866-215-4700

### RCMP Victim Services Unit 250-392-8709

Provide immediate crisis support, intervention and referrals for victims of crimes or tragedies.

### Aboriginal Victim Services Program 250-392-7361

Provides aboriginal victims of crime with support and advocacy through the legal system and other community agencies.

### Children Who Witness Abuse Program 250-398-7005

Individual and group counselling (including sibling groups) for children ages 3-18 years. Open Monday to Thursday

### Community Victim Services 250-398-8220

Provides justice related services to victims of family and sexual violence, including: adult, youth and child victims of violence in relationships, sexual assault and criminal harassment.

### Community Corrections 250-398-4592

Probation officers facilitate offender programs and supervise court orders. They are also responsible for the preparation of reports and assessments for the courts. They manage community work service and support offenders to make positive changes in their behavior and attitudes.

### Family Justice Centre 1-888-764-3663

Centres are staffed by family justice counsellors who can assist you with issues related to separation and divorce. They provide services free of charge to parents and other family members. They provide information referrals and mediation services to separating families.  
[www.ag.gov.bc.ca/family-justice](http://www.ag.gov.bc.ca/family-justice)  
Information for Teens & children  
[www.familieschange.ca](http://www.familieschange.ca)