

MENTAL HEALTH / SUBSTANCE USE

Suicide Help Line.....1-800-SUICIDE (1-800-784-2433)

Canadian Mental Health Association

Canadian Mental Health Association, Vernon and District

Hours: Monday to Friday 8:00 am – 4:00 pm

3100 – 28 Avenue Vernon.....250-542-3114

Crisis Line: For immediate, free, and confidential emotional support, crisis intervention and/or community resource information 24 hours/day, seven days/week, please call the Interior Crisis Line Network at

.....1-888-353-2273

Access Mental Health & Substance Use Services

Point of entry to community MHSU Services.

To self-refer.....310-MHSU (6478)

Alcoholics Anonymous: For meetings in Vernon and the communities of Armstrong, Falkland, Vernon AA. 24-hour direct line:250-545-4933

Narcotics Anonymous:.....1-866-778-4772

<https://www.northokanagan.org/contact>

Problem Gambling Help Line.....1-888-795-6111

Needle Disposal & FREE Narcan Kits

available at all local Pharmacies

Guardian Pharmacy #5 - 3300 Smith Dr, Armstrong. Safe injection supplies.....(250) 546-3195

IDA Fortune Creek Pharmacy - #2 - 2860 Smith Dr, Armstrong(250) 546-1411

WARM BED / SHOWER / LAUNDRY

Upper Room Mission - 3403 27th Ave, Vernon, BC
DayShelter, Meals, Showers, Laundry & Clothing
M-F 9am-4pm, Sat-Sun 2pm-5pm - times subject to change.....250-549-1231

Cammy LaFleur Outreach Program

2800 33rd St Vernon

M-F 1-3 pm, Showers Tues & Thurs 9-11 am

Harm Reduction, HIV Testing, Pregnancy Testing, Safe Drug Testing, Personal Hygiene Products, Showers &

Laundry250-938-3518

Homeless Shelter Vernon - Turning Points-

Shelter, Showers & Food Services - 2506 37th St, Vernon

.....250-241-2217

Vernon Youth Safe House (ages 13-18)

safehouse@fnfc.ca.....250-260-7077

HELP LINES / EMERGENCY

RCMP (Emergency only) 9-1-1

Armstrong Detachment (non emergency)

3710 Pleasant Valley Rd.....250-546-3028

RCMP VICTIM SERVICES.....250-260-7171

Crime-stoppers Tip Line BC.....1-800-222-8477

Needle PICK UP

Find a needle and don't know what to do?

Call Armstrong RCMP Detachment.....250-546-3028

Mental Health CRISIS LINE & REFERRAL

(24hours).....1-888-353-2273

Children's Help Line (24 hours).....250-310-1234

BC Poison Control Centre.....1-800-567-8911

Ministry of Social Development and Poverty Reduction

.....1-866-866-0800

FREE COMPUTER USE

Armstrong Regional Library.....250-546-8311

EMPLOYMENT INFO

Work BC Employment Services Community Futures

North Okanagan 3105 33rd Street, Vernon, BC

.....250-545-2215 extension #230

Armstrong(Mondays).....250-546-3005

Ministry of Social Development & Social Innovation

.....1-866-866-0800

LEGAL INFORMATION

FREE Legal drop-in Clinic Wed 9-12, 1-3:30 (1st come 1st

serve) (income assistance, disabilities, residential

tenancy act) (Legal advocate)

.....250-542-3555 Ext 209

Pro Bono Law clinic 102-3301-24th Ave Vernon Thurs

eves1-877-762-6664

Legal Aid Suite E3105 31 Ave, Vernon.....250-545-3666

Legal Aid Vancouver.....1-866-577-2525

legalaid.bc.ca familylaw.lss.bc.ca

aboriginal.legalaid.bc.ca



ARMSTRONG SPALLUMCHEEN
COMMUNITY RESOURCE
CENTRE

ARMSTRONG SPALLUMCHEEN SURVIVAL GUIDE 2024

Brought to you by the
**Armstrong Spallumcheen
Community Resource Centre**

Traditional territory of the
Secwepemc and Syilx peoples

2-1-1

211 is a free and confidential service that connects people to helpful and vital resources in their community. Here information is provided and referred to a broad range of community, government, and social services that assist with basic needs like food, shelter, mental health, senior support and more.

Get Involved! Donate!
Send us an email today!

 www.ascrc.ca

 Info@ascrc.ca

Compiled by the Armstrong Spallumcheen Community Resource Centre Directors. Contact us if you find any errors or know of updates for this brochure.

Please note that the inclusion of an organization does not indicate its endorsement by the Armstrong Spallumcheen Community Resource Centre nor does its exclusion imply lack of approval.

FOOD SECURITY

Armstrong Food Bank - 3459 Pleasant Valley Rd
.....250-546-3465

Gathering Grounds Armstrong food/hampers
.....778-442-0019

North Okanagan Good Food Box Healthy local,
economical, fresh produce, available for pick up
from the Zion United Church the 3rd Thursday of each
month.....250-546-2633

HOUSING

Turning Points Collaborative Society (Outreach/Housing
and support).....250-542-3555

BC Housing.....1-866-465-6873

Subsidized housing listed at: www.bchousing.org

Residential Tenancy Branch Tenancy advocate
.....1-800-665-8779

Vernon Native Housing Society250-542-2834

Housing society for Aboriginal & Non-aboriginal people
Subsidized housing for those w/ physical/mental
disabilities. CMHA Housing250-832-8477

Kekuli Centre (ages 19-30) 2905 28th Ave For those that
are homeless or risk of becoming homeless Vernon
.....250-542-1264

Womens Services

Vernon Women's Transition House - Archway Society
Serving Women & Children who have experienced abuse.
Phone 24 hrs.....250-542-1122

Women's Outreach Worker- ARMSTRONG SPECIFIC
providing mobile support services to women in Armstrong
.....text/call...778-212-3259

Pregnancy Support Centre (Vernon).....250-833-9959

H.O.P.E Outreach 24/7 Women's Outreach.....250-258-7879

Emergency Pregnancy Crisis.....1-800-395-4357

OTHER SUPPORT SERVICES

Glad Tidings Church clothing, misc assistance
.....250-546-3818

Newcomer Welcome Program.....250-546-8155

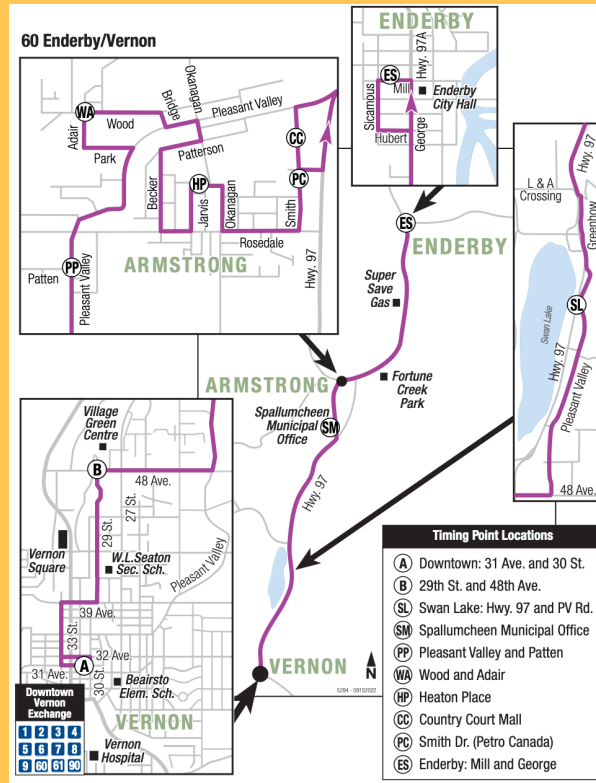
Vernon & District Immigrant & community Services
Society.....250-542-4177

TRANSPORTATION

Volunteer Driver Program Providing
Transportation for Medical & Dental Appointments
(at least 2 days notice).....250-546-0999

Bus Information

BC Transit - **Route 60** Enderby/Armstrong/Vernon.
Passes, fees, schedules are all available at Armstrong
City Hall.....250-546-3023



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MEDICAL ATTENTION

8-1-1 Nursing line

Residents can call 8-1-1 from anywhere in the province to
speak with a registered nurse, dietitian or pharmacist or to
find a health resource close to where they live.

Local Hospitals:

Shuswap Lake General Hospital.....250-833-3600

601 10th St. NE Salmon Arm

Vernon Jubilee Hospital 2101 32nd St.....250-545-2211

Walk-in-Clinics/ Same Day Clinics:

Downtown Urgent Primary Care Centre250-541-1097

3306A 32nd Ave Vernon - Urgent, same day services only.
Call first thing in the morning to get an appointment.

Mt Ida Medical Walk-In 200 TCH SW Salmon Arm
.....250-833-1990

Walk-In at Walmart Salmon Arm. 2991 10 ave SW Salmon
Arm.....778-489-0942

Child and Youth Mental Health Service. Walk-in ages 6-18.
TUES/THURS 9-11 am & 1-3:30 pm..... 250-549-5458 (3007)

Virtual Health: --Online Doctor in BC--

Rocket Doctor: www.rocketdoctor.ca

Maple: www.getmaple.ca

TELUS Health: www.telus.com

Foundry Virtual BC: Foundry BC App Youth mental
health - (youth 12-24 & their caregivers)

Dental:

Community Dental. North Okanagan access Reduced rate
based off income.....778-475-7779

Health Units / Other:

Public Health Immunizations, Harm reduction supplies,
pregnancy testing/condoms, prenatal info, growth
monitoring for children.....250-546-4727

Home and Community Care Central Intake call and get
connected with home support / LTC / wound care/palliative
care 1-800-707-8550 (opt 2) then (opt7)

Vernon Options For Sexual Health 1440 14th Ave, Interior
Health. Tuesday & Thursday 6pm- 11pm
.....250-241-3154

Pleasant Valley Health Centre LAB M/T/Th/Fri 7-3 Wed 7-2
CLOSED DAILY 9-9:30 then 1130-1230250-546-4700

Flu/COVID Booking.....1-833-838-2323