
LOCAL COMMUNITY RESOURCES

ALL EMERGENCIES—911

Fort St John Hospital (250-262-5200) 8407 112 Ave., Fort St. John

- Emergency care with medical staff and on-call psychiatrist
- Immediate crisis care provided
- Referrals available to Dawson Creek Psychiatric Hospital, Primary Care (Mental Health and Substance Use), or Intensive Case Management services through Northern Health

CRISIS HOTLINES (911)

BC211 (211)

- Call or text 9am–9pm weekdays
- Connects to community programs and social services
- Supports include food, shelter, legal, advocacy, mental health, addictions
- Culturally safe supports for all

Child and Youth Mental Health FSJ (250-263-0121)

- When put to voicemail they offer a line for child and youth emergencies at **310-1234 or 1-877-631-8282**, and a line to **Provincial Centralized Screening** which is a part of **MCFD** where you can report concerns for a youth being neglected or abused.
 - The number is **1-800-663-9122**

Crisis Line (1-800-784-2433)

- 24/7 confidential support in 140 languages
- Emotional support for suicidal individuals or concerned callers
- Can coordinate emergency mental health intervention
- Referrals to local crisis centers

Indian Residential School Survivor Crisis Line (1-800-721-0066)

- Support for survivors and families experiencing intergenerational trauma
- Trauma-informed, culturally safe, confidential care

Kids Help Phone (1-800-668-6868)

- 24/7 multilingual support for youth
- Connects youth to trained professionals
- Culturally safe, tailored mental health support

KUU-US Crisis Line (1-800-588-8717)

- 24/7 Indigenous-focused crisis support
- Culturally safe, holistic approach
- Crisis intervention and enhanced supports

Metis Crisis Line (1-833-638-4722)

- 24/7 support for Metis individuals
- Mental health, harm reduction, risk assessment, safety monitoring
- Connects to local Metis communities and services

Suicide Crisis Help Line (988)

- Call or text 24/7
- Trauma-informed, culturally appropriate, judgment-free support
- Accessibility supports for deaf/hearing impaired
- Responders connected to local/national crisis services
- **Talk Suicide Support Line 1-833-4566 routes you to 988**

Victim Link BC (1-800-563-0808)

- 24/7 confidential, multilingual support for crime survivors and families
- Connects to housing, safety planning, counselling, and community resources

Youth Support Line (250-564-8336)

- Available 4pm to 10pm
- When you reach out via text outside of their hours, it will direct you to call:
 - **1 (888) 562-1214** for immediate support
- The call number listed for the youth support line **1 (888) 564-8336** is for **crisis lines of BC** which will also get youth connected to support

24HR Gambling Support (1-888-795-6111)

- Confidential, multilingual support for gambling addiction
- 24/7 outreach, counselling, and educational info
- Culturally appropriate services for Indigenous communities

24/7 Mental Health Support Line (310-6789 / 1-866-872-0113 TTY)

- Toll-free, barrier-free mental health support
- Emotional support, referrals, broad mental health resources
- Interpreter services available

24HR Rape Crisis Center (1-877-392-7583)

- Confidential, immediate, and ongoing support for sexualized violence survivors
- Inclusive, anti-oppressive, intersectional, feminist, decolonizing approach
- Provides information, resources, and advocacy

EMERGENCY SHELTER

Meaope Transition House (250-785-5208)

- 24/7 safe shelter for women and children
- Supports survivors of domestic violence through a Community Bridge Program

Salvation Army Northern Centre of Hope (250-785-0372) 9824-99 Ave., Fort St. John

- Essential services for people and families experiencing homelessness
- Local emergency food and shelter
- Referrals for medical and mental health support
- Safe housing for women facing domestic violence

ALCOHOL & DRUG DETOXIFICATION

Day Treatment Program (250-263-6083) #300 9900-100 Ave., Fort St. John

- Daytime addiction support for adults in the community
- Group sessions, education, and coping skills

North Wind Wellness Centre (1-888-698-4333)

- Residential addiction treatment for adults
- Counselling, cultural teachings, land-based healing

Rising Above Ministries (250-785-1008) 11095-255 Road Baldonnel

- Faith-based addiction recovery for adults
- Focus on personal healing, coping skills, life skills, and community support

Supportive Recovery Beds (250-785-0372) 9824-99 Ave., Fort St. John

- Short-term, alcohol- and drug-free housing for adults in recovery
- Supports participation in recovery programs with case manager guidance

MENTAL HEALTH & ADDICTION SERVICES**Community Bridge (250-785-6021) 10142-101 Ave., Fort St. John**

- Free programs: counselling, family support, sexual abuse support
- Temporary shelter for women and children

Fort St. John Alcoholics Anonymous (250-794-0032)

- Support for adults recovering from alcoholism
- Shares experience, strength, and hope to stay sober

Fort St. John Friendship Society (250-785-6021) 10208-95 Ave., Fort St. John

- Programs for all ages promoting well-being
- Incorporates Aboriginal values and culture
- Inclusive, safe community space

Healing Hearts Support Group (250-793-8817) healingheartsfsj@gmail.com

- Bereavement support for families affected by substance use
- Peer support and advocacy

Metis Nation BC mnbc.ca

- Advocates for Métis rights and provides culturally relevant programs
- Supports in health, education, housing, employment, and mental health

National Overdose Response Service (1-888-688-6677)

- 24/7 confidential peer support for substance users
- Safety planning, harm reduction info, naloxone guidance

Nenan Dane Zaa Deh Zona Family Services (250-787-2151) 9932-102 Ave, Fort St. John

- Counselling and cultural support for Indigenous people
- Group programs for youth, women, men

Peace Area Narcotics Anonymous (1-877-463-3537)

- Support for adults recovering from drug addiction
- Free, welcoming meetings across the Peace region

OTHER COMMUNITY RESOURCES

Fort St. John Health Unit (250-263-6000)

- Free public health and wellness services for all ages
- Immunizations, prenatal/childhood services, dental, hearing, and health education
- Nutrition info, disease prevention, environmental health, and harm reduction supplies

Mobile OPS (778-256-5483)

- Mobile harm reduction program for supervised drug use
- Naloxone and overdose prevention supports
- Meets clients where they are in the community

NH Intensive Case Management (250-263-6080)

- Outreach support for adults 19+ facing substance use, mental health, housing, or income challenges
- Practical help, advocacy, and coordination with services
- Connects clients to housing, healthcare, income support, and treatment options

OAT (Opioid Agonist Treatment) Clinic (250-263-6080)

- Harm reduction and treatment for substance use
- Offered through Northern Health Mental Health and Addictions services

Women's Resource Society (250-787-1121) 10051 100 Ave, Fort St. John

- Supports women, children, and low-income individuals with practical help and healing-focused services
- Safe second-stage housing
- Free legal advocacy and support with housing, income assistance, and family law matters
- Drop-in center offering crisis support, referrals, education, and life skills

ADDITIONAL SUPPORTS

- Parents/family members who can help increase safety
- The ASK Workshop trained community member
- ASIST trained community members
- Mental Heal First Aid trained community members
- Elder
- Social Worker
- Trusted Friend
- Sports Coach
- Extra curricular activity leader
- Big Brother/Big Sister mentor