

The Crisis Line provides individuals with 24-hour confidential telephone crisis intervention and support. Phone (1.888.353.CARE)
: Text HOME to 686868

851-16th St NE, Salmon Arm 250-833-4102

Provide many services including adult community support, adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorders services, group therapy, peer support.

h3 250-833-4102

Intake for substance use counselling. Offered Monday / Wednesday / Friday
1-4pm

~~Mr. Clain Medical Clinic~~

A space for any youth across Canada, under 30, that is experiencing any sort of crisis to come and talk (through text and chat). They are open every day between 6pm and midnight. <http://youthspace.ca/>

250-832-4453

250-832-9616

1-866-531-7045

The AA program, as set forth in the 12 steps to recovery, offers support to those using/misusing alcohol.

(list of community resources compiled by CMHA Shuswap-Revelstoke): For online version visit: https://shuswap-revelstoke.cmha.bc.ca/wp-content/uploads/2019/01/Shuswap_Survival_Guide-2019-January-Final-Copy.pdf

1-800-784-2433

) 1-800-567-8911

1-866-245-4700

) 8-1-1

1-866-866-0800

1-800-665-1185

250-832-6044

250-833-3600

250-833-4100

250-833-4103

250-832-9616

250-832-9194

250-832-4453

250-832-2170

250-833-0164

250-832-0108

250-832-3885

250-260-3233

250-833-6100