

## **Community Service Provider Updates**

### **Vancouver Island Crisis Line**

1-888-494-3888 or Text 250-800-3806 6 pm to 10 pm

### **Kids Help Phone – 1-800-668-6868**

Additional resources have been added to aid in accessibility

### **Brooks Landing Crisis Counselling Services**

Drop in service now consists of approaching reception, sharing contact info and having a crisis worker call or text. 10 am – 6 pm

### **Wellness Centre – NAC – GP face to face service still available**

Tuesday 8:30-2:30, Wed 3 pm- 6 pm, Thurs, 9 – 2:30

Students from Barsby can have their care offered here – important for those on medications

**Grant Avenue Health Centre – 250-755-3388 – open for Face 2 Face nursing services everyday including weekends (morning after pill, birth control, sti testing)**

### **Child and Youth Mental Health and Indigenous Child and Youth Mental Health**

Call **250-741-5701** to arrange an intake session by phone. Services are offered through phone

## **Nanaimo Family Life**

Call 250-754-3331 to arrange services by phone

## **Youth Safe House**

Call 250-753-8266 to determine if a bed is free. Currently extremely full with many wanting services. MCFD social workers are attending to meet clients and arrange supports.

## **Discovery Youth and Family Substance Use Service**

Call 250-753-8266 for telephone intake. Discovery is softening their admission criteria – they will talk to parents of students younger than 12 and will attempt to engage with any family in crisis where substances are a part. Services will be offered by phone.

## **Nanaimo and Area Resources for Families (NARSF)**

Call 250-754-2773 for services including SAIP, LIFT and Eating Disorders

## **Additional Nanaimo Service Provider updated list (not direct clinical services)**

<http://www.uwcncvi.ca/covid-19/service-updates/nanaimo-region>