

Emergency Crisis Support

R.C.M.P /Ambulance/ Fire
(Emergency Only) 9-1-1

Local Police:

Salmon Arm 1980-11th Avenue NE 250-832-6044
Sicamous 1125 Paradise Avenue 250-836-2878
Sorrento/Chase 226 Shuswap Ave. 250-679-3221
Enderby 602 Granville Street 250-838-6818

Local Support:

RCMP Victim Services Program 250-832-4453
Salmon Arm Women's Shelter 250-832-9616

24/7 Support

Interior Crisis Line 1-888-353-CARE (2273)
988 Suicide Crisis Helpline 9-8-8
Kid's Help Phone 1-800-668-6868 /Text 686868
KUU-US (Indigenous Crisis Line) 1-800-588-8717
Racist Incident Helpline 1-833-457-5463
Mon-Fri: 9am -5pm

Treatment & Support

Mental Health Support Line 310-6789

Resource finder in your community 2-1-1

Alcohol & Drug Information & Referral Service

BC Toll Free 1-800-663-1441

Alcoholics Anonymous Shuswap 1-855-339-9631

Narcotics Anonymous 1-866-778-4772

Gambling 24 hour Helpline 1-888-795-6111

Virtual Addiction Medicine Clinic:

interiorhealth.ca/VAM

Opioid Treatment Access Line 1-833-804-8111

Daily: 9am-4pm

Mental Health & Substance Use Services

Salmon Arm

Adult Mental Health & Substance Use Intake

851 16th Street NE 250-833-4102

Salmon Arm OAT Clinic 250-833-4177

851 16th St. NE Tues - Fri 8:30am - 3:30pm.

Closed 12-1pm for lunch.

Child & Youth Mental Health 250-832-1719

550 Lakeshore Drive NE

Drop-in Tues 9am-4pm/Thurs 1-4pm

Housing



Salmon Arm Women's Shelter 250-832-9616

For women fleeing abuse

BC Housing 1-800-257-7756

Subsidized Housing listings: www.bchousing.org

CMHA Housing 250-832-8477 Ext 121

CMHA Marshlands Shelter

341 Fraser Ave NW

24/7, Intake hours 4pm-10:30pm 250-517-8169

CMHA Homeless Outreach
250-253-8767 or 250-804-5867

Drop-in:

- CMHA Learning Studio (Wednesdays) 2:30pm-4pm
- Salmon Arm Library (Mon)11:30am -12:30pm
(Thurs) 10:30am-11:30am
- First United Church (Wed) 11am-1pm

Shower, Laundry & Clothing



The Café at the Lighthouse 250-832-9166

441-3rd Street SW (side door)

Shower/Laundry/coffee/snacks Mon-Fri 9am– 12:30pm

Human Connection Hub (Safe Society) 250-832-9616

Free Shopping Days:

Monday 3:30pm- 5pm & Wednesday 2pm-3:30pm

Thrift Stores



Salmon Arm

Churches Thrift Store 250-832-8234

461 Beatty Ave

Mondays(11am - 5pm), Tues - Fri(10am - 5pm) &

Saturdays(10am - 4:30pm).

CMHA Thrift Shoppe 250-832-8477 ext 107

433 Hudson Avenue NE

Open Hours: Mon - Fri: 10am - 3pm & (Saturdays
temporary closed)

Donation drop-off times:

Mondays & Thursdays: 10am - 3pm

Sicamous

United Church Thrift Shop 250-836-4390

705 E. Trans-Canada Frontage Road

Wed - Sat: 10:00am - 3:00pm

Enderby

Twice But Nice 250-838-6822

702 Cliff Avenue

Wed – Fri: 9am - 3:30pm & Sat: 10am - 3:30pm

Transport



Rider Express riderexpress.ca 1-833-583-3636

Westgate Public Market 2090 10th Ave SW

To Vancouver: everyday To Calgary: everyday

E Bus myebus.ca 1-877-769-3287

To/From: Vancouver daily Pick-up/drop-off at Centenoka
Mall 5th Street SW

South Shuswap Rides southshuswaprides.ca

Mon-Fri: 9:00am - 5:00pm 250-463-4341

Shuswap Transit System 250-832-0191

Handy Dart (register first) \$1.75

Fixed Route \$1.25 Senior \$1.50 Adult \$1.25 Student

Regional Service: Zones: (children 5 & under are free)

- \$1.75 2- \$2.25 3- \$2.75 4- \$3.25

Employment



Salmon Arm Work BC

101 - 310 Hudson Avenue NE

250-804-4770

Job Listings: www.jobbank.gc.ca

Shuswap Immigrant Services Society

Employment Counsellor

101 - 371 Hudson Avenue NE

250-804-2726

Sicamous Work BC

1217 C Shuswap Avenue

250-836-2655

Enderby Work BC

904 Maud Street

250-838-2324

Libraries



Salmon Arm Branch

285-1151 10th Avenue SW

250-832-6161

Enderby Branch

514 Cliff Avenue

250-838-7230

Sicamous Branch

#2 - 446 Main Street

250-836-4845

South Shuswap Branch - Blind Bay

#1 - 2425 Golf Course Drive

250-675-4818

2SLGBTQI+



Essie's Place

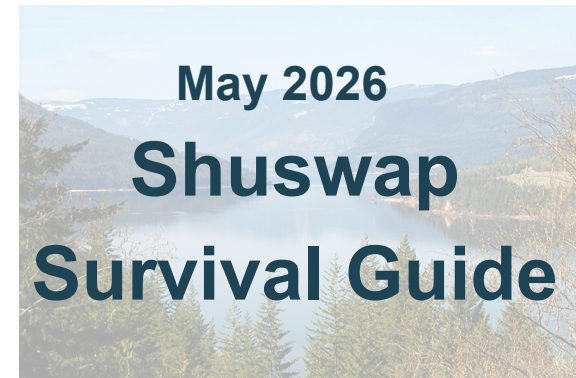
672-572-1300

www.essiesplace.org

Qmunity

<https://qmunity.ca/>

(604) 684-5307 ext. 100



If you would like help
navigating services contact:

CMHA Service Navigator

Denise Butler

778-946-0190

denise.butler@cmha.shurev.ca

Complied by:

CMHA Shuswap-Revelstoke
433 Hudson Ave N.E. Box 3275
Salmon Arm, BC V1E 4S1

Tel: 250-832-8477

Fax: 250-832-8410

cmha.shurev.ca

www.facebook.com/CMHAshuswaprevelstoke/



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all

Please note that inclusion of an organization does
not indicate its endorsement by CMHA, nor does its
exclusion imply lack of approval.

Contact: CMHA to update any changes of service.

Medical Services & Clinics

Health Link BC 8-1-1 or TTY 7-1-1
BC Nurse Line 1-866-215-4700/TTY 1-866-889-4700
Shuswap Lake General Hospital
601 10th Street NE 250-833-3600
Salmon Arm Health Centre
851 16th Street NE 250-833-4100
Shuswap Home Health & Community Care
Unit #2- 2770 10th Avenue NE 250-832-6643
Salmon Arm Walk In Clinics
Shuswap Saturday Clinic (various offices)
9am-2pm 1-888-686-3006
shuswapsaturdayclinic.ca
Mt. Ida Medical Centre 250-833-1990
200 Trans Canada Highway SW
Mon - Th 9:am - 5:pm / Fri 9:am -4pm
Salmon Arm Medical Clinic 250-832-6092
581 Hudson Avenue NE
Mon-Fri: 9am in person to book a day appointment or
4pm in person to book an evening appointment
Walmart Clinic 778-489-0942
2991-10th Avenue SW Mon - Fri: 9:30am-3pm
Sicamous Community Health Centre
#160-200 Main St. Sicamous 250-836-2817
Sicamous Health Unit
#10 1133 Eagle Pass Way 250-836-4835
Sorrento & Area Community Health Centre
Unit #1 1250 Trans Canada Hwy 250-675-2167
North Shuswap Health Centre - Scotch Creek
#2 3874 Squilax Anglemont Road 250-995-0660
South Shuswap Health Services- Blind Bay
#10 2417 Golf Course Drive 250-675-3661
Enderby Community Health Centre
707 3rd Avenue 250-838-2450

Indigenous Community Support

Adams Lake Indian Band 250-679-8841
Little Shuswap Lake Band 250-679-3203
Neskolith Indian Band 250-679-3295
Splatsin First Nation 250-838-6496
Metis Nation BC 1-800-940-1150
Hope for Wellness Helpline 1-855-242-3310
Rise Up Indigenous Wellness
875 Lakeshore Drive SW 250-833-8046
indigenoutriseup@gmail.com

Food Security

Salmon Arm

Good Food Box 250-832-4127 / 250-832-3534
Pre-order 2nd Thurs./Mon from Shuswap Family
Resource Centre or Seniors Resource Centre. Pick-up
3rd Thurs/month at Saint Joseph's Catholic Church (60-
1st Street SE) church parking lot on 2nd Street
The Market at the Lighthouse 250-832-9194
441-3rd Street SW Monday-Friday 9am-12:30pm. Visit
the Market daily as needed.
Second Harvest Food Bank 250-833-4011
Back of Salmar Classic Theatre on Ross Street
Wednesdays 10am-6pm (winter hours)
Food with Friends Community Potluck
foodwithfriends2020@gmail.com
121 Shuswap St SW (back of church) Hot lunch: Monday,
Tuesday, Thursday, & Friday 12pm -1pm
First United Church Lunch Program 250-832-3860
450 Okanagan Ave E Wednesdays 11:00am -1:00pm

Sorrento

Sorrento Food Bank 250-253-
3663
2804 Arnheim Road Wed 9:00am-3:00pm

Sicamous

Eagle Valley Community Support Society
1214 Shuswap Avenue 250-836-3440

Enderby

FED Enderby food bank (3rd Fri of the month)
Call for appointment 250-938-3114

Harvest Hut (parking lot Maud St)
Mondays 9:00am -12:00pm June to Thanksgiving

Kings Table Soup Kitchen
125 George Street Wed 4:00pm - 7:00pm
ashtoncreekchristianfellowship@gmail.com

7th Day Adventist Church
Accepting calls for help 250-558-3624

North Shuswap

North Shuswap Food Security Program
Pre-register for food hampers
northshuswapfood@gmail.com 250-212-9952

Community Supports

March of Dimes Brain Injury Society
Support, integration, advocacy & outreach 250-515-1827
Community Living BC
#202 -351 Hudson Avenue NE 250-832-1718
Shuswap Association for Community Living
825 Lakeshore Drive, Units A & B, SW 250-832-3885
Shuswap Hospice Society
Suite 4-781 Marine Park Drive 250-832-7099
Seniors Resource Centre
320A-2nd Avenue NE 250-832-7000
Shuswap Immigrant Services Society
371 Hudson Avenue NE 250-804-2726
Community Futures Shuswap
160 Harbour Front Drive NE 250-803-0156
Aspiral Youth Partner (BGCO)
120-6th Street NE 778-489-8151
Safe Society 250-832-9616
Shuswap Children's Association
551 Trans Canada Hwy NE 250-833-0164
Shuswap Family Resource & Referral Centre
681 Marine Park Drive 250-832-2170
Malakwa Resource Centre 250-836-2757
3994 Malakwa Road or 250-53-7964
Okanagan College — Salmon Arm Campus
2552 10th Ave NE 250-832-2126
Enderby & District Resource Community Centre
1106 Belvedere Street 250-838-9446
Eagle Valley Community Support Society
1214 Shuswap Ave, Sicamous 250-836-3440
Shuswap Better at Home
1214 Shuswap Avenue, Sicamous 250-253-2749
Sorrento Centre
1159 Passchendaele Road 250-675-2421
Red Cross Friendly Calls Program
Weekdays 9am-5pm 1-833-979-9779
Seniors Community Connector
Salmon Arm, Sicamous, Malakwa 250-253-7893
Enderby 250-253-8759 /S. Shuswap 250-253-7508
North Shuswap, Chase 250-253-2865
Revelstoke revelstokelife.ca - online health and
social services directory for Revelstoke

Government Services

Service Canada Center 1-800-622-6232
191 Shuswap Street NW 8:30am - 4:00pm M-F
Service BC
850 A 16 Street NE 250-832-1611
Ministry of Social Development & Social Innovation
850 B 16 Street NE 1-866-866-0800
Community Integration Specialist
Outreach Services 250-517-9128 or 250-241-2848
Ministry of Child & Family Development
550 Lakeshore Drive E 250-832-1719
Prov. Centralized Screening (MCFD)
1-800-663-9122

Municipal Services

City of Salmon Arm
500 2nd Avenue NE 250-803-4000
City Of Enderby
619 Cliff Avenue 250-838-7230
District of Sicamous
446 Main Street 250-836-2477
Columbia Shuswap Regional District
555 Harbourfront Drive NE 250-832-8194

CMHA Learning Studio

Open House 778-946-0207
433 Hudson Ave. (entrance off of 4th street NE)
Monday-Friday: 9am-12pm
(join us for afternoon programming)

Legal Supports

Legal Aid Salmon Arm
Tuesdays 9am- noon 250-545-3666
Community Legal Assistance Society (CLAS)
Free assistance from a lawyer 1-888-685-6222
Legal Advocate Program (Shuswap Family Centre) M-Th 9am-4pm, Fri 9am-12pm
250-832-2170
Native Courtworker & Counselling Association of BC
250-550-0417
Parents Legal Centre
623 Victoria Street, Kamloops 250-434-0663
Neighbour Link Shuswap
250-832-3272
Mon, Wed, Fri 12:00pm - 4:00pm
Re-homing used furniture and appliance & referrals
to Western Canada Society for Access Justice