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: Tuesdays 9am-3pm (Office closed 12-1 pm)
& Thursdays 1-3pm

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: Monday - Frday: 10am - 3pm & Saturdays
10am - 2pm
Donation drop-off times:
Mondays, Thursdays & Saturdays: 10am - 2pm

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-Ffr: 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

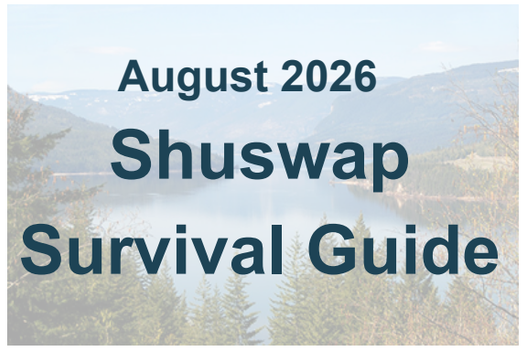
Salmon Arm Work BC
101 - 310 Hudson Avenue NE 250-804-4770
Job Listings: www.jobbank.gc.ca
Shuswap Immigrant Services Society
Employment Counsellor
101 - 371 Hudson Avenue NE 250-804-2726
Sicamous Work BC
1217 C Shuswap Avenue 250-836-2655
Enderby Work BC
904 Maud Street 250-838-2324

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
North Shuswap Branch
3867 Squilax Anglemont Rd 250-955-8198

2SLGBTQI+

Essie's Place 672-572-1300
www.essiesplace.org
Qmunity
https://qmunity.ca/ (604) 684-5307 ext. 100



August 2026
Shuswap Survival Guide

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
indigenousriseup@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