

## Salt Spring Island -

## Mental Health & Substance Use Services

Before Canada and BC were formed, Indigenous peoples lived in balance and interconnectedness with the land and water in which the necessities of life are provided. Health disparities persist, which are due to the impacts of colonization and Indigenous-specific racism. Health lands, healthy people. We acknowledge and recognize these homelands and the stewardship of Hul'qumi' num and SENĆOŦEN speaking Indigenous peoples of this land; it is with humility we continue to work toward building relationships. *(adapted slightly from the IH territory acknowledgement)*

This list of services provided by the **Salt Spring Health Advancement Network** (SSHAN) in partnership with...



Service	Description	Referral Process	Contact Information
<b>Adult Services</b>			
<p>Mental Health and Substance Use Services – Salt Spring Island</p> <p>(Southern Gulf Islands Mental Health and Substance Use Intake)</p>	<p>Part of Island Health, the Southern Gulf Islands Mental Health and Substance Use Team offers assessment and treatment for adults with mental health and substance use concerns to resident of Salt Spring Island and the other Southern Gulf Islands</p> <p>Fully integrated with the Island Health network of medical, psychiatric and psychological treatment providers, the team offers a range of services from short-term counselling for those in crisis, long-term case management for those with more serious and persistent mental illness, and the assessment and treatment of alcohol and drug use problems. <i>Outreach</i> is provided to clients in the community or in their homes, if they unable to come to the AMHSU offices.</p> <ul style="list-style-type: none"> <li>● Adult Short-term Assessment and Treatment (ASTAT)</li> <li>● Case Management</li> <li>● Primary Care Social Work</li> <li>● Nurse Practitioner</li> <li>● Psychiatry</li> </ul>	<p>Referrals can be made by a family doctor or nurse practitioner.</p> <p>Referrals are also accepted by phone if you do not have a primary care provider.</p>	<p>Lady Minto Hospital 135 Crofton Road</p> <p>Intake and office hours: Monday to Friday 8:30am-4:30pm</p> <p>Phone: 250-538-4711 Fax: 250-538-4877</p> <p>After hours crisis intervention and support provided on an on-call basis at Lady Minto Hospital or by phone from 4:00 PM to midnight.</p> <p>Website: <a href="https://www.islandhealth.ca/our-services/mental-health-substance-use-services/referrals-how-access-mental-health-substance-use-services/referrals-southern-gulf-islands-mental-health-substance-use">https://www.islandhealth.ca/our-services/mental-health-substance-use-services/referrals-how-access-mental-health-substance-use-services/referrals-southern-gulf-islands-mental-health-substance-use</a></p>
<p>Sexual Assault Response Program (SARP) (For all genders)</p>	<ul style="list-style-type: none"> <li>● 24/7 support available for recent sexual assault survivors of all genders and ages (within 7 days). Includes: Accompaniment by IWAV staff for forensic/medical support. Support and information around the reporting process, including accompaniment to the RCMP</li> <li>● Free on-going support also available for historical sexual assault. Including: Information on options for reporting within the Civil and Criminal</li> </ul>		<p>Island Women Against Violence (IWAV)</p> <p>SARP Program Phone: (250) 931-7712 1-833-946-1706 24 hour help line Email: <a href="mailto:sarc@iwav.org">sarc@iwav.org</a> Free Sexual Assault Counselling 778-244-8169 Email: <a href="mailto:sacounsellor@iwav.org">sacounsellor@iwav.org</a></p>

	<p>Legal Systems. Support with Third Party Reporting - an anonymous reporting tool for sexual assaults.</p> <ul style="list-style-type: none"> <li>• Ongoing practical and emotional support, as well as referrals for free therapeutic counselling</li> <li>• Community Education and public engagement</li> </ul>		<p>Victoria Sexual Assault Response Team (via Vancouver Island Crisis Line 1-888-494-3888 - request to speak to VSAC sexual worker</p>
BC Society for Male Survivors of Sexual Abuse			<p>604-682-6482 victimservices@bc_malesurvivors.com</p>
Adjunct Adult Mental Health Services	<p>Workers connect with homeless individuals with chronic mental health issues in non-office environments (peer drop in activities, community, and their homes)</p> <p>Activities include: life skills training, health and nutrition, and other skills that contribute to their successful living in the community.</p> <p>Assists high risk youth in building resources and supports so they may reconnect in a healthy way with family, friends, and community</p>	<p>Primary referral source is mental health practitioners within the agency and mental health practitioners in the community.</p>	<p>Salt Spring Island Community Services 268 Fulford-Ganges Road</p> <p>Phone: (250) 537-9971 Fax: (250) 537-9974</p> <p>Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a></p>
Urgent Care	<p>Crisis support assessment, referral and follow-up are available through Lady Minto Hospital Emergency room from 8:00am to 4:00pm provided by Island Health's Mental Health Nurse.</p> <p>After Hours Emergency Mental Health is available at Lady Minto Hospital Emergency Room from 4:30-10pm every evening and statutory holidays.</p> <p>Support is also available by calling Vancouver Island Crisis Line at 1-888-494-3888</p>		<p>Lady Minto Hospital Emergency Room 135 Crofton Road</p> <p>Regular Hours: Monday to Friday 8:00am-4:00pm</p> <p>After Hours: Every evening and statutory holidays 4:30-10pm</p> <p>Phone: 250-538-4849</p>

Community Action Initiative Community Counsellor	This program offers 1:1 short-term (6-12 sessions) counselling services to adults in a confidential setting where individuals can name goals/intentions, discuss personal issues and develop plans to meet their self-identified needs.	Referral forms are available at SSICS reception, or can be completed over the phone. Referrals can also be sent with an individuals' consent by local physicians, nurse & mental health practitioners, VIHA, IWAV or SSI Community Services staff. There is no fee for this counselling service. Waitlist may apply.	Community Counselling Program Salt Spring Island Community Services Society  Monday - Thursday 9am-4pm  Phone: 250-537-9971 x226 (confidential voicemail) Jacinda Duque Confidential fax: 250-537-9948  Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a>
Community Action Initiative (One Year Pilot Project 2021)	Focus on harm reduction, peer counselling, life skills support, resource and referral. This service works closely with three SSI Community Services programs - Housing First, Yellow Sub Mental Health Drop In, and the CAI Community Counsellor. Two peer support workers 20 hours per week		Salt Spring Island Community Services  Phone: 250-537-9971  Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a>
'Success Works' Vocational Development	Provides employment readiness training and support for individuals with significant mental health related barriers who wish to enter, or re-enter the workforce	(As above)	Salt Spring Island Community Services 268 Fulford-Ganges Road  Phone: 250-537-9971  Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a>
Al-Anon (SSI)	Support and help if you are being affected by the drinking of a friend or family member.		Located at the Annex behind Our Lady of Grace Church 135 Drake Road  Thursdays 12:00pm-1:00pm  Phone: 250-537-4834
Alcoholics Anonymous	The purpose of Alcoholics Anonymous is to stay sober and help other alcoholics to achieve sobriety.	Open and closed meetings	Meeting times and locations are changed quarterly.  Please refer to AA Victoria for more

			<p>information of AA meetings on Salt Spring Island:  <a href="https://www.aavictoria.ca/index.html">https://www.aavictoria.ca/index.html</a></p> <p>Phone: 250-838-0415 or 250-537-7573          Email: vicintgpc@shaw.ca</p>
Narcotics Anonymous (SSI): The Journey Continues	<p>Narcotics Anonymous is an international, community-based association of recovering drug addicts. The goal is to help anyone seeking recovery from the disease of addiction to find support and fellowship.</p> <p>Open to anyone. Discussion format about how to Live <i>clean</i>.</p>	Self-referral	<p>Outreach Building (behind Community Services Center)</p> <p>Sundays          10:00am-11:00am</p> <p>Phone: 250-537-2790 or          Phone: 250-537-2754          Email: saltspringstraightedge@yahoo.ca</p>
Harvest	<p>The gardens are therapeutic environments for SSI Community Services programs, provide introductory gardening and work experience, and contribute fresh organic produce to the Food Bank and other food programs for vulnerable people. It incorporates vocational rehabilitation for the mental health support services at SSICS.</p>		<p>Salt Spring Island Community Services</p> <p>Food Security Coordinator:          Phone: 250-537-9971</p> <p>Website:  <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a></p>
<a href="#">Umbrella Society</a>	<p>Abstinence outreach support on Salt Spring for those with Substance Use Disorder          Free counseling (on site and via <i>Zoom</i>) for individuals experiencing substance use and the accompanying mental health challenges, <u>and</u> for their families and loved ones</p>	<p>Outreach (connect through Community Services)          Counselling - through <a href="#">website</a> (<a href="http://umbrellasociety.ca/program/family-counselling-2/">umbrellasociety.ca/program/family-counselling-2/</a>)</p>	<p>Address: 415 Dunedin St #8, Victoria, BC V8T 5G8</p> <p>Phone: (250) 380-0595</p> <p>Tuesdays - Kate</p>
Community Integration Specialist (Ministry of Social Development and Poverty Reduction)			<p>Office in Salt Spring Island Community Services Building <i>plus</i> Outreach</p> <p>Tuesdays          Terri Dorey (2021)          Phone: 778-974-2287          Cell: 250-507-0589</p>
ArtJam	<p>ArtJam provides art services for insecurely housed and unhoused members of the community. Food is also provided.</p>		<p>Gulf Islands Families Together Society - McPhillips Rd</p> <p>Sundays</p>

IH - Public Health	Communicable disease education, pre/post natal care, and vaccinations	Self-referral	Public Health Office (160 Fulford-Ganges Road Salt Spring Island, BC V8K 2T8) plus <i>Outreach</i>  M-F Phone: 250-538-4880
--------------------	---	---------------	--

Service	Description	Referral Process	Contact Information
<b>Services for Women</b>			
Outreach Services for Women	<ul style="list-style-type: none"> <li>● Practical and emotional support for women who have experienced intimate partner violence</li> <li>● Help in understanding abuse and how it affects women and their children.</li> <li>● Information on, and help to connect with, services and resources..</li> <li>● Safety plan support, including protection orders and ICAT referrals</li> <li>● Supporting the development of a transition plan to become free of abuse based on an individual's goals and the steps they want to take to get there.</li> <li>● Referrals to RISE women’s legal and support with navigating Family Law, applications for income assistance and disability assistance</li> <li>● Serving the Southern Gulf Islands Galiano, Mayne, Pender, Salt Spring, Saturna.</li> </ul>		Island Women Against Violence (IWAV) Women Outreach Services  Phone: 250-537-0717 or Phone: 1-888-537-0717 Email: outreach@iwav.org  Website: <a href="http://iwav.org/outreach">http://iwav.org/outreach</a>

	<ul style="list-style-type: none"> <li>Can be offered on an individual basis, in support groups, and in group information sessions or educational workshops.</li> </ul>		
Stopping the Violence Counselling	This program offers counselling to women who have experienced violence in relationships, sexual abuse or childhood abuse. Services are offered individually and in groups.		Island Women Against Violence (IWAV)  Phone: 250-538-5568 Email: stv@iwav.org
Salt Spring Island Transition House (Housing for women)	<p>Provides safe, free, and confidential first-stage transitional housing for single self-identified women with or without children seeking safety from violence and abuse, including victims of sexual assault and stalking.</p> <p>Support services include practical and emotional support; information on other resources; and necessities like food, personal care items, and emergency clothing. Additional supports are available to women leaving the transition house, including solution-focused counselling, support groups, and advocacy. Funded by BC Housing.</p>	<p>Women must call the 24-hour Violence and Abuse Help Line to refer themselves. ID is not required.</p> <p>Maximum stay is 30 days</p> <p>Do not accept pets but have connections to pet boarding support on island.</p>	Island Women Against Violence (IWAV)  Phone: 250-537-0735 or Toll-free: 1-877-435-7544  Website: <a href="http://www.iwav.org/transition-house/">http://www.iwav.org/transition-house/</a>
24-Hour Violence and Abuse Hotline	This is a toll-free access point for women who need to come into the Transition house, as well as being provided crisis support and information on violence and abuse issues.		Island Women Against Violence (IWAV)  Phone: 250-537-0735 or Phone: 1-877-435-7544  Website: <a href="http://www.iwav.org/violence-abuse-help-line/">http://www.iwav.org/violence-abuse-help-line/</a>
<b>Seniors Services</b>			
Salt Spring Health Unit - Community Health & Care	Various Seniors support resources including Community Nurses, & Social Worker.	Can be reached directly..	Lady Minto Hospital #1 - 137 Crofton Rd, Salt Spring Island, BC V8K 2R8  Phone: 250-538-4880

<p><b>SORT: Seniors Outreach Team</b></p>	<p>Seniors outreach is available to support family physicians and community health care providers when further assessment and intervention are required. The interdisciplinary team includes geriatric psychiatrists, mental health clinicians, occupational therapists and social workers. Seniors Outreach Teams may also be involved in the investigations of abuse and neglect.</p> <p>Clinician makes regular visits to the island.</p>	<p>Referral through the Seniors Outpatient Clinic (Victoria at Royal Jubilee Hospital)</p>	<p>Victoria Seniors Outreach 2828 Nanaimo Street, Victoria</p> <p>Monday to Friday 8:30am-4:30pm</p> <p>Phone: 250-519-3566</p> <p>SORT-specific information for referrals and referral forms:</p> <p>Phone: 1-250-370-8565 or Phone: 1-855-370-8565</p>
<p><b>Seniors Peer Counselling</b></p>	<p>Trained senior volunteers provide free and confidential one-to-one support to help meet life's challenges. The volunteer counsellors provide compassionate listening and encouragement to help people get more in touch with their own feelings, gain a clearer understanding of their situations and difficulties, and make the decisions necessary to solve their own problems.</p>	<p>Contact the SSI Community Services Senior Wellness Office for additional information about the program.</p>	<p>Salt Spring Island Community Services Senior Wellness Office 129 Hereford Avenue</p> <p>Monday to Friday 10:00am-2:00pm</p> <p>Phone:250-537-4607</p> <p>Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a></p>
<p><b>Alcoholics Anonymous</b></p>	<p>Alcohol and drug services for seniors who are 55+ and older</p>		<p>Central Hall 901 N End Road, Salt Spring</p> <p>Meetings are at 12pm Phone: 250-221-1559</p>
<p><b>Alzheimer's and Caregivers Support Group</b></p>	<p>This group is a volunteer initiative sponsored by the Alzheimer's Association of BC and the Family Caregivers Network Society.</p> <p>These groups are there for people who want to inform themselves with current information that will help improve quality of life with the disease. It's a safe environment where you can learn, laugh and help each other through mutual understanding.</p>		<p>Seniors Services Society 379 Lower Ganges Road</p> <p>Wednesdays 11:00am-12:00pm</p> <p>Phone: 250-537-5004</p>



Salt Spring Hospice	Emotional and vigil support for people in the palliative stage and their families. Support for bereavement as well.		Office/Resource Centre: 129 Hereford Avenue, Ground Level  Monday to Friday 10:00am-2:00pm  Phone: 250-537-2770 Website: <a href="http://saltspringhospice.org">saltspringhospice.org</a> Email: <a href="mailto:office@saltspringhospice.org">office@saltspringhospice.org</a>
Grief Recovery Program	Six two-hour sessions for people coping with the death of a loved one.  Offered twice per year, non-denominational.		For more information: Phone: 250-537-2770
<b>Services for Aboriginal People</b>			
Hiiye'yu Lelum (House of Friendship) Society (Formerly Valley Neighborhood Friendship Centre)	To promote Wellness and Unity Hiiye'yu Lelum (House of Friendship) Society addresses the needs and aspirations of Aboriginal people by providing holistic programs and services	Self Referral	Phone: 250-748-2242  Email: <a href="mailto:arlenesam@hofduncan.org">arlenesam@hofduncan.org</a>
Victoria Friendship Centre	There are various Support Programs including: <ul style="list-style-type: none"> <li>• Aboriginal Health Support Workers</li> <li>• Addictions Counsellors</li> <li>• Mental Health Liaison</li> <li>• Homeless Outreach Worker Program</li> <li>• Aboriginal Outreach</li> <li>• Career, employment and Education</li> <li>• Elders</li> <li>• Parenting</li> <li>• Nutrition</li> <li>• Daycare</li> </ul>		231 Regina Avenue Victoria, BC  Phone: 250-384-3211

Service	Description	Referral Process	Contact Information
---------	-------------	------------------	---------------------

Children and Youth Services			
Child and Youth Mental Health	<p>The Child and Youth Mental Health services include assessment, counselling and case planning for children and youth with depression, anxiety, family conflict, unmanageable behaviour, or other mental health concerns in home, school or community. The service provides specialized clinical interventions and support and follow-up in the office or on an outreach basis.</p> <p>The program is aimed at children and youth under 19 years of age residing in the Gulf Islands who present with moderate to severe emotional, behavioral and/or psychological difficulties.</p>	Referrals are accepted from the Ministry of Children and Family Development, schools, community agencies, and physicians.	<p>Salt Spring Island Community Services 268 Fulford-Ganges Road</p> <p>Monday, Tuesday, Wednesday and Friday: 9:00am-4:00pm Thursday: 9:00am-6:00pm</p> <p>Phone: (250) 537-9971 Fax: (250) 537-9974</p> <p>Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a></p>
Core Inn Drop In & Youth Counselors	<p>The Core Inn is home to a drop-in centre and is home base for the Community Services youth counsellors and <b><i>Options for Sexual Health</i></b>.</p> <p>The centre provides advocacy and referral to counsellors and other resources for youth.</p>		<p>Core Inn 134 McPhillips Avenue</p> <p>Phone: 250-537-4365</p> <p>Drop-in - 3pm</p>
Youth Alcohol and Drug Services	<p>Provides prevention, education and treatment services for youth and families where substance use is a concern, or where someone is affected by the substance use of another.</p> <p>Services include assessment, individual and family counselling, case management, referral to specialized treatment resources.</p> <p>Prevention activities include harm reduction, public awareness and community education about substance abuse issues.</p>	Can be accessed through physician, community agency, RCMP, inter-agency, community or self-referral.	<p>Salt Spring Island Community Services 268 Fulford-Ganges Road</p> <p>Phone: 250-537-9971 Email: <a href="mailto:connect@ssics.ca">connect@ssics.ca</a></p> <p>Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a></p>
School-Based Counsellors	School support services include: counselling, family support and specific psychosocial interventions for children and youth.	Services are aimed at students from age 5 to 19 and their families who live on the Southern Gulf Islands and attend school on Salt Spring Island.	<p>Service is provided within School District 64 schools within the community of Salt Spring Island through schools and Salt Spring Island Community Services.</p> <p>September to June Monday to Friday 9:00am-4:00pm</p>

<p>Youth Outreach Services</p>	<ul style="list-style-type: none"> <li>Youth and children who have addictions or problematic substance use issues, and/or who are affected by the substance misuse of others.</li> <li>Individuals who may have a serious and persistent mental illness and may be served concurrently with a mental health counsellor.</li> </ul> <p>All individuals and families on the Southern Gulf Islands</p>	<p>Self-referral GP or other physician Other professional</p>	<p>Salt Spring Island Community Services 268 Fulford-Ganges Road</p> <p>Phone: 250-537-9971</p> <p>Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a></p>
<p>PEACE: Prevention, Education, Advocacy, Counselling, and Empowerment.</p> <p>Program for Children and Youth Experiencing Violence</p>	<p>The program addresses the needs of children and youth aged 3 to 18 years old who have been exposed to violence and abuse in their homes, after they are out of the abusive situation. It also helps parents understand how violence and abuse affects their children, and raises community awareness through violence prevention education.</p> <p>It provides children and youth with group or individual counselling.</p>		<p>Island Women Against Violence (IWAV)</p> <p>Phone: 250-538-5569 Email: <a href="mailto:cwwa@iwav.org">cwwa@iwav.org</a></p> <p>Website: <a href="http://www.iwav.org/peace-for-children/">http://www.iwav.org/peace-for-children/</a></p>
<p><b>Family Services</b></p>			
<p>Family Place - Services for periNatal, Infants and Toddlers</p>	<p>Family Place is a resource and drop-in program centrally located in Ganges Salt Spring Island, offering a safe and well equipped indoor and outdoor play area, a variety of drop-in and scheduled programs and courses and a range of resources for parents and caregivers of children under six.</p> <p>The center provides resources, information and parent education opportunities to support healthy and happy families. The facility offers a comfortable playroom, library, sitting area, kitchen, counselling offices, toy library and clothing exchange. Our programs welcome all parents and</p>	<p>Family Place Services are available by self-referral for families requiring assistance with parenting and family challenges.</p>	<p>Family Place 120 Park Drive Salt Spring Island</p> <p>Phone: 250- 537-9176 or 250-537-9971</p> <p>Website: <a href="http://saltspringcommunityservices.ca/familyplace">http://saltspringcommunityservices.ca/familyplace</a></p> <p>Monday to -Friday, hours vary</p>

	caregivers of children aged 0 – 6 to enjoy the warm space and community resources at Family Place.		
Family Support/Development	Family Support Services are provided on an outreach basis to families where children are determined to be in an unhealthy or risky home environment. These children may be in need of protective services or be at risk of removal from the home unless significant intervention and change occurs. The intent of the program is to reduce risk to the children and develop or restore a safe and healthy home.	Referrals to this program are through the Ministry of Children and Family Development.  Family Support Services are available by self-referral for families requiring assistance with parenting and family challenges.	Salt Spring Island Community Services 268 Fulford-Ganges Road  Phone: 250-537-9971  Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a>

Service	Description	Referral Process	Contact Information
<b>Housing Services</b>			
Housing First	Provides a liaison mental health practitioner to assist adult individuals with a serious mental illness to locate and maintain housing appropriate to their needs. The development of diversified appropriate housing for individuals with serious mental illness is an important aspect of the program.  Funded by the federal government through the Rural and Remote section of the 'Homeless Partnering Strategy (HPS), BC Housing, and Island Health.		Office of the Mental Health Practitioner  Salt Spring Island Community Services Building plus <i>Outreach</i>  268 Fulford-Ganges Road  Tuesday to Friday 9:00am to 4:00pm  Website: <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a>
Emergency Housing "In From The Cold" Service	Provides year-round overnight shelter and a hot meal for people who are experiencing homelessness  Low barrier, have access to harm reduction supplies, and accept pets.		Salt Spring Island Community Services  268 Fulford-Ganges Road  Phone: 250-537-9971  Seasonal Shelter

	<p>Shelter staff also helps people identify other housing options and connect them with support services.</p> <p>Can hold approximately 25 people per night.</p> <p>Funded by BC Housing</p>		<p>This service may not be able to shelter children and youth</p> <p>Website:  <a href="http://saltspringcommunityservices.ca/">http://saltspringcommunityservices.ca/</a></p>
<p>Salt Spring Island Transition House                  (Housing for women)</p>	<p>Provides safe, free, and confidential first-stage transitional housing for single self-identified women with or without children seeking safety from violence and abuse, including victims of sexual assault and stalking.</p> <p>Support services include practical and emotional support; information on other resources; and necessities like food, personal care items, and emergency clothing. Additional supports are available to women leaving the transition house, including solution-focused counselling, support groups, and advocacy. Funded by BC Housing.</p>	<p>Women must call the 24-hour Violence and Abuse Help Line to refer themselves.                  ID is not required.</p> <p>Maximum stay is 30 days.</p>	<p>Island Women Against Violence (IWAV)</p> <p>Phone: 250-537-0735 or                  Toll-free: 1-877-435-7544</p> <p>Website:  <a href="http://www.iwav.org/transition-house/">http://www.iwav.org/transition-house/</a></p>
<p>Community Housing</p>	<p>Affordable, Healthy, Safe, and Permanent Housing.</p> <ul style="list-style-type: none"> <li>● <b>Murakami Gardens Apartment:</b> 27 unit apartment building. An application form must be completed to be considered.</li> <li>● <b>Hereford Apartment:</b> 3 bedroom family apartment. An assessment must be completed to confirm eligibility.</li> <li>● <b>Lautman House:</b> 7 bedroom rooming house residence for low income individuals. Access to the Lautman Housing is through the SSI Community Services Outreach Services or by inquiring with the SSI Community Services Housing Director.</li> </ul>	<p>Applications through Salt Spring Island Community Services Housing Manager</p>	<p>Salt Spring Island Community Services</p> <p>Phone: 250-537-9971                  (Community Housing Manager                  250-537-4612)</p> <p>268 Fulford-Ganges Road</p>

<p>Greenwoods Complex Care Facility</p>	<p>The Society operates a 51 bed residential Complex Care facility that provides 24-hour nursing care to elders living with a complex range of cognitive and physical challenges.</p> <p>Residents live at the facility on a permanent basis and receive care from Registered Nurses and Registered Care Aides. Residents have a range of recreation and social programs to participate in daily.</p> <p>Access to the Complex Care facility is achieved through assessment and referral by Island Health. Residents pay a monthly fee determined by Island Health.</p>		<p>133 Blain Road Ganges, Salt Spring Island BC V8K 1Z9</p> <p>Phone: 250-537-5561</p>
<p>Gulf Islands Seniors Residence Association (GISRA)</p>	<p>Supported living for seniors.</p> <ul style="list-style-type: none"> <li>● <b>Meadowbrook Seniors Residence:</b> 37 (with plans for expansion - 2020) affordable supported living and assisted living rental facility.</li> <li>● <b>Braehaven Assisted Living:</b> 30 1-bedroom suites subsidized by IHA</li> </ul>	<p><b>Braehaven Assisted Living:</b> apply through Central Intake (IHA)</p>	<p><b>Meadowbrook Seniors Residence:</b> Monday to Friday Phone: 250-538-1995</p> <p><b>Braehaven Assisted Living:</b> Application Number: 1-888-533-2273</p>
<p>Croftonbrook</p>	<p>Affordable housing for seniors and people with disabilities. Croftonbrook is owned and operated by Island Women Against Violence. Plans for expansion underway in 2019. With expansion will also house low-income folk.</p>	<p>Apply to Croftonbrook through the BC Housing Registry:</p> <p><a href="http://www.bchousing.org/Options/Subsidized_Housing/Apply">http://www.bchousing.org/Options/Subsidized_Housing/Apply</a></p>	<p>Island Women Against Violence (IWAV)</p> <p>Phone: 250-537-2441</p> <p>Website: <a href="http://www.iwav.org/croftonbrook/">http://www.iwav.org/croftonbrook/</a></p>
<p>The Cedars</p>	<p>The Cedars is second stage housing for women and children under Island Women Against Violence housing services</p>		<p>Island Women Against Violence (IWAV)</p> <p>Phone: 250-931-2032</p>

**Services off of Salt Spring Island**

<p>1Up Victoria Single Parent Resource Centre</p>	<p>Provides free individual counselling to single parents as well as other services including mentoring and Child Care Resource and Referral Program (CCRR). The CCRR includes child care resources and referrals on Salt Spring Island.</p>		<p>604 Gorge Road East Victoria, BC</p> <p>Monday, Tuesday, Thursday, &amp; Friday from 9:00am- 4:00pm and Wednesdays from 12:00pm -7:00pm Phone: 250-385-1114</p>
<p>CLABC: Crisis Line Association of BC:  <i>310 Mental Health Support</i></p>	<p>Provides a toll-free provincial access to emotional support, information and resources that are specific to mental health.</p>		<p>Phone: 310-6789 <i>(do not need to dial area code)</i></p> <p>Website: <a href="http://www.crisislines.bc.ca/">http://www.crisislines.bc.ca/</a></p>
<p>Community Medical Detox (Island Health Mental Health and Substance Use Services and Withdrawal Management Services)</p>	<p>Provides support for persons in the early phase of recovery to address the medical, psychological, social and spiritual needs through accessing community resources. Community Medical Detox provides a 24 -hour medically supervised withdrawal management for people in acute withdrawal in an inpatient setting.</p> <p>People who come to Community Medical Detox do so voluntarily. For the safety of the client, they are expected to stay in the detox unit for the duration of their stay; however, they are free to discharge at any time.</p>	<p>Referrals are accepted from MHSU clinicians (ACT, AOT, SAMI, 713) or physicians and community outreach workers can refer through MHSU Substance Use Intake. Individuals can schedule an intake assessment.</p> <p>New referrals are reviewed by the Detox team 7 days/week and triaged according to client needs.</p>	<p>Location: 5A – 2334 Trent Street, Victoria BC</p> <p><i>Self-referral intake process information:</i> Phone: 250-519-3485 Address: 1119 or 1125 Pembroke</p> <p>Website: <a href="https://www.islandhealth.ca/our-services/mental-health-substance-use-services/withdrawal-detox-services">https://www.islandhealth.ca/our-services/mental-health-substance-use-services/withdrawal-detox-services</a></p>
<p>Phoenix Society (at Surrey Memorial Hospital) for Detox</p>	<p>Integrated residential treatments</p> <ul style="list-style-type: none"> <li>● Early-recovery residential addiction services</li> <li>● Men’s &amp; Women’s programs</li> <li>● Provincially funded treatment</li> </ul>	<p>Referral from Island Health enables Income Assistance to pay for it (if applicable)</p>	<p>Address: 13686 94A Avenue, Surrey, B.C. V3V 1N1 Phoenix Society Administration Phone: 604-583-7166 Email: <a href="mailto:admin@phoenixsociety.com">admin@phoenixsociety.com</a></p>
<p>Cool Aid Society (Victoria)</p>	<p>The Victoria Cool Aid Society acts to end homelessness and improve our quality of life by working with others to build a community where:</p>		<p>Phone: 250-383-1977</p> <p>Email: <a href="mailto:Society@CoolAid.org">Society@CoolAid.org</a></p>

	<ul style="list-style-type: none"> <li>• No one is forced to sleep on the street or go hungry.</li> <li>• Everyone who needs supportive housing is getting it.</li> <li>• Integrated health care services to treat illness and promote wellness is provided.</li> <li>• Integrated services are provided to those with mental health and addiction issues.</li> </ul>		
Cowichan Mental Health and Substance Use Services - Duncan (Gibbins Road) (aka Cowichan Valley Mental Health and Substance Use Services Intake)	Provides central intake services for mental health and substance use services, which provides a range of health care and support services for adults ages 19 and up with mental health and/or substance use issues. Services include assessment, treatment, counselling, education, and referral to community resources. Also provides counselling to individuals who are concerned about someone else's substance use. In addition, provides access to other specialty substance use and mental health services.	Open referral (For Cowichan Residents)	Address: 3088 Gibbins Road Duncan, BC V9L 1E8  Phone: 250-709-3040
Cowichan Valley - Canadian Mental Health Association	<p>The Cowichan Valley Branch strives to promote mentally healthy people in a healthy society.</p> <p>The primary focus of this organization, are the rights and needs of persons involved in the mental health system.</p>		<p>Main Office - 201-5878 York Road Duncan, BC, V9L 3S4 Phone: 250-597-1372</p> <p>Email us at: <a href="mailto:cmhacvb@cmha.bc.ca">cmhacvb@cmha.bc.ca</a></p> <p>Child and Youth Outreach Phone: 250-732-2395</p>
Crisis Line Association of BC:  <i>1-800-SUICIDE</i>	<p>The focus for the Crisis Line Association of BC is answering and supporting suicide-related calls. Crisis line workers use evidence-based techniques and a province-wide Emergency Resource Database to support callers.</p> <p>When needed, crisis line workers are able to provide intervention through emergency mental health teams and other emergency services.</p>		<p>Phone: 1-800-784-2433</p> <p>Website: <a href="http://www.crisislines.bc.ca/">http://www.crisislines.bc.ca/</a></p>



<p>Eating Disorders Clinic</p>	<p>Multidisciplinary community mental health team committed to collaboration with youth, adults and families, focusing on resilience and strength. Program serves children, youth and adults struggling with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and other non-specified Eating Disorders.</p> <p>Provides consultation, intake, assessment, and treatment. Individual, family therapy, family based treatment (modified Maudsley), nutritional counselling and psychiatric consultation. Variety of group therapies including DBT for bulimia and binge eating and RO-DBT skills class for over-controlled Eating Disorders, nutrition, body image and other mental health groups shared with other CYMH teams.</p> <p>Liaison with family physicians and professionals. Service and collaboration across the care continuum when client requires hospital admission.</p>	<p>Self-referral. GP involvement is required.</p>	<p>Eating Disorders Program, South Vancouver Island</p> <p>#302 – 2955 Jutland Road Victoria, BC</p> <p>Phone: 250-387-0000 Fax: 250-387-0002</p>
<p>Kelty Mental Health</p>	<p>Services include:</p> <ul style="list-style-type: none"> <li>● Anxiety</li> <li>● ADHD</li> <li>● Autism Spectrum</li> <li>● Behavioural Disorders, Bipolar, Borderline Personality Disorder</li> <li>● Depression &amp; Depressive Disorders</li> <li>● Eating Disorders</li> <li>● Emotional Regulation</li> <li>● Grief &amp; Loss</li> <li>● Infant Mental Health</li> <li>● OCD and related Disorders</li> <li>● PTSD</li> <li>● Psychosis</li> <li>● Schizophrenia</li> <li>● Self-Injury</li> <li>● Substance Use Challenges</li> </ul>		<p>Address: BC Children's Hospital Healthy Minds Centre, Entrance #85 Room P3-302, 3rd floor, 4500 Oak Street Vancouver, BC V6H 3N1</p> <p>Toll-Free: 1 800 665 1822</p> <p>Email: keltycentre@cw.bc.ca</p>

	<ul style="list-style-type: none"> <li>● Suicide</li> <li>● Tics &amp; Tourettes</li> </ul>		
<p>Mary Manning Centre</p> <p>(Victoria Child Abuse Prevention and Counselling)</p>	<p>Services Include:</p> <ul style="list-style-type: none"> <li>● Individual, Group, and Family Counselling</li> <li>● Sexual Abuse Intervention Program (SAIP)</li> <li>● Youth with Sexual Behaviour Problems Program (YwSBP's)</li> <li>● Other Forms of Trauma (OFT)</li> <li>● Victim Services</li> <li>● Victoria Child and Youth Advocacy Centre</li> </ul>		<p>210 – 1175 Cook Street Victoria, BC</p> <p>Monday to Friday 9:00am to 5:00pm</p> <p>Phone: 250-385-6111</p>
Mens' Trauma Centre	The Men's Trauma Centre supports anyone who identifies as a man and has experienced emotional, sexual, or physical trauma as a child or an adult.	The Men's Trauma Centre will book you for an 'intake session' to speak to you in confidence with someone who can support you and help you decide what you want to do next.	<p>102 – 1022 Pandora Avenue Victoria, BC</p> <p>Phone: 250-381-6367</p> <p>Email: info@menstrauma.com</p>
Mental Health Support & Resources - online	Wide variety of online resources.		<p><a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a></p> <p><a href="http://www.heretohelp.bc.ca/self-help-resources">http://www.heretohelp.bc.ca/self-help-resources</a> ('Here to Help' - Mental Health Resources)</p> <p><a href="https://www.bcscs.org/">https://www.bcscs.org/</a> (BC Schizophrenia Society)</p> <p><a href="http://www.mdabc.net/">http://www.mdabc.net/</a> (Mood Disorders Association of BC)</p> <p><a href="https://intranet.viha.ca/departments/mhas/programs/Pages/intake.aspx">https://intranet.viha.ca/departments/mhas/programs/Pages/intake.aspx</a> - - For people able to travel or moving, local MHSU services in Victoria, Duncan, Nanaimo etc – when you click on a location in the link it will take you to a page that lists resources.</p>

			<p><a href="http://www.bcmhsus.ca/">http://www.bcmhsus.ca/</a> (BC Mental Health &amp; Substance Use Services) - For folks who are not on social assistance/ disability and are not wealthy, wanting/needing to access substance use treatment: (otherwise for folks who can afford it or are on assistance, there are many treatment options, and I tend to use Heartwood Tx centre, Pacifica Tx, Round Lake, Burnaby, to name a few, depending on their needs)</p> <p><a href="http://www.bc211.ca/">http://www.bc211.ca/</a> - bc211 is a nonprofit organization that specializes in providing free information and referral regarding community, government and social services in BC.</p> <p><a href="https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc">https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc</a> (BC Gov't portal)</p>
Saanich Child & Youth Mental Health	Families and their children: Individual and family therapy, individual verbal and expressive techniques, play assessment, consultation with caregivers, sometimes group therapy		<p>201 – 4478 West Saanich Road Victoria, BC</p> <p>Phone: 1-250-952-5073</p>
Sexual Orientation & Gender Identity (SOGI) Community Resources	These websites are resources for the LGBTQ community that provide services through peer chat room support and other resources within the community.		<p>Geoff Plint (Counsellor) <a href="http://geoffplint.com">geoffplint.com</a> Dr. Liam Snowdon <a href="http://captainsnowdon.ca">captainsnowdon.ca</a> Metta Vandervliet (Counsellor) <a href="http://bccounsellors.org">bccounsellors.org</a> Website: <a href="http://www.heretohelp.bc.ca/self-help-resources">www.heretohelp.bc.ca/self-help-resources</a> Website: <a href="http://Onmyplanet.ca">Onmyplanet.ca</a> (queer) Website: <a href="http://Emptyclosets.com">Emptyclosets.com</a> (LBGTQ) Website: <a href="http://www.phsa.ca/transcarebc">http://www.phsa.ca/transcarebc</a></p>
Stabilization Unit (Island Health Mental Health and Substance Use	Stabilization is a community-based program, which helps clients build an individualized recovery plan and connect with community supports. Stabilization provides a supportive and	Referrals are accepted from MHSU clinicians (ACT, AOT, SAMI, 713) or MHSU Substance Use Intake	Location: 5B – 2334 Trent Street, Victoria BC

<p>Services and Withdrawal Management Services)</p>	<p>collaborative atmosphere to help clients reach their recovery goals and build healthy lifestyles that clients can take with them once they have completed the program.</p>	<p>New referrals are reviewed by the Stabilization team Monday to Friday, and triaged according to client needs.</p>	<p>Phone for a MHSU process intake assessment: 250-519-3485</p> <p>Website:  <a href="https://www.islandhealth.ca/our-services/mental-health-substance-use-services/withdrawal-detox-services">https://www.islandhealth.ca/our-services/mental-health-substance-use-services/withdrawal-detox-services</a></p>
<p>Together Against Poverty Society (TAPS)</p>	<p>TAPS is the only organization in Victoria providing <b>free, face-to-face legal advocacy</b> for people with income assistance, disability benefits, employment standards, and tenancy issues. We help over 5,000 people in Victoria each year.</p> <p>TAPS helps all types of people – from professionals who have just lost their jobs, to people who have seen their health decline from living on income assistance.</p> <p>Issues:</p> <ul style="list-style-type: none"> <li>● Disability benefits applications and appeals</li> <li>● Income assistance (welfare)</li> <li>● Employment standards disputes</li> <li>● Residential Tenancy disputes</li> <li>● <a href="#">Income tax for low-income earners</a></li> </ul>		<p>Hours: Mon &amp; Fri: 1pm - 4:30 pm;          Tuesday - Thursday: 9:30 am - 4:30 pm;          closed 12 - 1 pm</p> <p>Address: 828 View Street, Victoria, BC          V8W 1K2</p> <p>Phone: 250-361-3521</p>

Vancouver Island Crisis Line	<p>The Vancouver Island Crisis Line offers 24-hour crisis line service to Vancouver Island, the islands of the Georgia Strait, and the mainland communities between Powell River and Rivers Inlet, as defined by Island Health.</p> <p>It operates 365 days a year. Crisis workers provide short-term non-judgemental emotional, support, crisis intervention, information, and resources.</p>		<p>Toll-Free Crisis Line Services are available 24 hours per day: Phone: 1-888-494-3888</p> <p>For out-of-province callers, call the office number at 1-250-753-2495 and selection <i>option 2</i></p> <p>Crisis Text Services are available from 6pm to 10pm pacific time, seven days a week: Text: 250-800-3806</p> <p>Website: <a href="http://www.vicrisis.ca/">http://www.vicrisis.ca/</a></p>
<b>Free or low-cost Counselling Services</b>			
Citizen's Counselling of Greater Victoria	<p>The Greater Victoria Citizens' Counselling Centre offers affordable, accessible counselling to adult residents of Greater Victoria. All counselling is offered by volunteer counsellors trained and supervised by the Centre. We have a sliding fee scale based on family income.</p> <p>We offer individual counselling, couples counselling, and group counselling.</p>		<p>Phone: 250-384-9934</p> <p>Our phone lines are open from 10 AM to 2 PM, Monday - Thursday. We have voicemail after hours. (If our phone lines are busy – please leave a message and we will return your call within a day)</p> <p>Address: 941 Kings Road Victoria, BC, V8T 1W7</p> <p>Email: <a href="mailto:connect@citizenscounselling.com">connect@citizenscounselling.com</a></p> <p>Website: <a href="http://citizenscounselling.com/">citizenscounselling.com/</a></p>
Sea to Tree Counselling with Practicum Students	<p>Currently enrolled in our Practicum Program, has completed all Master's level coursework, and receives close supervision by an experienced Registered Clinical Counsellor.</p> <p>Individual 50-Minute Session: \$25 Couple/Parent/Family 50 Minute Session: \$45</p>		<p>See practicum students through <a href="http://seatotree.ca/counsellingrates/">seatotree.ca/counsellingrates/</a></p> <p>Email: <a href="mailto:info@seatotree.ca">info@seatotree.ca</a></p> <p>Phone: (778) 352-3115</p>