**qathet Region Economic Support Services**

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| **Poverty Law** 604-485-0950   * This program provides free and confidential service to individuals applying for provincial and federal benefits programs.   Hours not posted. 4801 Joyce Ave. No website | **Residential Tenancy Branch** 1-800-665-8779   * If you have questions about your tenancy or need help with dispute resolution   Mon – Fri. 9am – 4pm  <https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies/contact-the-residential-tenancy-branch> |
| **Service BC** 604-485-3622   * Income and disability assistance   Mon – Fri. 9am – 4:30pm (closed 12 – 1pm)  <https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/citizens-services/servicebc/service-bc-location-powell-river> | **Service Canada** 1-800-206-7218   * Employment insurance * CERB   Mon – Fri. 8:30am – 4:00pm (closed 12 – 1pm)  <https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html> |
| **Work BC** 604-485-7958   * Community Job Board * Career Counseling * Retraining, workshops, help with employment searches   Hours vary. 4511 Marine Ave  <http://www.careerlinkbc.com/> | **Legal Aid BC** 1-866-577-2525   * All callers receive an initial interview to determine eligibility for services   Hours vary. Mon – Fri  <https://lss.bc.ca/general/provincialCallCentre> |
| **Housing Hope** 604-414-2616   * Supports families with children who are homeless or at risk of homelessness by paying for rent and utilities   Hours not posted. 4351 Ontario Ave.  <https://www.pressbc.com/program/housing-hope/> | **Community Futures** 604-485-7901   * Support for entrepreneurs and owners of small and medium sized businesses * Workshops and training, export navigation, advisory, business loans   4717 Marine Ave  <https://prfutures.ca/> |
| **United Way** 604-485-2132   * Danielle’s Helping Hand Fund: help with emergency costs (rent, bills, vehicle repairs) * Hygiene Cupboard: access to basic personal hygiene supplies   Hours not Posted. 4750 Joyce Ave  <http://www.unitedwayofpowellriver.ca/danielles-helping-hand-fund.html>  <http://www.unitedwayofpowellriver.ca/the-hygiene-cupboard.html> | **Salvation Army** 604-485-6067   * Food bank * Community lunch * Mobile outreach   Mon – Thurs. 9am – 5pm  <https://salvationarmypr.ca/> |
| **Good Food Box** 604-485-0992   * A box of quality fresh fruit and vegetables * 1x month, $25 a box   <https://www.food.liftcommunityservices.org/shop> | **The CARE Project**   * Lift CARE project Facebook Page   <https://www.facebook.com/liftcommunitysupportnetwork/> |

**qathet Region Social Support Services**

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| **Here to Help BC**   * Mental health and substance use information and resources   Online resource. <https://www.heretohelp.bc.ca/> | **Mind Map BC**   * Find mental health and substance use help   Online resource. <https://www.mindmapbc.ca/> |
| **Community Resource Centre** 604-485-0992   * Lunch and Coffee * Overdose Prevention Site   Mon – Thurs. 12pm – 4pm. 4752 Joyce Ave  No website. | **Overdose Prevention Site** (OPS)   * iOAT clinic 8am – 4pm * OPS 4pm – 8pm   Community Resource Centre (side entrance)  <https://prcat.ca/overdose-prevention-site/> |
| **BC211** 211   * Basic needs like food and shelter * Mental health and substance use support * Legal and financial assistance   Open 24/7  <https://bc.211.ca/> | **Health Link BC** 811   * Provincial health information line * Nurses, navigators, pharmacists, nutritionists, exercise professionals   <https://www.healthlinkbc.ca/more/contact-us/8-1-1> |
| **Mental Health Support Line** 310-6789   * Over the phone mental health support * Trained volunteers, referrals to services   Open 24/7 | **1-800 SUICIDE** 1-800-784-2433   * Non-judgmental, over the phone support * Suicidal thoughts and crisis situations   Open 24/7 |
| **The Alcohol and Drug Information and Referral Service** 1-800-663-1441   * Connects you to information, options and support * Referrals to counselling and treatment services across BC | **Better Help**   * Affordable private therapy   Online resource  <https://www.betterhelp.com/> |
| **Mental Health and Substance Use Services, VCH**  604-485-3300   * Provides a single point of entry for mental health and substance use support through the health authority   Mon – Fri 8:30am – 4:00pm  <https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17676757> | **Harm Reduction Services, VCH** 604-4853-3310   * Harm reduction supplies, naloxone kits and training   Mon – Thurs. 1pm – 4pm. 5000 Joyce Ave (3rd floor entrance, public health)  <https://www.facebook.com/PowellRiverHarmReductionNeedleExchange/> |
| **Tla’amin Health** 604-483-3009   * For members of Tla’amin Nation   Mon – Fri. 8:30am – 4:30pm  <http://www.tlaaminhealth.com/> | **KUU-US Crisis Line** 1-800-588-8717   * Culturally safe, over the phone support * Crisis, mental health, substance use, suicide   Open 24/7  <https://www.kuu-uscrisisline.com/> |
| **Helpline for Children** 604-310-1234   * 24/7 *helpline for children or youth.* Free and confidential   https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/keeping-kids-safe | **Here2Talk** 1-877-857-3397   * 24/7 Here2Talk connects *any student registered in a BC post-secondary program* to counselling and community referral services. Free and confidential.   <https://here2talk.ca/getStarted> |
| **Kids Help Phone** 1-800-668-6868   * 24/7 national support service. Counselling, programs, and resources *for children and youth*. Available in French and English.   <https://kidshelpphone.ca/> | **Confident Parents Program**   * This program has two program streams to help parents support their children aged 3-12 to manage either anxiety or behavior challenges.   [https://welcome.cmhacptk.ca/#](https://welcome.cmhacptk.ca/) |