



⚠️ SUICIDAL IDEALOGY

📖 EDUCATION

First talk to child/youth's teacher
For general inquiries about Nanaimo Ladysmith Public Schools please contact:
 250-754-5521
 communications@sd68.bc.ca
 Mailing address:
 Nanaimo Ladysmith Public Schools
 395 Wakesiah Avenue
 Nanaimo, BC V9R 3K6

🏥 HEALTH

Walk in clinics:
[Caledonian Clinic](#) on Campbell St. 250-753-3202
[Caledonian Clinic](#) on Brickyard Rd. 250-390-5200
[Medical Arts Centre](#) 250-753-3431
[Island Emerald Clinic](#) 250-754-3218
[Walk-in clinic at Walmart](#) 250-244-4740
[North Nanaimo Town Centre](#) 250-585-7100
[John Barsby Wellness Centre](#) 250-753-8211
[Snuneymuxw Health Centre](#) 250-740-2337

Health Nurses:
[Public Health](#) 250-755-3388
[Tillicum Lelum Health Centre](#) 250-753-6578

Nanaimo Public Health 250-755-3342

** Did you know: If you don't have a GP you can go to the same walk-in clinic in order to maintain a file.*

🏠 COMMUNITY

Housing:
[BC Housing](#) 250-475-7550
[Tenants Info hotline](#) 1-800-665-1185
[Nanaimo Women's Centre](#) 250-753-0633
[Aboriginal Young Mom's Supportive Housing](#) 250-755-9593

Recreation:
[City of Nanaimo Parks and Recreation](#) 250-756-5200
[Tillicum Lelum Neutral Zone](#) 250-753-8291
[Strong Start](#) (ages 3 or under) 250-741-5237
[Vancouver Island Regional Library](#)
 Downtown 250-753 1154
 North Nanaimo 250-933-2665
 Central Nanaimo 250-758-5544

Principal — School Based Team

Aboriginal Education Assistant
 Education Assistant

MENTAL HEALTH

[Nanaimo Brain Injury Society](#) 250-753-5600
[Rainbows Grief and Loss Program](#) 250-751-7888
[Nanaimo Community Hospice](#) 250-591-8811
[Nanaimo Family Life Association](#) 250-754-3331
 Child Development Centre Navigator
 250 753 0251 Ext. 259
**See online resources*

SUBSTANCE USE

[Discovery Youth and Family Services](#)
 250-739-5790

[Al-Anon](#) www.al-anon.org

DEVELOPMENT

[Child Development Centre \(CDC\)](#) parent/family support and education 250-753-0251
[Snuneymuxw Health Centre](#) 250-740-2337
[Tillicum Lelum Health Centre](#) 250-753-6578

Success by 6 (ages 6 or under)
www.successby6bc.ca

PARENTING

[NARSE LIFT Program](#) 250-754-9285 Ext. 101
[Boys and Girls Club Parenting Program](#) 250-754-9661
[Snuneymuxw Health Centre](#) 250-740-2337
[Tillicum Lelum Health Centre](#) 250-753-6578
[Triple P Parenting](#) 250-755-3342
[Partners in Parenting](#) 250-739-5845

🚨 SAFETY

Connect child and/or family to GP or

MENTAL HEALTH

[Child + Youth Mental Health Intake](#)
 Aboriginal Child + Youth Mental Health Intake Walk-In Wed/Thurs: 9am-12 and 1-3pm
 190 Wallace St. Nanaimo, BC 250-741-5701

SUBSTANCE USE

[Discovery Youth and Family Services](#)
 250-739-5790

DEVELOPMENT

Pediatrician
Physician referral required
 Child/Youth with special needs 250-741-5734
Diagnosis required

MCFD

[Kwumut Lelum Child and Family Services](#)
 250-591-0933

SAFETY

[NARSE Sexual Abuse Intervention \(SAIP\)](#)
 250-754-2773 Ext. 216
[Tillicum Lelum SAIP](#) 250-753-6578
[Haven Society](#) 250-756-2452

Crisis Outreach Response (COR)

Access to Crisis Line
 1-888-494-3888 or text 250-800-3806
[Kuu Us Crisis line](#) 1-800-588-8717

Child and Youth Mental Health Clinician

Aboriginal Child and Youth Mental Health Clinician

FASD Key Worker 250-741-5734

[Developmental Disability Mental Health Team \(DDMHT\)](#)

SAFETY

[Victim Link](#) 1-800-563-0808
[Victims of Violence](#) 1-888-606-0000
[Haven Society](#) 250-756-2452

Nanaimo Regional General Hospital (NRGH)

Hospital Social Worker
[Nurse Navigator](#) 778-678-9067
[Hospital Liaison](#) 250-755-7691 Ext. 52095

BC Children's Hospital mental health programs
www.bcchildrens.ca/our-services/mental-health-services

Consulting Psychiatrist
 Mental Health Outreach

Central Island Child and Adolescent Psychiatry Program (CICAPP)
Physician referral req'd

Nanaimo Ambulatory Eating Disorders Team
Under 17 yrs old. Physician referral req'd

SAFETY

If you know about any abuse happening to children or youth you have a duty to report it.

RCMP 911 / 250-754-2345
 Ministry of Children and Family Development (MCFD) 1-800-663 9122
 Child Help Line 310-1234

📖 Additional Resources

At any point of the continuum if safety is a concern call the RCMP at **911**
 If abuse or neglect is suspected call the MCFD (Ministry Of Children & Family Development) at **1-800-663-9122**
 Community Outreach Response (8am to 9:30pm) at **1-888-494-3888**

📞 CRISIS/HELP PHONE LINES

Haven Crisis Line - 24 hr	1-888-756-0616
Vancouver Island Crisis Line - 24 hr	1-888-494-3888
V.I. Crisis Text - 6pm-10pm	250-800-3806
Kids/Youth Help Line - 24 hr	1-800-668-6868
Helpline For Children - 24 hr	1-800-663-9122
Trans Lifeline	1-877-330-6366
Family Smart Parent Peer Support	1-855-887-8004
Kelty Mental Health Resource Centre	1-800-665-1822

🌐 ONLINE RESOURCES

Anxiety BC	anxietybc.com
Mindcheck	mindcheck.ca
Kelty Mental Health	keltymentalhealth.ca
Here To Help	heretohelp.bc.ca
Family Smart	familysmart.ca
Canadian Mental Health Association	cmha.bc.ca

🍏 FOOD/NUTRITION

7-10 Club, 285 Prideaux St.	250-714-0917
Monday - Saturday 7am-10am	
Community Gardens	250-754-8347
Community Kitchens	250-753-7470
Loaves and Fishes	250-816-4769
Nanaimo Foodshare Society	250-753-9393
Salvation Army	250-754-2621

🏠 FINANCIAL/LEGAL

Income Assistance
www.iaseffserve.gov.bc.ca

Justice Access Center
 Monday to Friday 8am-5pm
 65 Front Street, Nanaimo
 250-741-5447

Most agencies do not share information by default. You can give permission for agencies to communicate with each other.

