

If you are in an emergency or crisis

Call 911, go to the nearest emergency room or follow the emergency instructions provided by your doctor, mental health professional or care team. If your community has a mental health car, you can call 911 to request it.

Call 1-800-SUICIDE (1-800-784-2433) to get help right away, any time of day or night. It's a free call.

Your Local Crisis Line: call 1-888-353-2273 24 hours a day to connect to a BC crisis line, without a wait or busy signal. The crisis line operators have received advanced training in mental health issues and services by members of the BC Partners for Mental Health and Addictions Information.

COVID19

Federal and Provincial Information and Support Links

www.canada.ca/en/department-finance/economicresponse-plan.html

www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html

www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support

SPIRITUAL ASSISTANCE

- 100 Mile House Adventist Church 778-482-5334
- 100 Mile House Baptist Church 250-791-9253
- Cariboo Community Church, 70 Mile House 250-305-2785
- Cariboo Christian Life Fellowship, 108 Mile Ranch 250-791-5532
- Cariboo Presbyterian Church, Lac La Hache 250-396-4251
- Evangelical Free Church 250-395-2337
- Hillside Community Church 250-395-4637
- Horse Lake Christian Fellowship 250-395-1070
- John and Cynthia Noble—Outreach Missionaries 250-297-6569
- New Wine Deliverance and Healing Fellowship 250-609-1028
- St. Jude's Catholic Church 250-395-4428
- St. Timothy's Anglican Church 250-395-4241

WILDFIRE COUNSELLING PROGRAM

*If you or someone you know
is struggling and would like
sponsored counselling
we're here to help!*

WE HAVE FREE COUNSELLING AVAILABLE
WITH EXPERIENCED PROFESSIONALS

FOR MORE INFO: CCLF.CA/WILDFIREPROGRAM



SPONSORED/IN PARTNERSHIP WITH
THE CANADIAN RED CROSS



Available to all South Cariboo Region citizens directly impacted by the fires of 2017

We are pleased to announce that Cariboo Christian Life Fellowship, in partnership with the Canadian Red Cross, has received an extension of funding for counselling services.

This program is available to ALL citizens in the South Cariboo Region who have been directly impacted by the 2017 Wildfires.

After disasters like the Wildfires in 2017, some people may continue to feel overwhelmed or be unable to shake feelings of despair long after the events.

These emergencies can continue to impact an individual's or a family's wellbeing in many different ways, worsening or leading to stress, trauma, substance abuse, conflict or violence.

If you or your family were impacted and would like to talk confidentially to a certified counsellor, please get in touch.

Due to COVID19 we are not able to provide in-person services but will be able to connect you with a counselor via phone or online platforms during this time

Please call Kim at 250-706-2185, email cclfwildfires@gmail.com or CCLF at 250-791-5532.

Kim



Sharon



HEALTH AND WELLNESS

- 100 Mile Victim Services 250-395-2456
- R.C.M.P 100 Mile House 250-395-2456
- Community Mental Health and Substance Abuse Services 250-395-7676
- 100 Mile & District General Hospital 250-395-7600
- Axis Family Resources 100 Mile House 250-395-3145
Williams Lake 1-877-392-1003
- 100 Mile District Hospice & Palliative Care Society
- 250-395-7680
- Canim Lake Wellness Centre 250-397-2502
- Canadian Mental Health Association South Cariboo 250-395-4883
- Cariboo Family Enrichment Centre 250-395-5155
www.cariboofamily.org, www.cfec@cariboofamily.org
- Cedar Crest Thrift Store 250-395-4222
- Interior Health - Social Work Services, South Cariboo Health Centre 250-395-7676
- Ministry of Child & Family Development 250-395-5633
- Psalm 23 Transition Society 250-459-2220 or 604-870-5617
- Stemetewuwi Friendship Centre 250-945-5259

FOOD & GROCERIES

- 100 Mile Food Bank 250-395-4661
- Loaves & Fishes Christian Outreach 250-395-2708
- South Cariboo Sustainability Centre 250-791-7284

PUBLIC TRANSPORTATION

- 100 Mile House Regional Transport Services 250-395-2824