

Williams Lake COVID-19 Resources

Medical:

If you are a registered patient with one of the following clinics please call them to book a telephone appointment with your doctor.

Yorston Clinic	250-398-8102
Atwood Clinic	250-398-5162
Cameron Clinic	250-305-1102
Comer Clinic	250-398-8499
Cariboo Chiropractic & Medical Clinic	250-392-7717
Cariboo Medical Clinic	250-392-7221
Dr. Steyl	778-799-2141

Walk in Clinic at Borland Medical Clinic:

All patients must register online to at www.borlandmedicalclinic.ca to book a telephone appointment with the doctor.

Cariboo Memorial Lab Hours 250-392-4411

COVID-19 Medical Information

Nurses Hotline	811
COVID-19 Self Assessment	https://bc.thrive.health/

Financial Support during COVID-19

<https://www.canada.ca/en/department-finance/economic-response-plan.html>

Online support chat available

Food Support

Food Bank at Salvation Army 250-392-2423 ext 214 Now Organizing Food Hampers

Boys and Girls Club
Executive Director 250-305-4232

Shelter

Tenant/Landlord Issues

<https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies/covid-19>

Local Legal Advocate - Matt 250-392-4118 (Women's Contact Society)

Housing First – Leah Martin 250-392-0832

Homeless Advocate - Wayne Lucier 250-305-4652

CHIWD Transition 250-398-6831

(Women and children only)

Cariboo Friendship Shelter 250-398-6831

(Everyone)

Mental Health Support

Child/Youth:

Local: Physical locations closed. Please call to make appointment.

Boys and Girls Club

Executive Director 250-305-4232

Program Leader 250-305-4254

Outreach 250-305-4687

Denisiqi Services Society 250-392-6500

SD27 School Counsellors 250-398-3855

Child and Youth Mental Health 250-398-4220

BC COVID-19 Counselling

bccovidtherapists@gmail.com

Mental Health Support

Child/Youth con't:

National Supports

Kelty Mental Health	1-800-665-1822	https://keltymentalhealth.ca	
Kids Help Phone 24hr	1-800-668-6868	https://kidshelpphone.ca/	Text number 686868
Foundry BC	https://foundrybc.ca		
Suicide Hotline	1-800-784-2433		

Adult/Family

Local: Physical locations closed. Please call to make appointment.

Delivery Assistance and Help (DASH)	250-267-4861	Providing grocery & pharmacy delivery
Cariboo Friendship	250-398-6831	http://cariboofriendshipsociety.ca/
Child Development Centre	250-392-4481	https://cccdca.org/
Family Solutions CMHA	250-305-4420	
Women's Contact Society	250-392-4118	https://www.womenscontact.org/
Office is open; services have changed please call ahead:		
Interior Health Mental Health & Substance Use	250-392-1483	https://www.interiorhealth.ca
Canadian Mental Health Association	250-398-8220	https://cariboo.cmha.bc.ca/

National Supports

BC COVID-19 Counselling		bccovidtherapists@gmail.com
Here to Help Counselling	1-800-661-2121	https://www.heretohelp.bc.ca
CAMH	1-800-463-2338	https://www.camh.ca/
Suicide Hotline	1-800-784-2433	https://crisiscentre.bc.ca/
Interior Crisis Line	1-888-353-2273	
BC Mental Health Support Line	310-6789	

Seniors

Grandparents raising Grandchildren	1-855-474-9777	www.parentsupportbc.ca
B.C. Seniors Distress Line	604-872-1234	http://seniorsfirstbc.ca
Seniors Advocates	1-877-952-3181	https://www.seniorsadvocatebc.ca/
Seniors Support	211	

Parenting Supports

Confident Parent/Thriving Kids:

<https://welcome.cmhacptk.ca/how-do-i-sign-up/>

World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

End Violence against Children

<https://www.end-violence.org/protecting-children-during-covid-19-outbreak>

LGBTQ+

Williams Lake Pride Society		https://www.facebook.com/WLPride/
Here to Help		https://www.heretohelp.bc.ca
Qmunity	604-684-5307	https://qmunity.ca/
TransCare B.C.	604-675-7400	http://www.phsa.ca/transcarebc/

Substance Use

Physical locations closed. Please call to make appointment.

Interior Health Mental Health & Substance Use	250-392-1483	https://www.interiorhealth.ca
Boys and Girls Club Harm Reduction	250-305-4235	
Cornerstone Chemical Dependency	250-398-7745	
Health/Street Outreach Nurse – Lyn	250-302-9645	

Crisis Support:

During this unknown time, please try to avoid the Emergency Room, consider calling the following phone numbers should you or someone you know be in crisis.

Kids Help Phone Line	1-800-668-6868
Suicide Hotline	1-800-784-2433
Community Crisis Response Team	250-305-8496
RCMP Non Emergency Line	250-392-6211
Victim Services	250-392-8709 or 250-392-6211
MFCD Child Protection Line	1-800-663-9122