






# DECEMBER 2017

the check mark indicates services listed in this box are available.

\*911\*  
 RCMP ✓  
 FIRE ✓  
 Ambulance  
 Hospitals  
 MCFD Child Protection  
 Extreme Weather Shelter  
 Kuu-us Crisis Services 24/7 (1-800-588-8717)  
 1-800-SUICIDE 24/7 (1-800-784-2433)  
 Vancouver Island Crisis Line 1-888-494-3888

	Mon	Tue	Wed	Thur	Fri	Sat
	18 ✓	19 ✓	20 ✓	21 ✓	22 ✓	23 ✓
	<ul style="list-style-type: none"> <li>• (DY/F) Discovery Youth &amp; Family Substance Use Services 8:30am-4:30pm (250-902-6063)</li> <li>• (EWS) Extreme Weather Shelter for adults @ the Lighthouse Resource Centre 5:30pm-7:30 am (250-949-8125)</li> <li>• Kuu-us Crisis Services 24/7 (1-800-588-8717)</li> <li>• 1-800-SUICIDE 24/7 (1-800-784-2433)</li> <li>• (LRC) Lighthouse Resource Centre - Salvation Army 9:30am-4:30pm, unless posted differently (250-949-8125)</li> <li>• MCFD (CP) Child Protection and (CYMH) Child &amp; Youth Mental Health 9am-12pm/1pm-4pm (250-949-8011)</li> <li>• (NIBB) NI Building Blocks 1pm-4:30pm, Holiday hours posted below (250-230-1132)</li> <li>• NI Community Services Society (Port McNeill) 9am-5pm, Holiday hours posted below (250-956-3134)</li> <li>• NI Crisis &amp; Counselling Centre Society 9am-5pm (250-949-8333)</li> <li>• Port Hardy Doctor's Clinic - Hours posted below (250-902-6008)</li> <li>• Vancouver Island Crisis Line 24/7 (1-888-494-3888)</li> </ul>					
24 ✓ 	25 ✓ 	26 ✓ 	27 ✓ <ul style="list-style-type: none"> <li>• EWS</li> <li>• LRC</li> <li>• MCFD CP &amp; CYMH</li> <li>• NIBB (1pm-4:30pm)</li> <li>• VIHA MH&amp;SUS</li> </ul> <p><b>CLOSED</b></p> <ul style="list-style-type: none"> <li>• Gwa'sala-'Nakwaxda'xw FN</li> <li>• Kwakiutl FN</li> <li>• 'Namgis FN</li> <li>• NICSS</li> <li>• NI Crisis Centre</li> <li>• Quatsino FN</li> </ul>	28 ✓ <ul style="list-style-type: none"> <li>• EWS</li> <li>• LRC</li> <li>• MCFD CP &amp; CYMH</li> <li>• NIBB (1pm-4:30pm)</li> <li>• VIHA MH&amp;SUS</li> </ul> <p><b>CLOSED</b></p> <ul style="list-style-type: none"> <li>• Gwa'sala-'Nakwaxda'xw FN</li> <li>• Kwakiutl FN</li> <li>• 'Namgis FN</li> <li>• NICSS</li> <li>• NI Crisis Centre</li> <li>• Quatsino FN</li> </ul>	29 ✓ <ul style="list-style-type: none"> <li>• EWS</li> <li>• LRC</li> <li>• MCFD CP &amp; CYMH</li> <li>• NIBB (1pm-4:30pm)</li> <li>• VIHA MH&amp;SUS</li> </ul> <p><b>CLOSED</b></p> <ul style="list-style-type: none"> <li>• Gwa'sala-'Nakwaxda'xw FN</li> <li>• Kwakiutl FN</li> <li>• 'Namgis FN</li> <li>• NICSS</li> <li>• NI Crisis Centre</li> <li>• Quatsino FN</li> </ul>	30 ✓
31 ✓ 	1 ✓ 	2 ✓ <ul style="list-style-type: none"> <li>• DY/F</li> <li>• EWS</li> <li>• Kwakiutl FN</li> <li>• LRC</li> <li>• MCFD CP &amp; CYMH</li> <li>• NIBB (1pm-4:30pm)</li> <li>• VIHA MH&amp;SUS</li> <li>• NI Community Services Society (Port McNeill)</li> <li>• NI Crisis Centre</li> </ul> <p><b>CLOSED</b></p> <ul style="list-style-type: none"> <li>• Gwa'sala-'Nakwaxda'xw FN</li> <li>• 'Namgis FN</li> <li>• Quatsino FN</li> </ul>	3 ✓ <ul style="list-style-type: none"> <li>• DY/F</li> <li>• EWS</li> <li>• Kwakiutl FN</li> <li>• LRC</li> <li>• MCFD CP &amp; CYMH</li> <li>• NIBB (1pm-4:30pm)</li> <li>• VIHA MH&amp;SUS</li> <li>• NI Community Services Society (Port McNeill)</li> <li>• NI Crisis Centre</li> </ul> <p><b>CLOSED</b></p> <ul style="list-style-type: none"> <li>• Gwa'sala-'Nakwaxda'xw FN</li> <li>• 'Namgis FN</li> <li>• Quatsino FN</li> </ul>	4 ✓ <ul style="list-style-type: none"> <li>• DY/F</li> <li>• EWS</li> <li>• Kwakiutl FN</li> <li>• LRC</li> <li>• MCFD CP &amp; CYMH</li> <li>• NIBB (1pm-4:30pm)</li> <li>• VIHA MH&amp;SUS</li> <li>• NI Community Services Society (Port McNeill)</li> <li>• NI Crisis Centre</li> </ul> <p><b>CLOSED</b></p> <ul style="list-style-type: none"> <li>• Gwa'sala-'Nakwaxda'xw FN</li> <li>• 'Namgis FN</li> <li>• Quatsino FN</li> </ul>	5 ✓ <ul style="list-style-type: none"> <li>• DY/F</li> <li>• EWS</li> <li>• Kwakiutl FN</li> <li>• LRC</li> <li>• MCFD CP &amp; CYMH</li> <li>• NIBB (1pm-4:30pm)</li> <li>• VIHA MH&amp;SUS</li> <li>• NI Community Services Society (Port McNeill)</li> <li>• NI Crisis Centre</li> </ul> <p><b>CLOSED</b></p> <ul style="list-style-type: none"> <li>• Gwa'sala-'Nakwaxda'xw FN</li> <li>• 'Namgis FN</li> <li>• Quatsino FN</li> </ul>	6 ✓
7 ✓	8 ✓ Regular service resumes.					

## North Island and Area Holiday Support Coverage 2017

**If there are any Suicide concerns or any Critical Incidents, please contact the Mental Health at 250-902-6051 or NI Crisis & Counselling Centre 250-949-8333 OR NICCCS Women's Shelter Services at 250-230-1647 to initiate coordination of service responders.**

### **Thurs., December 21 & Fri., December 22**

- 911 – Police, Fire, Ambulance
- **Hospitals:**      **PH 250-949-6011**                      **PM 250-956-4461**                      **AB 250-974-5585**
- (DY/F) Discovery Youth & Family Substance Use Services                      8:30am-4:30pm                      (250-902-6063)
- (EWS) Extreme Weather Shelter for adults @ the Lighthouse Resource Centre                      5:30pm-7:30 am                      (250-949-8125)
- (LRC) Lighthouse Resource Centre - Salvation Army                      9:30am-4:30pm                      (250-949-8125)
- (MCFD CP & CYMH) MCFD Child Protection and Child & Youth Mental Health                      9am-12pm/1pm-4pm                      (250-949-8011)
- (NIBB) NI Building Blocks                      1pm-4:30pm                      (250-230-1132)
- (NICSS)NI Community Services Society (Port McNeill)                      9am-5pm; 22<sup>nd</sup> Closed at noon                      (250-956-3134)
- (NICCCS) NI Crisis & Counselling Centre Society                      9am-5pm                      (250-949-8333)
- NICCCS Women's Safe Shelter                      24/7                      (250-230-1647)
- Vancouver Island Crisis Line                      24/7                      (1-888-494-3888)
- VIHA MH&SUS: VIHA Mental Health & Substance Use Services                      8:30am-4:30pm                      (250-902-6051)

### **Sat., December 23 - Tues., December 26**

- 911 – Police, Fire, Ambulance
- **Hospitals:**      **PH 250-949-6011**                      **PM 250-956-4461**                      **AB 250-974-5585**
- (EWS) Extreme Weather Shelter for adults @ the Lighthouse Resource Centre                      5:30pm-7:30 am                      (250-949-8125)
- MCFD Child Protection - child protection social worker on afterhours duty                      (310-1234)
- NICCCS Women's Shelter                      24/7                      (250-230-1647)
- Kuu-us Crisis Services                      24/7                      1-800-588-8717
- 1 -800-SUICIDE                      24/7                      (1-800-784-2433)
- Vancouver Island Crisis Line                      24/7                      (1-888-494-3888)

### **Wed., December 27 - Fri., December 29**

- 911 – Police, Fire, Ambulance
- **Hospitals:**      **PH 250-949-6011**                      **PM 250-956-4461**                      **AB 250-974-5585**
- (DY/F) Discovery Youth & Family Substance Use Services                      CLOSED
- (EWS) Extreme Weather Shelter for adults @ the Lighthouse Resource Centre                      7pm-7am                      (250-949-8125)
- (LRC) Lighthouse Resource Centre - Salvation Army                      9:30am-4:30pm                      (250-949-8125)
- MCFD Child Protection and Child & Youth Mental Health                      9am-12pm/1pm-4pm                      (250-949-8011)
- NI Building Blocks                      1pm-4:30pm                      (250-230-1132)
- NI Community Services Society (Port McNeill)                      CLOSED
- NI Crisis & Counselling Centre Society                      CLOSED
- NICCCS Women's Shelter                      24/7                      (250-230-1647)
- Vancouver Island Crisis Line                      24/7                      (1-888-494-3888)
- VIHA MH&SUS: VIHA Mental Health & Substance Use Services                      8:30am-4:30pm                      (250-902-6051)

### **Sat., December 30 - Mon., January 1, 2018**

- 911 – Police, Fire, Ambulance
- **Hospitals:**      **PH 250-949-6011**                      **PM 250-956-4461**                      **AB 250-974-5585**
- Extreme Weather Shelter @ the Lighthouse Resource Centre                      5:30pm – 7:30am                      (250-949-8125)
- Kuu-us Crisis Services                      24/7                      1-800-588-8717
- 1 -800-SUICIDE                      24/7                      (1-800-784-2433)
- MCFD Child Protection - child protection social worker on afterhours duty                      (310-1234)
- NICCCS Women's Shelter                      24/7                      (250-230-1647)
- Vancouver Island Crisis Line                      24/7                      (1-888-494-3888)

**Tues., January 2 – Fri., January 5**

- 911 – Police, Fire, Ambulance
- **Hospitals:**      **PH 250-949-6011**                      **PM 250-956-4461**                      **AB 250-974-5585**
- (DY/F) Discovery Youth & Family Substance Use Services                      8:30am-4:30pm                      (250-902-6063)
- (EWS) Extreme Weather Shelter for adults @ the Lighthouse Resource Centre                      5:30pm-7:30 am                      (250-949-8125)
- Kuu-us Crisis Services                      24/7                      1-800-588-8717
- 1 -800-SUICIDE                      24/7                      (1-800-784-2433)
- (LRC) Lighthouse Resource Centre - Salvation Army                      9:30am-4:30pm                      (250-949-8125)
- MCFD Child Protection and Child & Youth Mental Health                      9am-12pm/1pm-4pm                      (250-949-8011)
- NI Building Blocks                      1pm-4:30pm                      (250-230-1132)
- (NICSS)NI Community Services Society (Port McNeill)                      9am-5pm                      (250-956-3134)
- (NICCCS) NI Crisis & Counselling Centre Society                      9am-5pm                      (250-949-8333)
- NICCCS Women's Shelter                      24/7                      (250-230-1647)
- Vancouver Island Crisis Line                      24/7                      (1-888-494-3888)
- VIHA MH&SUS: VIHA Mental Health & Substance Use Services                      8:30am-4:30pm                      (250-902-6051)

**Sat., January 6 & Sun., January 7**

- 911 – Police, Fire, Ambulance
- **Hospitals:**      **PH 250-949-6011**                      **PM 250-956-4461**                      **AB 250-974-5585**
- Extreme Weather Shelter @ the Lighthouse Resource Centre                      5:30pm – 7:30am                      (250-949-8125)
- Kuu-us Crisis Services                      24/7                      1-800-588-8717
- 1 -800-SUICIDE                      24/7                      (1-800-784-2433)
- MCFD Child Protection - child protection social worker on afterhours duty                      (310-1234)
- NICCCS Women's Shelter                      24/7                      (250-230-1647)
- Vancouver Island Crisis Line                      24/7                      (1-888-494-3888)

**Mon., Jan 8th**

- **All agencies return to regular service.**

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**(NISCIRN) North Island Suicide & Critical Incident Response Network**

- **If there are any Suicide concerns or any Critical Incidents, please contact the Mental Health at 250-902-6051 or NI Crisis & Counselling Centre 250-949-8333 OR NICCCS Women's Shelter Services at 250-230-1647 to initiate coordination of service responders.**

**Kwakiutl First Nation**

- Closed Dec. 23rd – Jan. 1st

**NIBB) NI Building Blocks**

- Only Closed STAT Days
- Dec 27-29 & Jan 2-5: Open 1-4:30

**North Island Community Services**

- Closed Friday, Dec. 22<sup>nd</sup> @ noon – Jan 1<sup>st</sup>

**North Island Crisis & Counselling Centre**

- Closed Dec. 23rd – Jan. 1<sup>st</sup>

**Port Hardy Doctor's Clinic**

- Thurs., Dec 21 – Fri., Dec 22: 9-5
- Sat., Dec 23: 9-4:30
- Wed., Dec 27- Fri., Dec 29: 9-5
- Sat., Dec 28: 9-4:30
- Starting Tue., Jan 2: 9-5

**Sacred Wolf Friendship Centre**

- Closed Dec. 23rd – Jan. 1st

**Closed Offices** (Closed Dec. 23 – Jan. 7)

- Gwa'sala-'Nakwaxda'xw First Nations
- 'Namgis (Alert Bay)
  - Alert Bay - A&D Crisis line 250-974-8015
- All Schools

## Emergency Numbers

### **Online and phone crisis lines:**

Kuu-us Crisis Services 1-800-588-8717

1 -800-SUICIDE (1 -800-784-2433)

### **Youth specific**

Youth line (1-866-661-3311)

Online chat [www.youthinbc.com](http://www.youthinbc.com) (available from 12 PM -1 AM)

Chat online services from 6 PM to 10 PM [www.vicrisis.ca](http://www.vicrisis.ca) (click on “Chat Now”)

### **Children specific**

Kids Helpline 1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

MCFD After Hours Helpline 310-1234

### **General (Medical questions)**

811 (Health Link BC – May direct you to mental health services)

### **Victim Link BC**

(1-800-563-0808), if hearing impaired call (1-604-875-0885)

This is a general line for anyone that is a victim of crime (domestic violence, sexual assault, sexual exploitation, elder abuse or neglect, dating violence, dealing with the sudden death of a loved one and break and enter)