

Splatsin Band Emergency Contact Numbers

All Emergencies 911

Health Link BC 24-hour Nurse Line 811

24 Hour Pharmacy Line 811

24 Hour Health & Seniors Information Line 1-800-465-4911

LIFELINE Support 250-558-1334 or 1-800-387-1215

Enderby Crisis Line 250-838-0880

Hospice Society North Okanagan 250-503-1800

Shuswap Lake General Hospital 250-833-3600

Vernon Jubilee Hospital 250-545-2211



Interior Health Services:

- Enderby Public Health Center 250-838-2450
- Mental Health Center (Enderby) 250-838-2450
- Mental Health Center (Vernon) 250-549-5737
- Alcohol & Drug Services (Vernon) 250-549-5737
- Alcohol & Drug Service (Salmon Arm) 250-833-4100

Shuswap Area Family Emergency Society (Salmon Arm) 250-832-9616

Women's Shelter (Salmon Arm) 250-832-9616

Community Victim's Services (sexual assaults etc.) 250-832-0005

Alcohol & Drug Information & Referral Service 1-800-663-1441

24 Hour De-Tox (Phoenix Center in Kamloops) 1-877-318-1177

Canadian Mental Health Association

- Salmon Arm 250-833-4100
- Vernon 250-542-3114

Mental Health Information Line 1-800-661-2121

Victim Link BC 1-800-563-0808 Information and referrals for all victims of crime. Immediate crisis support to victims of family and sexual violence. Available 24/7.

1-800-SUICIDE (1-800-784-2433) If you are considering suicide or are concerned about someone who may be. The 1-800-SUICIDE line connect the caller to the first available crisis line in BC.

Kid's & Teen's Help Phone @ 1-800-668-6868/ text 686868 To speak to a professional counsellor available 24 hours a day.

310Mental Health Support @ 310-6789 (no area code) For emotional support, information, and resources specific to mental health.

KUU-US Crisis Line 1-800-588-8717 The KUU-US Crisis Line Society provides a First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, toll-free from anywhere in BC. **Adult Line 250-723-4050 Youth Line 250-723-2040**

www.youthinbc.com Youth in BC offers an online chat option for Youth.

www.crisiscenterchat.com Crisis online chat option for Adults.

National Indian Residential School Crisis Line toll free 1-866-925-4419