



DISTRICT OF LILLOOET

INFORMATION RELEASE

APRIL 28, 2020

Local mental health and wellness services available for COVID-19 issues

Dealing with the new realities of life during the time of COVID-19 is stressful for everyone, but for some those stressors can be overwhelming. If you are having difficulties coping, there are local people and resources to help you.

The Lillooet Friendship Centre Society offers a variety of important services to support wellness, including programs to support victims of domestic violence, mental health counselling support programs, supports for people struggling with addictions, programs for children and youth experiencing violence and more.

The Friendship Centre building is currently accessible by appointment only but all its services are still available. If you're struggling with COVID-19 stress, you can call them at 250-256-4146 for help.

Interior Health offers mental health and substance use services through the Lillooet Hospital and Health Site. The hospital has one mental health clinician on site and another working remotely. The mandate of the programs offered through the hospital is moderate to severe mental illnesses, including psychiatry referrals to Kamloops. New intakes to these programs are being screened via phone on a priority basis. You can call the Lillooet Hospital main phone line at 250-256-4233 for more information.

If you are in crisis, please go to the Emergency Department at the Lillooet Hospital.

St'at'imc Outreach Health Services (SOHS) is another local health agency that offers mental health and addictions services. SOHS offers cultural support, adult and youth mental health counselling as well as addictions supports. You can contact their staff through their main phone line at 250-256-7530.

In addition to these agencies, each of the St'at'imc communities have their own health and wellness staff that can provide assistance or referrals to mental health and addictions support services. You can access these services by contacting individual band offices.

A comprehensive list of local mental health and wellness resources, including contact information, is included in the following pages.

There are also myriad mental health resources available online through the BC Ministry of Health, the Canadian Mental Health Association – BC Division, the BC Psychological Association, the BC Association of Clinical Counsellors and other credible mental health organizations.

A good place to start a search for more information on these services is:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

If you have health concerns, call HealthLink BC at 8-1-1

Issued by the District of Lillooet Emergency Operations Centre
covidinfo@lillooet.ca

LILLOOET: GUARANTEED RUGGED

St'at'imc Territory: Services available through; Cell
phone/text/messages/online

Cultural Wellness/ A & D/ Mental Health Supports

Lillooet Friendship Center: Working at office & by phone, online

Victim Services –	Gloria Joseph Violet Dunn (working in office) Stop the Violence/ SAFE Home Program	250-256-4146 stv@lfcs.ca
Addictions & Mental Health - Cultural Wellness -	Carol Camille Kate Aleck Riley Aleck Counselling Support	250-256-4146 Cell 250-256-9336 250-256-3086
Shelter Support & Food Bank	Everett Tom	Cell 250-256-1574 office 250-256-4146
PEACE (CWWA)	Karen Kauffman karen@lfcs.ca Prevention, Education, Advocacy, Counseling, Empowerment for children and youth experiencing violence	250-256-4146
EYSC	Wendy Parker: Coordinator – Imagine U eysccoord@lfcs.ca Gail Kreiser-Leech: Job Coach eysccoach@lfcs.ca Engaging Youth for Stronger Communities	250-256-4146 250-256-4144 250-256-8893

Private Practitioners:	Eagle Spirit Counselling Brandi Kane MSW, RCSW brandy@eaglespiritcounselling.com	604-728-1574
	Yolanda Hall MSW, RCSW Private Clinician/ Counsellor Lillooet (Mondays and some Tuesday afternoon)	1(866) 414-2300 yjhall@telus.net

Askom Counselling
Joanne Warren SSW, BA, MLIS, MACP, RCC 250-256-4906
counsellor@askomcounselling.org 1(866) 884-5990

Interior Health, Lillooet Hospital and Health Center Main: 250-256-4233

Mental Health & Substance Use

Monday to Friday 0830h-1630h –Clinician 1 on site/1 working remotely. Both are available M-F

AJ – 250-256-1319

Allanah – 250-256-1343

OAT Clinic (Phone app'ts only) 250-256-1345

Currently offering phone and Zoom app'ts to existing clients. In-person app'ts are on case-by-case. New intakes being screened via phone on a priority basis. Crisis response to Lillooet ED in person.

Mandate: Moderate to Severe Mental Illnesses, including psychiatry referrals to Kamloops. Substance Use services, including referrals to treatment centers.

St'at'imc Outreach Health Services:

Working in Shifts & from Home, phone & online 250-256-7530

Darrell Bob (C)778-209-0497
Cultural Support darrellbob12@gmail.com

Ricardo Pickering rpickering@statimchealth.net
Adult Mental Health Clinician

Matilda Brown Ext. 209
Addictions Supports mbrown@statimchealth.net

Cole Levitt (C)778-220-1410 clevitt@statimchealth.net

[Ellie Madeley](mailto:Ellie.Madeley@statimchealth.net) 778-209-8552
[Youth Clinician](mailto:youthclinician@statimchealth.net) youthclinician@statimchealth.net

Rocker Brady Peer Supports

T'i'tq'et Health: **Working from Home, phone & online** 250-256- 4118
Juanita Jacob - Community Wellness 250-256-9410
Counselling & Addictions Supports
wellnesscoordinator@titqet.org

Sekw'el'was Health & Wellness: **Working from Home, phone & online** 250-256-4136
Andrea Lebourdais ext: 216
Mental Health & Addictions Support health@cayoosecreek.ca
Mike Levitt 250-256-4136
Counselling Supports for Community members (C) 250-267-3389
mp.levitt@outlook.com

Xaxlip Health & Wellness: **Working In Office** 250-256-4800
Frances Alec, Health Admin:
Linda McDonald mentalhealth@xaxlip.ca
Cultural Wellness, Addictions & Mental Health

Xwisten Health & Wellness: **Phasing Out of Office to Work at Home** 250-256-7423
Gary Dunn communitywellness@xwisten.ca
Mental Health & Addictions Counselling Support
Andrew Tom Cultural Wellness

Ts'kw'aylaxw Health & Wellness: **Working from Office** 250-256-4204
Shannon McDonald Health Admin.
Stella Aleck culturalwellness@ts'kw'aylaxw.ca

Shalalth Rose Casper Health: **Working from Home** **250-259-8232**
Matilda Brown – Contracted Support from SOHS Addictions counselling support

Kanukwa7staliha Family Services: **Working from Home, phone and online** 250-256-7525
Sean O'Donaghey (C) 604-722-1453
CYMH Clinician

Crisis and Health Lines:

Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7	1-800-588-8717
Native Youth Crisis Hotline, 24/7, Canada & USA	1-877-209-1266
Interior Crisis Line	1-888-353-2273
Crisis Intervention & Suicide Prevention, 24/7	1-800-784-2433
Adult & Youth Distress Line	1-866-661-3311
Alcohol & Drug options for treatment	1-800-663-1441
Kids Help Line, for children & youth, 24/7/ phone	1-800-668-6868
Or by text, CONNECT 686868	
BC Nurses Line, Health questions	811
Indian Residential School Crisis Line, 24/7	1-866-925-4419
Victim LINK, 24 Hour help & Information	1-800-563-0808
Kamloops Sexual Assault Counselling Centre	250-372-0179
Or ksacc@ksacc.ca	
Women's Emergency Shelter	250-455-2284
	Or toll free 1-800-318-4455

BC COVID 19 Mental health Network

Email bccovidtherapists@gmail.com

With name contact info and availability for free online appointment