



# Snuneymuxw

First Nation

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

## Nanaimo Mental Health Resources

- **Nanaimo Mental Health & Substance Use**
  - 203-2000 Island Highway North Nanaimo, BC
  - Self referral 250-739-5710.
  - Intake: 10 a.m. – 3 p.m.
  - Drop-in Counselling: Monday – Friday: 10AM to 5:15 PM – *no appointment necessary*. **Brooks Landing. This is where you will be connected with psychiatry.**
  
- **Car 54 for crisis – 250-616-1847**
  - Constable and nurse
  - Any time of day
  - Quick access for safe house
  
- **Nanaimo Mental Health & Substance Use Services: Ongoing Group & 1:1 Counselling**
  - 3151 Barons Road Nanaimo, B.C.
  - 250-739-5880
  - Referral Required. Intake services are available through Brooks Landing (203-2000 Island Highway North)
  
- **Nanaimo Youth Wellness Centre**
  - A nurse is available by appointment on Tuesdays through Fridays. Hours vary each day, however there are morning, afternoon and some evening appointments available.
  - A counsellor is available on Fridays from 9 a.m. to 12 p.m.
  - 1665 Grant Avenue Nanaimo, BC V9S 5K7
  - 250-619-0651
  - A counsellor is available on Fridays from 9 a.m. to 12 p.m.

- **Crisis and Emergency Services:**
  - The Community Response Team provides urgent response for adults who may be suicidal or in a psychiatric crisis through the **24-Hour Vancouver Island Crisis Line 1-888-494-3888**.
  
- **Hope for Wellness Help Line (Indigenous specific)**
  - 24/7 Call 1-855-242-3310
  
- **BC Mental Health Support Line**
  - Call 310-6789 (no area code).
  - The BC Mental Health Support Line can help when you're really upset or scared, but you can also call if you just need to talk with someone. They can also connect you to help in your community. It's free, anonymous, confidential and available 24/7.