

Whistler and Surrounding Area Resources

Crisis Contacts

Emergencies: 9-1-1

Suicide Line: 9-8-8

24/7 Crisis Distress Line: 1-866-661-3311

Crisis text line-text HOME to 686868

BC Suicide Crisis Line: 1-800-784-2433

Howe Sound Women's Centre 24-hour Crisis Line: 1-877-890-5711

KUU-US Crisis Line (Aboriginal): Adult/Elder: 250-723- 4050 Child/Youth: 250-723-2040

Key Community Resources:

Whistler Community Services Society Outreach (Monday - Friday, 9am- 6pm): 604-932-0113 or book online @ <https://mywcss.org/contact-outreach/>

Vancouver Coastal Health Mental Health and Addictions Services: located on the 2nd floor of the Whistler Health Care Centre, *Intake Line:* 604-698-6455. Monday-Friday 8:30am-4:30pm. Free counselling and various groups available. **Squamish Mental Health and Substance Use** (8:30am - 4:30pm Monday to Friday), 778-894-3200. **Pemberton Vancouver Coastal Health Office** - 1403 Portage Rd (8:30am-4:30pm) 604-894-6967

PearlSpace: 1519 Spring Creek Drive, (604) 962-8711, can provide opportunity for third party reporting of sexual assaults, free women and children's counselling and clothing when available. Currently 3 safe homes available for women and children fleeing from domestic violence.

RCMP Victim Services: 4315 Blackcomb Way, Whistler (604-905-1969)

LUNA (Late Unique Nighttime Alternatives, Alcohol Free): www.lunawhistler.com

The Kelty Patrick Dennehy Foundation - help in navigating the local Mental Health system and parenting support - <https://www.thekeltyfoundation.org/>

MCFD: Squamish: 604.892.1400, Whistler & Pemberton: 604.892.2091. Service request for families in need

Whistler Youth Centre - whistleryouthcentre.com/ - Located in the Maury Young Arts Centre – supportive space for youth ages 13-18. Open Thursday-Saturday from 3:30pm-10pm

Sea to Sky Community Services (SSCS) including **Homeless Prevention and Outreach** - (Squamish) Lisa Young lisa.young@sscs.ca, 604-848-9605/604-567-9091 (Whistler and Pemberton) Chaelyn Falconer 604-698- 9034 chaelyn.falconer@sscs.ca

Abortion Support – Elizabeth Bagshaw Women's Clinic (Vancouver), Willow Women's Clinic (Vancouver), Every Women's Health Centre (Vancouver), Dr. Thomas DeMarco (Whistler Medical Clinic, Whistler)

Deborah's Gate - national, specialized program of care serving international and domestic women age 18 and up who have been trafficked into situations of sexual and/or labour exploitation and are in need of protective and restorative housing and healing. Located in Vancouver, 24/7 Line: 604-915-5678

Zero Ceiling – Aims to eradicate youth homelessness and raise the quality of life for young people at risk of homelessness. Zeroceiling.org, 604-962-5000

Whistler Pemberton Newcomer Services – Providing immigrants and newcomers with information and skills to adapt to life in Canada and participate in Canadian society and local life.
<https://wpnewcomers.ca/> or wpnewcomers@capilanou.ca. 604-698-5960

Whistler Multicultural Society – Providing immigrants and newcomers with information and skills to adapt to life in Canada and participate in Canadian society and local life. Includes Whistler and Pemberton Multicultural Networks. <https://wms.wmsociety.ca/> 604-698-5960

Sounding Room Squamish - Drop-in held at the Squamish Public Library for LGBTQ2S individuals, family members and allies including Queer Conversations (monthly online meetings and conversation to promote support for the LGBTQ2S community.

Whistler Rainbow Connection: 4th Wednesday of every month in the Lower Level of Maury Young Arts Centre
Bi-Focus- 1st Thursday of each month WPL

Lifeguard App - <https://lifeguarddh.com/>-a life-saving app to promote harm reduction

Insight Timer and Mindshift App - Mindfulness, sleep, meditation, relaxation, anxiety

Be Safe App - Be prepared in a crisis, Have a safety plan

Sea to Sky Safety Net - <https://www.seatoskysafetynet.com/>

Sea to Sky Healing Project - Coping Tools, Podcasts, <https://www.seatoskyhealingproject.com/>

Pathways - Searching tool for all resources in the Sea to Sky <https://sea-to-sky.pathwaysbc.ca/>

Under One Roof and Overdose Prevention Site- Squamish_- 604-849-2487. 4-10pm Daily.

Substance Use / Recovery / Treatment

Access Central: 866-658-1221 Anonymous (AA, NA, CA) Meeting/Info Line: 604-815- 4089

SMART Recovery: smartrecoverybc.com group virtual meeting BC wide

Narcotics Anonymous: <https://www.vascna.ca/?current-meeting-list=1>

AA: [Alcoholics Anonymous \(aa.org\)](http://Alcoholics Anonymous (aa.org)) , **Whistler AA Chapter:** [Whistler | Sea to Sky A.A. \(district19aa.ca\)](http://Whistler | Sea to Sky A.A. (district19aa.ca))

Medical Contacts

Whistler Health Care Centre: 604-932-4911 (Mon-Fri 9-5pm), **Whistler 360 Health:** 604-932-3977 (Mon-Sun 9am-5pm)

Squamish General Hospital: 604-892-5211, **Sea to Sky Walk In Clinic:** 604-898-5555

Pemberton Medical Clinic: 604-894-6454

Whistler 360: 604-932-0660

Food Security Support

Foodbank @ WCSS: 604-932-0113, 8000 Nesters Road. Open Mon/Fridays 1:30-4:30pm and Wed 1:30-5:30pm

The Food Hub Squamish: The Market/FoodBank (Mon, Tues, Fri, Sun 11-1. Wed, Thurs 4-6), 604-815-4054

Pemberton Food Bank: 604-698-5521, foodbankpemberton@sscs.ca - Open Thursdays