



Local Community Contact List

Name of CRN/Community: Prince Rupert

Date Submitted/Updated: July 31, 2025

Submitted By: Louisa Sanchez 250-622-7199 ncimsspr@gmail.com
 (Name) (Phone) (Email)

Where there are no local services, list the closest community that has services available under “NOTES”. Add rows or use the back of the page if needed to create a complete list for your community.

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	Numbers to call if no 911 service
Crisis Line	1-888-562-1214	
Poison Control	1 800-567-789	
Lifeline (or similar service)	1-800-567-89	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	1-888-562-1214	See regional resources list for each CRN
Police-based Victim Services	250-624-2136	
Community- based Victim Services	250-627-7779	
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	250-627-8959	
Emergency Shelter (s)	250-627-8959	
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1940	Toll free
Victim Link	1-800-563-0808	
bc211	211	Lower Mainland only

LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free

INFORMATION AND REFERRAL

(Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	250-622-2891	
Community Services		
Geriatric and Other programs for Seniors	250-622-2891 250-622-6400	
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-627-1119	
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-627-1717	
Mental Health and Addiction Services	250-622-6380	
Home and Community Health	250-627-1717	
Adult Day programs	250-627-1717	
Hospital	250-624-2171	
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing		

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-622-2891	
Grocery Shopping	250-622-2891	
Home repairs and Maintenance		Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling		
Friendly Visiting		

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-627-1201	
Health Connections – bus service	1-800-663-7100	
Bus Pass Program		
Taxi (s)		
Parking Permit (disabled)	1-604-718-774	
Translink Trip Planner	604-953-3333	Lower Mainland

LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1-866-577-2525	
Family Justice Clinic		
Crown Counsel		
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services		
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services		

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA		
NA		
Al-Anon		
Nar-Anon		
Alzheimer Society of BC		
Caregiver support groups		
MS Society		
Arthritis		
Diabetes		
Deaf and Hard of Hearing		

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-627-1717	Friendship House Assn
Band Office		
Métis Services	250-627-1885	
First Nations Health Authority	250-627-3060	First Nations Health Authority
	250-622-289	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services		
Settlement Services	250-624-9498	Hecate Strait
Translation Services		

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-627-1345	
Parks and Recreation - programs	250-627-1345	
Library(s)	250-627-1345	Prince Rupert Public Library

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada

Employment and Income Assistance		Service BC
Community Volunteer Income Tax Prep.		

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-622-6204	Prince Rupert hospice
Grief Counselling		

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank		
Grocery Delivery		
Meal Delivery		

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
	250-624-7734	MLA
		MP
Services Canada	1-800-622-6332	