



Local Community Contact List

Name of CRN/Community: **Sout Cariboo**

Date Submitted/Updated: **11/29/2025**

Submitted By: **Sally Watson 250-395-0278 sallyworksfromhome@gmail.com**

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	Canadian Mental Health Association - Cariboo Chilcotin Branch Toll Free: 1-888-353-2273	Canadian Mental Health Association - Cariboo Chilcotin Branch Toll Free: 1-888-353-2273
Poison Control	604-682-5050 or 1-800-567-8911	British Columbia Drug and Poison Information Centre (BC DPIC)British Columbia Drug and Poison Information Centre (BC DPIC)
Lifeline (or similar service)	1-866-784-1992, available Monday to Friday	Lifeline Canada: Medical Alert Systems in Canada

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) - for reporting abuse	1-844-870-4754 (toll-free).	See regional resources list for each CRN
Police-based Victim Services	Williams Lake RCMP Victim Services Phone: (250) 392-8709 (250) 392-1273 (250) 392-1270	
Community- based Victim Services	CMHA 1-888-353-2273	
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	Visit VictimLink BC (opens in a new tab) or call/text 1-800-563-0808	Williams Lake
Emergency Shelter (s)	Homeless Outreach 24 hours a day, 7 days a week at 250-706-7599	
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	calling or texting 1-800-563-0808 or sending an email to 211-VictimLinkBC@uwbc.ca.
bc211	211	Lower Mainland only
LGBTQ 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	250-644-1687 CMHA South Cariboo	
Community Services	Cariboo Regional District 250-392-3351	Health and social services Interior Health: Operates facilities like the Cariboo Memorial Health Centre and the South Cariboo Health Centre, offering services such as breastfeeding clinics, community nursing, and acquired brain injury support. HealthLink BC Home and Community Care: Provides intake for home health and community care, including home support, assisted living, respite care, and palliative care, for those with acute or chronic needs. Canadian Mental Health Association (CMHA) South Cariboo: Offers resources and programs for mental well-being, including homeless outreach, acquired brain injury services, and a seniors' outreach worker. Cariboo Friendship Society: Provides social services such as early childhood development programs and parenting support. Elizabeth Fry Society South Cariboo: Offers programs to support, educate, and empower individuals.
Geriatric and Other programs for Seniors	250-644-1687 Seniors Outreach Worker	
Problem Gambling Helpline	1-888-795-6111	1-888-795-6111. Reach out online or call our 24/7 multilingual Gambling Support Line
Alcohol and Drug Referral	Help Phone Lines If you are in need of immediate help, call 9-1-1. Crisis Line 1-800-SUICIDE (1-800-784-2433) or 9-8-8 Call 1-800-784-2433 or dial 9-8-8 if you are experiencing feelings of distress or despair, including thoughts of suicide 310 Mental Health Support 310-6789 (NO AREA CODE) Call for emotional support, information and resources specific to mental health. Opioid Treatment Access Line 1-833-804-8111	
Veterans Affairs Canada	1-866-522-2122	Legion 100 Mile House Branch 260 Address: 933 Alder Ave, 100 Mile House, BC V0K 2E1 Phone: (250) 395-2511

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	Seniors Health services 1-800-707-8550	

Mental Health and Addiction Services	(250) 395-7676	
Home and Community Health	Home Health Offices Contact Information Home & Community Care 2023 Page 1 Community Office Address Office Phone Number 100 Mile House D-555 Cedar Ave 100 Mile House, BC V0K 2E0 (250) 395-7676 Ext. 3	
Adult Day programs	250-395-7676 ext. 3	Community Office Address Office Phone Number 100 Mile House D-555 Cedar Ave 100 Mile House, BC V0K 2E0 (250) 395-7676 Ext. 3
Hospital	(250) 395-7600	
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	Assisted Living Registry Phone: Victoria: 778 974-4887 Toll-Free: 1-866-714-3378 Fax: (250) 953-0496 Email: Hlth.assistedlivingregistry@gov.bc.ca
Online Medical Support - Medeo	1-888-297-2973	Donex Pharmacy & Department Store (250) 395-4004 Talk to a Doctor by Phone inBritish Columbia Free for BC Residents with Health Card. Takes less than 2 Minutes to book. Secure and Private Consultations.

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	BC Rebate for Accessible Home Adaptations (BC RAHA) How do I submit my application and supporting documents? Online: using the BC Housing Program Upload Form (www.bchousing.org/PUF) By mail: BC Rebate for Accessible Home Adaptations Program, BC Housing, 101-4555 Kingsway, Burnaby, BC V5H 4V8 In-person: 101- 4555 Kingsway, Burnaby, BC, V5H 4V8. Storefront hours are Monday to Friday 9:00 am-4:00 pm PST (closed on holidays)
Advocacy and Appeals re Housing	Legal Aid BC 1-866-577-2525	

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	778-444-5133 Lindsay	
Grocery Shopping	Qick Chicks - found on Facebook	
Home repairs and Maintenance		Only agencies that provide volunteers who have undergone a criminal record check.

Peer Counselling	Canadian Mental Health Association (CMHA) - South Cariboo Branch 250-395-4883	We provide a range of free, inclusive programs and services that meet people where they're at including Homeless Outreach, Stopping the Violence Counselling, Safe House support, Community Navigator, Acquired Brain Injury Services, Supported Independent Living, Clubhouse programming, and a subsidized housing complex. Our team works with compassion, integrity, and a deep understanding of the unique challenges our rural communities face.
Friendly Visiting	778-444-5133 Lindsay Better at Home	

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-395-2834	
Health Connections - bus service	250-395-2834	
Bus Pass Program	250-395-2834	
Taxi (s)		
Parking Permit (disabled)	1-888-718-7794	
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	Legal aid worker at CMHA South Cariboo (250) 395-4883
Family Justice Clinic	1-888-764-3663	205-150 Victoria Street Kamloops BC V2C 1Z7
Crown Counsel		
NIDUS - Representation Agreements	1-604-408-7414	Email info@nidus.ca Personal planning - making arrangements for while you are alive but you may need assistance due to an illness, injury or disability; and Estate planning - making arrangements for after death.
Public Guardian and Trustee	1-604-660-4444	
Peoples Law Schoo	604-331-5400	Work out everyday legal problems in British Columbia
Lawyer Referral Services	(604) 687-3221	
Access Pro Bono Legal Services - in person only	1-877-762-6664	
Community Advocacy Services	(250) 395-7676 Community Navigator CMHA South Cariboo	

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	(250) 395-6634 (778) 888-1402	
NA		
Al-Anon	Thursday 7:00 PM 555 D Cedar Ave South Cariboo Health Centre, 100 Mile House, BC, V0K 2E0, Canada	
Nar-Anon		
Alzheimer Society of BC	1-800-936-6033	
Caregiver support groups	+1-877-520-3267	
MS Society	+8448596789	
Arthritis	1-800-321-1433.	The Arthritis Society Canada does not appear to have a local, in-person group in 100 Mile House, but it is the primary resource for support and education programs in BC. You can access their services through the following contact information:
Diabetes	250-395-7676	Website: https://www.interiorhealth.ca... 100 Mile Diabetes Clinic - 555 D Cedar Avenue, 100 Mile House, British Columbia, V0K 2E0 Call to book an appointment. Clinic hours may vary. Wheelchair accessible.
Deaf and Hard of Hearing	604-296-9062 (Voice) 778-889-5663 (Text)	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	Closed	
Band Office	(250) 397-2227 Canim Lake	
Métis Services	250-302-5545	The Cariboo Chilcotin Métis Association Mailing Address 395 Mackenzie Ave N Williams Lake, BC V2G 1N4
First Nations Health Authority	604-693-6500	First Nations Health Authority (FNHA) 501 - 100 Park Royal South Squamish First Nation Territory West Vancouver, BC V7T 1A2 Phone: 604-693-6500 Toll-free: 1-866-913-0033 Fax: 604-913-2081 Email: Info@fnha.ca

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	(778) 470-6101	448 Tranquille Rd, Kamloops, BC V2B 3H2
Settlement Services	Asha.bhat@gov.bc.ca	
Translation Services	+1-800-663-7867	

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	(250) 395-2434	
Parks and Recreation - programs	(250) 395-2434	
Library(s)	250-395-2332	

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1-866-866-0800	Service BC
Community Volunteer Income Tax Prep.	(250) 706-5800	

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	555 Cedar Ave, 100 Mile House, BC V0K 2E1	
Grief Counselling	Phone: (250) 395-5155 Fax: (250) 395-1811 Email: cfec@cariboofamily.org	Cariboo Family Enrichment Centre

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	100 Mile Food Bank (250) 395-3923	
Grocery Delivery		
Meal Delivery		

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Lorne Doerkson #7 - 530 Horse Lake Road, PO Box 95 100 Mile House, BC V0K 2E0 Lorne.Doerkson.MLA@leg.bc.ca Phone: (250) 395-3916 Toll Free: 866-305-3804		MLA

<p>todd.doherty@parl.gc.ca Hill Office House of Commons * Ottawa, Ontario, Canada K1A 0A6 Telephone: 613-995-6704 Fax: 613-996-9850 * Mail may be sent postage-free to any member of Parliament. Constituency Office Main office - Prince George 1520 3rd avenue Prince George, British Columbia V2L 3G4 Telephone: 250-564-7771 Fax: 250-564-6224</p>	<p>frank.caputo@parl.gc.ca Website http://frankcaputomp.ca Hill Office House of Commons * Ottawa, Ontario, Canada K1A 0A6 Telephone: 613-995-6931 Fax: 613-995-9897 * Mail may be sent postage-free to any member of Parliament. Constituency Office Main office - Kamloops 6-275 Seymour street Kamloops, British Columbia V2C 2E7 Telephone: 250-851-4991 Fax: 250-851-4994</p>	<p>MP</p>
<p>Services Canada</p>	<p>1-800-622-6332</p>	

Please contact info@bccrns.ca with any questions regarding this form.

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