



Local Community Contact List

Name of CRN/Community: **Sicamous and Area Community Response Network**

Date Submitted/Updated: **08/05/2025**

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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	9-1-1	1-888-353-2273 answered 24/7 Interior Crisis Line Network text 45645 text hours 1-9 pm 7 days a week www.interiorcrisisline.com Get confidential, accessible, research-based and empowering support for people in the Interior Region 1-855-242-3310 Hope for Wellness (Indigenous) Help Line / Online Chat answered 24/7. Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. www.hopeforwellness.ca 1-800-784-2433 Suicide Prevention available 24/7 Access to skilled suicide assessment, intervention and support. www.crisislines.bc.ca or text 988 310-6789 Mental Health Crisis www.crisiscentre.bc.ca 1-877-330-6366 Trans Lifeline This trans-led organization connects trans people to community, support, & resources. Available 24/7 www.translifeline.org 1-604-872-1234 Seniors' Distress Line available 24/7. Provides non-judgemental, confidential support to seniors. 1-877-392-7583 Sexual Assault Support Services available 24/7 Provides emotional and crisis support. 8-1-1 Available answered 24/7. For help from a health service navigator, nurse, dietician, exercise professional, or pharmacist www.healthlinkbc.ca 2-1-1 Available answered 24/7. For help from a resource navigator to connect you to programs & services in your community. Available throughout BC. www.bc211.ca
Poison Control	1-800-567-8911	Information available to the public and health care professionals throughout B.C. 24 hours/day, 365 days/year.
Lifeline (or similar service)	1-866-754-5775	Lifeline is a non-profit program to help people maintain their independence and remain safe. The service provides an emergency response. You can access Lifeline services www.lifeline.ca Okanagan-Interior Health Lifeline Program General inquiries: Interior Health 250.762.0200, 1.800.994.8414

Shuswap Emergency Program - Columbia Shuswap	1-877-996-3344	The Shuswap Emergency Program is a regional organization that works to ensure residents are prepared, safe and informed in cases of floods, wildfire, extreme weather and more. It serves the citizens of the City of Salmon Arm, District of Sicamous and CSRD Electoral Areas C, D, E, F and G. Non emergency 250-833-5927
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ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	1-844-870-4754	See regional resources list for each CRN
Police-based Victim Services	1-800-563-0808	RCMP Victim Services Police based victim/witness/survivor services providing confidential services. info@policevictimservices.bc.ca Offers a range of support
Community- based Victim Services	250-832-4453	This service is based out of the Salmon Arm RCMP Detachment. Provides support and information to victims of crime, accidents, and family tragedies. open Monday to Friday 8:30 am to 4:00 pm except statutory holidays.
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	250-832-9616	SAFE Society Transition House (formerly Women's Shelter) Available 24/7
Emergency Shelter (s)	250-517-8169	Marshlands Shelter Salmon Arm 24 hour shelter. Intake 4-10:30 pm
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	1-800-784-2433 Crisis Centre BC Get non-judgemental and confidential support.
bc211	211	Lower Mainland only
LGBTQ Contact	604-684-5307 1-800-566-1170	Toll free
SAIL Seniors Abuse and Information Line	1-866-437-1940	Confidential information line for older adults and those who care about them to speak to a professional intake worker about abuse, mistreatment, and any issues that impact the health and well-being of older adults in BC. Monday - Friday 8am-8pm

INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	250-836-3440	Eagle Valley Resource Society
Community Services	250-836-2446	Sicamous and District Seniors Centre Society is a place for all ages to come and socialize. Get information on the community services and events. sicamousseniorscentre.ca

Geriatric and Other programs for Seniors	250-833-4100	Salmon Arm Mental Health Services
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	1-800-663-1441	Provides free, confidential, multilingual information and referral service for people in need of support with any kind of substance' Available 24/7
Veterans Affairs Canada	1-866-522-2122	
Senior's Advocate	1-877-952-3181	Office of the Seniors Advocate is an independent office of the BC provincial government acting in the interest of seniors and their caregivers. Available Monday - Friday 8:30 am - 4:30 pm
Royal Canadian Legion Br. 99	250-836-2224	royalcdn99@gmail.com

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	1-778-489-5191	CMHA Shuswap Revelstoke
Mental Health and Addiction Services	1-800-663-1441	
Home and Community Health	250-836-4835	Sicamous Public Health Centre.
Adult Day programs	1-800-707-8550	Harmony Haven Adult Day Services Salmon Arm
Hospital	250-833-3600	Shuswap Lake General Hospital
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	Eagle Valley Senior Citizens Housing Society 250-253-4207
Online Medical Support - Medeo	1-888-297-2973	
Sek'emaws (Sicamous) Health Centre	250-836-2817	sicamousmedical@gmail.com

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	250-387-3464	Community Care and Assisted Living Appeal Board info@bcccalab.ca
Service BC	250-832-1607	servicebc.salmonarm@gov.bc.ca
BC Housing Interior Region Office	1-800-834-7149	

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-836-1711	
Grocery Shopping	250-836-4899	Askew's Foods
Home repairs and Maintenance		Only agencies that provide volunteers who have undergone a criminal record check.

Peer Counselling	811	Health Link BC will provide assistance to locate a counselling service for you. BC 211 also has resources on available counselling services.
Friendly Visiting	250-253-7893	connector.sa_sic@eaglevalleysupport.ca Community Connector

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-463-4733	Eagle Valley Transportation Society Provides transportation to medical appointments at no charge.
Health Connections – bus service	1-855-993-3100	
Bus Pass Program		
Taxi (s)	250-803-6677	Sicamous Taxi
Parking Permit (disabled)	1-888-718-7794	SPARC BC
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	1-888-282-2283	
Crown Counsel	1-800-211-9645	CJB Crown Counsel Salmon Arm
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	NIDUS Personal Planning Resource Centre. Planning for incapacity, end of life and other support needs.
Peoples Law Schoo	604-331-5400	
Lawyer Referral Services	250-545-3666	Legal Services Society in Salmon Arm
Access Pro Bono Legal Services – in person only	1-877-762-6664	accessprobono.ca on line has many resources
Community Advocacy Services		

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	604-435-2181	This is an answering machine only. Your recorded message will be responded to within 48 hours. For immediate help call 1-800-663-1441
NA	1-855-562-2262	NA resources For immediate help call 1-800-663-1441
Al-Anon	1-800-727-7710	www.bcyukon-al-anon.org. afgcentraloffice@gmail.com

Nar-Anon	1-800-477-6291	www.nar-anonbc.com chair@naraonbc.com
Alzheimer Society of BC	1-800-936-6033	alzheimer.ca
Caregiver support groups	1-877-520-3267	Family Caregivers of BC. familycaregiversbc.ca
MS Society	1-800-268-7582	MS Canada mscanada.ca. info@mscanada.ca
Arthritis	1-800-628-9494	arthritis.ca
Diabetes	1-800-226-8464	Diabetes Canada diabetes.ca. info@diabetes.ca
Deaf and Hard of Hearing	604-423-3247	The Canadian Hard of Hearing Association BC Chapter
CMHA Family Support	250-832-8477	info.sr@cmha.shurev.ca. shuswap- revelstoke.cmha.bc.ca

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre		
Band Office	778-471-8200	Shuswap Nation Tribal Council. shuswapnation.org
Métis Services	1-833-638-4722	Provincial Metis crisis line for Elders/Adults/Youth
First Nations Health Authority	1-866-913-0033	healthbenefits@fnha.ca fnha.ca Interior Region Quality Compliments and Complaints qualityinterior@fnha.ca
Indian Residential School Survivors Crisis Line	1-866--925-4419	www.irss.ca. For survivors and family experiencing pain or distress as a result of their Residential school experience.
KUU-US (Indigenous) Crisis Line	1-800-588-8717	www.mnbc.ca Provincial Indigenous crisis line for Elders/Adults/Youth

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-804-2726	Shuswap Immigrant Services Society. sissociety.ca.
Settlement Services	604-255-1881	Settlement Orientation Service issbc.org
Translation Services	211	BC211 provides a directory, including translation and interpretation services.

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-833-3430	Sicamous and District Recreation Centre sicamousarena@csrd.bc.ca
Parks and Recreation - programs	250-832-8194	exploresicamous.ca
Library(s)	250-836-4845	Okanagan Regional Library Sicamous

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1-800-622-6232	Service BC
Community Volunteer Income Tax Prep.	250-836-3440	Service provided by Eagle Valley Support Society
CPP OAS GAIN	1-800-622-6232	
Employment Insurance Benefits	1-800-206-7218	
Shelter Aid for Elderly Renters SAFER	1-800-257-7756	

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-832-7099	Shuswap Hospice Society shuswaphospice.ca info@shuswaphospice.ca
Grief Counselling	250-832-7099	Shuswap Hospice Society provides counselling and a variety of support groups
NIDUS	604-408-7414	info@nidus.ca

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-836-3440	Provided by Eagle Valley Community Support Society for Sicamous and Malakwa
Grocery Delivery	250-836-4899	Askew's grocery delivery. askews3@telus.net
Meal Delivery		
Eagle Valley Seniors Meals Society	250-836-4687	Has a cost associated with the service. daveyf3@gmail.com
Sicamous & District Seniors Centre Society	250-836-2446	Phone for details.

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
David Williams	250-387-3507	MLA
Mel Arnold	250-260-5020	MP
Services Canada	1-800-622-6332	
Mayor- District of Sicamous Colleen Anderson	250-836-2477	
Columbia Shuswap Regional Director Area E Rhona Martin	250-832-8194	

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