

# **Crisis Lines**

## **AA Answering Services**

250-338-8042

AA meeting times, 12 step calls

## **Crisis Intervention Nurse**

1-888-494-3888

## **CV RCMP Victim Services**

250-334-5979

Support for victims of crime and trauma.

## **Help Line for Children (24/7)**

250-310-1234

For children and youth in danger.

## **Lili House (24hrs)**

250-338-1227

Crisis line for any women in danger.

## **Vancouver Island Crisis Line (24/7)**

1-888-494-3888

Mobile Outreach: 250-207-5351

Access to crisis intervention nurse

Mon-Fri 9:00AM-4:00PM

## **Vancouver Island Crisis Text line**

250-800-3806 (6:00PM-10:00PM daily)

Chat: [www.vicrisis.ca](http://www.vicrisis.ca) ( 6:00AM-10:00PM daily)

## **Victim Link (24 /7)**

1-800-563-0808

Help and information for victims of family sexual violence and other crimes

## **Youth Against Violence Line**

1-800-680-4264

## **1800SUICIDE Provincial Service**

1-800-784-2433

## **310Mental Health Support**

310-6789

For emergencies

(Ambulance, Fire, RCMP)

**call 911**



**Comox Valley Coalition  
TO END HOMELESSNESS**

# **2020 Comox Valley Street Survival Guide**

Last Updated: February 2021

## **Connect Warming Centre**

**685 Cliffe Ave**

250-218-3975

Mon, Weds, Fri 1-5pm Thurs, Sat, Sun 10-5pm

Supports, friendly outreach, doctor outreach, supplies/gear, coffee, Wi-Fi, washroom. Hot meals served Tues, Thurs 4pm

## **Showers**

### **Lewis Centre 489 Old Island Hwy**

Mon, Wed, Fri 9:15am - 12pm

Towels & toiletries provided.

## **Public Washrooms**

Below Sid Williams Theatre & in Simms Park

Open daily 7am-7pm

## **Emergency Shelters**

### **Salvation Army Pidcock House**

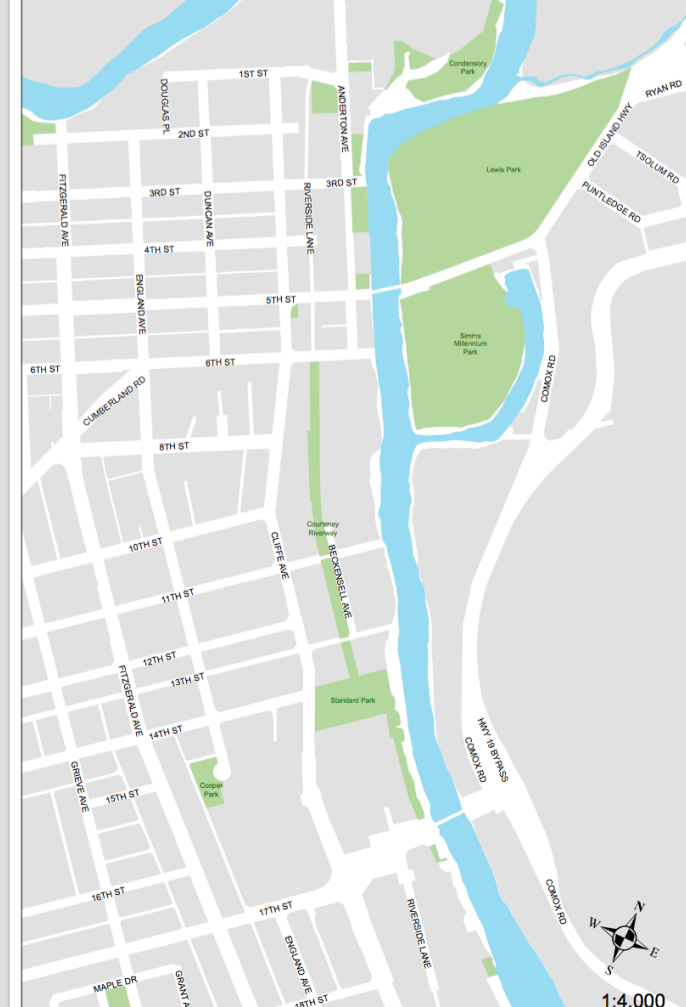
**632 Pidcock Ave**

250-338-2533

### **Lilli House**

250-338-1227

For women, incl trans women & children in need of shelter due to abuse



## **Covid-19 Symptoms**

Fever, chills, cough, runny nose, difficulty breathing, sore throat, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, muscle ache, nausea & vomiting

## **Online Self Assessment Tool**

Concerned, exposed to, experiencing symptoms use the online self-assessment tool: [bc.thrive.health](http://bc.thrive.health)

## **To Book a Test Appointment**

**Call Center: 1-844-901-8442**

Requires a call back number and Personal Health Number

or contact outreach staff at Connect Warming Centre for Physician Outreach service

## Healthcare

### **AVI Health and Community Services**

**355 6th Street**

250-338-7400

For harm reduction, education, and supplies Mon-

Thurs 9:00AM-4:00PM

Fri-Sun 11:00AM-3:00PM

For mobile outreach harm reduction services Tues-

Thurs 1:00PM-3:00PM

### **Care-A-Van - Comox Bay Society**

250-702-7011

Mobile free healthcare services, health care card not needed.

Varying routes. Please check

<https://www.cvcareavan.ca/schedule>

### **Washington Park Medical Clinic**

**757 Ryan Road**

250-334-9241

For anyone with a BC Care Card

Mon-Thurs 8:00AM-9:00PM, Fri 8:00AM-6:00PM, Sat

9:00AM-6:00PM,

Sun 9:00AM -5:00PM

### **CV Mental Health and Substance Use**

**101-1742 Cliffe Avenue**

Mon-Fri: 8:30AM - 4:30 PM

Main office: 250-331-8524 (Open during lunch)

Substance Use Team: 250-331-8642

(Closed 12:00PM-1:00PM)

### **CV Nursing Centre**

250-331-8502

M-F 9:00am-6:00pm

Nursing assessment and referrals to supports.

## Housing Supports

### **Dawn to Dawn Action on Homelessness**

**Society**

250-941-2233

Rental housing program, support, referrals, and information about housing for homeless people

### **Wachiay Friendship Centre**

**1625 McPhee Avenue**

250-338-7793

Provides temporary housing, emergency food, urgent medical needs, and other emergency assistance

### **CV Transition Society**

625 England Avenue

250-895-0511

Offers supports such as counselling, housing assistance, referrals, and an employment program. (Women only)

## Food

### **Sunshine Lunch Club**

Mon, Wed, Thurs, Fri 11:30AM-12:30PM

Bagged lunch served at St. George's United

Church. **505 6th St**

Tue: Bagged lunch served at Salvation Army,

**1580 Fitzgerald Avenue**

## Financial Support

### **Ministry of Social Development and**

**Poverty Reduction (MSDPR)**

1-866-866-0800

For Financial and Crisis Support

250-218-6637

## Harm Reduction

### **Supervised Consumption**

(Island Health Mental Health & Substance Use)

**941-C England Avenue**

250-331-8524 x 68545

Mon-Fri (10:00AM-2:00PM) Walk in

Weekends: Can be pre-arranged

### **Unbroken Chain**

576 England Ave. Suite 202 & 203

778-585-3105

Indigenous Harm Reduction Program

Intergenerational support for family, friends, youth and Elders, Healing Circles & workshops, naloxone distribution and training, Peer Support, Outreach, and

Case

Management

### **KUU-US Crisis Line Society (24/7)**

First Nations and Indigenous Specific

1-800-588-8718

Youth Line: 250-723-20140

Adult Line: 250-723-4050

## Other Services

### **Comox Valley Lifelong Learning Centre**

**150 7A McPhee Avenue**

250-338-9906

Outdoor hand washing and phone charging station at back of building. Access to

4 computer stations, max use of 30 minutes. Mon-Fri

9:00AM-3:00PM

### **John Howard Society**

**1455 Cliffe Avenue**

250-338-7341

Mon-Fri 8:30AM-4:30PM

Youth and family substance use services, youth housing supports, and counselling