

# Prince George Community Services

The following list was created by the Prince George Primary Care Network to help connect you with the services you need in your community.

Mental Health and Substance Use Resources	
<b>Youth Crisis Line</b> 1-250-564-8336 (text) 1-888-564-8336	<b>These distress lines operate 24 hours a day, 7 days a week</b>  These distress lines are for if you are feeling overwhelmed, depressed, confused, suicidal, or just needing someone to listen. The Crisis Prevention, Intervention and Information Centre for Northern BC is a non-profit organization dedicated to providing emotional support, suicide intervention and referral information to the residents of Northern British Columbia.  Website: <a href="https://crisis-centre.ca">https://crisis-centre.ca</a>
<b>Northern BC Crisis Line</b> 1-250-563-1214 1-888-562-1214	
<b>BC Suicide Line</b> 1-800-784-2433	
<b>Canadian Mental Health Association</b> 1-250-564-8644	Tips on preventing and preparing for mental health emergencies.  If you are worried, confused or just need someone to talk to, contact one of these services. They provide mental health information and connections to supports and resources within the community.  Website: <a href="https://northernbc.cmha.ca/find-help-now">https://northernbc.cmha.ca/find-help-now</a>
<b>Kid's Help Phone (20 years old and under):</b> 1-800-668-6868	
<b>Intersect Youth &amp; Family Services</b> 1-250-562-6639	Intersect is a non-profit society that provides voluntary counselling for children and youth under the age of 19 years. Intersect offers a wide variety of programs to clients and their families at no cost. The Intersect multidisciplinary team represents a wide variety of experiences, education and therapeutic interventions. Services are delivered in accordance to the standards of Child and Youth Mental Health.  Website: <a href="https://intersect.bc.ca/about-intersect-youth-and-family-services.php">https://intersect.bc.ca/about-intersect-youth-and-family-services.php</a>
<b>Youth Around Prince (YAP) Resource Centre</b> 1-250-565-6332	YAP provides addiction counselling to youth at risk, on an outreach and drop-in basis.  Website: <a href="https://nbc.ymca.ca/youth-services/youth-around-prince">https://nbc.ymca.ca/youth-services/youth-around-prince</a>
<b>Foundry</b> 1-236-423-1571	All young people, aged 12-24 years, with valid BC MSP cards can access the following services: mental health, substance use, primary care, peer support, and social services.  Website: <a href="https://foundrybc.ca/princegeorge">https://foundrybc.ca/princegeorge</a>

<p><b>Prince George Needle Exchange &amp; Overdose Prevention Site</b> 1-250-645-3810</p>	<p>This site provides STI testing and treatment, HIV testing, emergency contraception, pregnancy counselling, pregnancy tests/free condoms, PAP testing, wound care, Naloxone kits and needle supply.</p> <p>Website: <a href="https://hiv411.ca/organization/prince-george-needle-exchangeaids-prevention-program">https://hiv411.ca/organization/prince-george-needle-exchangeaids-prevention-program</a></p>
<p><b>Opioid Agonist Treatment (OAT) Program / Nechako Centre</b> 1-250-645-7400</p>	<p>This centre provides Opioid Agonist Therapy (Methadone or Suboxone Maintenance).</p>
<p><b>POUNDS Project</b> 1-778-349-3349</p>	<p><b>The Preventing Overdose UNDOing</b> stigma project provides overdose prevention and harm reduction.</p>
<p><b>Alcoholics Anonymous</b> 1-250-564-7550</p>	<p>Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p> <p>Website: <a href="https://www.princegeorgeaa.ca">https://www.princegeorgeaa.ca</a></p>
<p><b>Responsible &amp; Problem Gambling Program</b> 1-888-795-6111</p>	<p>This is a free and confidential gambling support to all British Columbians impacted by gambling regardless of age, culture, location or language spoken.</p> <p>Website: <a href="https://bcgaming.myoutcomesapp.com/intake">https://bcgaming.myoutcomesapp.com/intake</a></p>
<p><b>Prince George Eating Disorders Clinic</b> 1-250-565-7479</p>	<p>This clinic provides assessments, consultation, and treatments, as well as individual and family education and support for children, youth and adults with eating disorders, specifically anorexia and bulimia nervosa. Their multidisciplinary approach includes nutritional, medical and psychotherapeutic services.</p>
<p><b>Northern Health Community Programs and Services</b> 1-250-565-7381</p>	<p>The Mental Health and Substance Use Program provides a wide range of programs and services to assist persons and their families' experiencing difficulties with mental health and/or substance use.</p> <p>Website: <a href="https://www.northernhealth.ca/services/mental-health-substance-use/services-by-community#prince-george">https://www.northernhealth.ca/services/mental-health-substance-use/services-by-community#prince-george</a></p>
<p><b>Resources for Children and Families</b></p>	
<p><b>Ministry of Children and Family Development</b> 1-250-565-4300</p>	<p>Provides a spectrum of services that promote healthy children, families and communities.</p>
<p><b>PRISM</b> 1-250-563-5584</p>	<p>Provides support for children of separation and loss.</p>
<p><b>Child Development Centre</b> 1-250-563-7168</p>	<p>Helping children overcome unique challenges by offering specialized services that lead to greater independence and more freedom to determine their own future. Services are provided at no cost.</p> <p>Website: <a href="https://cdcp.org">https://cdcp.org</a></p>

<b>Autism Society of British Columbia</b> 1-250-963-0803	Supporting autistic individuals by providing parents and communities with knowledge and engaging with people on the autism spectrum to create stronger, more diverse communities.  Website: <a href="https://www.autismbc.ca">https://www.autismbc.ca</a>
<b>Prince George Native Friendship Center</b> 1-250-564-4324	Programs and services for the community from infants to elders.  Website: <a href="http://www.pgnfc.com/programs_services.html">http://www.pgnfc.com/programs_services.html</a>
<b>Carrier Sekani Family Services</b> 1-250-562-3591  <b>Yu Be-yah Medical Clinic</b> 1-250-564-5414	Providing holistic health and wellness services for Carrier and Sekani people in North Central British Columbia at all life stages.  Website: <a href="https://www.csfs.org/services/primary-care">https://www.csfs.org/services/primary-care</a>
<b>Community and Social Services</b>	
<b>Axis Family Resources Ltd.</b> 1-250-564-9064	Child, youth and family services, community living services, specialized supported housing, substance use services.  Website: <a href="https://axis.bc.ca/services/child-youth-and-family-services">https://axis.bc.ca/services/child-youth-and-family-services</a>
<b>Elizabeth Fry Society</b> 1-250-563-1113	Providing a range of services and programs to meet the needs of women living with violence, dealing with under-employment, and keeping children safe.  Website: <a href="https://www.pgefry.bc.ca/services/women">https://www.pgefry.bc.ca/services/women</a>
<b>Surpassing Our Survival (SOS) Society, Sexual Assault Centre</b> 1-250-564-8302	Services for children, youth, men and women who have experienced sexual abuse, assault, or violence.  Website: <a href="https://www.pgsac.org/about">https://www.pgsac.org/about</a>
<b>The Northern John Howard Society</b> 1-250-561-7343	Programs, services, and resources for those transitioning in the community, requiring support to overcome barriers faced in accessing traditional health and social services.  Website: <a href="https://johnhowardbc.ca/northern/service_category/community-services">https://johnhowardbc.ca/northern/service_category/community-services</a>

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