

## Resource list to support people leaving corrections custody to go back to the community successfully

To help make release and your transition back to the community successful, it is a good idea to do some planning before then. People who have experienced incarceration share that planning before release can help make it less overwhelming when you go back to the community.

In British Columbia (BC) Provincial Correctional Centres, you can ask for support with release planning from a corrections caseworker, the Community Transitions Team, or a reintegration worker.

You might also choose to get help with release planning and support after release by connecting with other services in the community, such as Unlocking the Gates (UTG) Services Society. Unlocking the Gates is run by people who have lived experience of being in prison (Peer Health Mentors), who can help you with lining up housing, dealing with warrants, or connecting to other services including harm reduction, addiction treatment, mental health care, or hepatitis C treatment.

Peer Health Mentors with UTG helped put together these lists of different types of resources and services available in communities across BC and information about how to access or contact them. These lists of resources can be helpful for you to use when you are going through the release planning checklists, or to have as a reference after you are released.

We could not provide detailed info for every resource that exists, so think of this as a starting point while you are planning for your or someone else's release from custody.

If you see one (or even a few!) you are interested in, ask the person supporting your release planning to connect you with them or help you to look up more info about them, or just contact the service directly, as they are there to serve you. Many of the resources have multiple locations, so even if it looks like they are not in the region you are in, they may have a location somewhere else.



### How to contact Unlocking the Gates:

Monday to Friday 9AM-4PM, call: 1-604-518-3261

Afterhours Monday to Friday 4pm-10pm  
Saturday and Sunday 9am-8pm, call: 1-778-938-2584

## Mental Health & Crisis Services

### BC Crisis Centre



Phone: 1-800-784-2433 (1-800-SUICIDE)  
Web: <https://crisiscentre.bc.ca/>

Suicide crisis line for those who are or know someone having thoughts of suicide. It offers immediate access to barrier-free, non-judgemental, confidential support and follow-up through 24/7 phone lines and online services.

### Here to Help BC



Phone: 310-6789 (do not add 604, 778 or 250 before the number)  
Web: <https://www.heretohelp.bc.ca/get-help>

The website provides strategies to help you take care of your mental health and substances in healthier ways. Call toll free to access emotional support, information and resources for mental health.

### Trans Life Line



Phone: 1-877-330-6366  
Web: <https://translifeline.org>

A grass-roots hotline that offers direct emotional and financial support to trans people in crisis, provided by members of the community.

## KUU-US Crisis Services



Phone: 1-800-588-8717

Web: <https://www.kuu-uscrisisline.com/24-hourcrisis-line>

A non-profit registered charity that provides 24 hour crisis services through education, prevention and intervention programs for Indigenous people in BC.

## MÉTIS CRISIS LINE

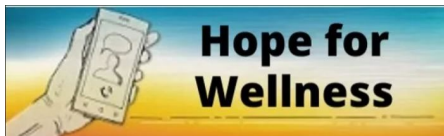


Phone: 1-833-638-4722

Web: <https://www.kuu-uscrisisline.com/24-hour-crisis-line>

Toll-free number is available for immediate crisis intervention for Métis people across BC, as well as support with relationship troubles, depression and anxiety, financial issues, and bullying and peer pressure support. Staff have Métis information available and information on Métis Service Providers in 5 locations.

## Hope for Wellness Help Line



Phone: 1-855-242-3310

Web: <https://www.hopeforwellness.ca/>

Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone 24 hours a day, 7 days a week. Services are available in English and French, or upon request in Cree, Ojibway (Anishinaabemowin), or Inuktitut.

## National Indian Residential Schools Crisis Line



### INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

Phone: 1-866-925-4419

Web: <https://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>

The National Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of his or her (or a family member's) Residential school experience.

## Gambling Support BC



Phone: 1-888-795-6111

Web: <https://www.gamblingsupportbc.ca/>

Free prevention, treatment and support services for anyone struggling with their own or a loved one's gambling. If you or someone you love needs support or treatment for the negative impacts of gambling contact the 24/7 toll free support line.

## VictimLinkBC



Phone: 1-800-563-0808

Web: <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>

A toll-free, BC-wide telephone help line, available 24/7 providing information and referral services to all victims of crime, and immediate crisis support to victims of family and sexual violence.

## Overdose Prevention

### Toward The Heart



Phone: 1-800-663-1441

Harm reduction sites: <https://towardtheheart.com/site-finder>

Naloxone lesson: <https://towardtheheart.com/naloxone-lesson/>

Go to the websites above to find harm reduction supply distribution sites; take home naloxone sites; naloxone training, supervised consumption services; peer support programs; and much more.

### BCCSU Drug Checking



<http://www.vch.ca/public-health/harm-reduction/overdose-prevention-response/drug-checking>

In collaboration with community partners, free, anonymous drug-checking services are available in Vancouver and across Vancouver Coastal Health, including at multiple overdose prevention sites (e.g. Insite & the Molson Overdose Prevention Site).

### Get Your Drugs Tested



Phone: 778-819-0922

880 Hastings St E, Vancouver, BC V6A 1R6

<https://getyourdrugstested.com/>

A free community service in Vancouver that offers drug testing in person or by mail-in, safely and anonymously. They test opioids, psychedelics, pharmaceuticals, stimulants and more in about 15 minutes as well as have safer drug use supplies available to pick-up.

## Interior Health Drug Checking Services



Visit: <https://drugchecking.ca/#locations> for a map and complete list of all locations and hours.

Free and confidential drug checking service, using mobile testing and multiple permanent locations in BC's interior.

## Vancouver Island Drug Checking Project



Phone: 250-415-7637

Visit: <https://substance.uvic.ca/> for a list of sites and their hours.

A team of chemists, social workers, computer scientists, pharmacists, and people who use drugs, partnering to provide and evaluate drug checking services on Vancouver Island. Free and confidential drug checking services are available in-person at multiple sites across the island or by mail. Results are given within 15-20 minutes.

## Substance Use Treatment & Recovery Services

### BCCSU Opioid Agonist Treatment (OAT) Clinic Map



<https://www.bccsu.ca/oat-clinics-accepting-new-patients/>

The BC Centre on Substance Use (BCCSU) manages a list of all the Opioid Agonist Treatment (OAT) Clinics in BC that are accepting new patients, which is available online at the above address. The list includes the location of each clinic and contact information for it.

## BCCSU Addiction Treatment List



[https://www.bccsu.ca/recovery\\_services\\_in\\_bc/](https://www.bccsu.ca/recovery_services_in_bc/)

The BC Centre on Substance Use (BCCSU) manages lists of all the Licensed Addiction Treatment and Recovery Services and all the Registered Supportive Recovery Assisted Living Services in BC, which are available online at the above address. The lists includes the location of the service and contact information for it.

## Alcohol & Drug Information Referral Service



Free call, 24/7: 1-800-663-1441 (multilingual service available)

<https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service>

Provides free, confidential information and referral services to people in BC in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages. Information available includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome.

## Carrier Sekani Family Services



Phone: 1-866-567-2333 <https://www.csfs.org/>  
PO Box 1219, Vanderhoof, BC V0G 3A0

An integrated Health and Wellness residential Alcohol and Drug Addiction Recovery Program offered to Indigenous people. **Note:** First Nations clients are completely subsidised by FNHA at this centre.



## Gya'Wa'Tlaab Healing Centre



Phone: 1-250-639-9817 <http://gyawatlaab.ca/>  
PO Box 1018, Haisla, BC V0T 2B0

This is an Early Recovery/Stabilization (first two years of the journey toward recovery from addiction) program for Indigenous people (male, 18+ only). **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.

## NAMGIS Treatment Centre



During work hours: 1-250-974-5522 ext. 2131 After hours: 250-974-8015  
PO Box 290, Alert Bay, BC V0N 1A0

Alcohol and drug treatment program based on a foundation of culture and traditions, and respect for individual choices and responsibilities. **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.

## Nenqayni Wellness Centre



Phone: 1-250-989-0301 <http://nenqayni.com/>  
PO Box 2529, Williams Lake, BC V2G 4P2

An accredited program that provides holistic healing to First Nations and Inuit youth, families, and communities in a safe and secure environment. All referrals to Nenqayni Wellness Centre's programs must be done through a worker. **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.



## North Wind Wellness Centre



Phone: 1-250-843-6977 <https://northwindwellnesscentre.ca/>  
PO Box 2480 Station A, Dawson Creek, BC V1G 4T9

The treatment program offers culturally appropriate care to people living with addictions. **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.

## Round Lake Alcohol and Drug Treatment Society



Phone: 1-888-554-9944 <https://roundlaketreatmentcentre.ca/>  
200 Emery Louis Road, Armstrong, BC V0E 1B5

First Nations' addiction recovery and trauma program offering a 6 - 7 week long Alcohol and Drug addiction rehabilitation program. **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.

## Sts'ailes Community Wellness



Phone: 1-604-997-2849 <https://www.stsailes.com/telmexawtexw>  
Salish Way, Agassiz, BC V0M 1A1

Drug and Alcohol Addiction treatment program developed in collaboration with First Nation Health Authority, the Children Youth Mental Health Substance Use collaborative and Fraser – Salish First Nations communities to support people to heal traumas. **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.

## Tsow-Tun Le Lum Society



Phone: 1-250-390-3123 <http://www.tsowtunlelum.org/>  
699 Capilano Rd, Lantzville BC V0R 2H0

A 40-day intensive residential program for Indigenous people to discover their own unique pathway for continuing recovery from the effects of alcohol and drug abuse. **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.

## Wilp Si'Satxw Community Healing Centre



Phone: 1-250-849-5211 <https://www.wilpchc.ca/>  
Box 429 Cedarvale Kitwanga Road, Kitwanga, BC V0J 2A0

Provides holistic, spiritually-based processes to start people on their healing journey. **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.

## Esk'etemc Recovery House



Phone: 1-250-440-5651 ext. #261 <https://www.esketemc.ca/>  
Letwilc Ren Semec Centre, 949 Cougar Trail, Alkali Lake, BC V0L 1B0

Provides safe housing and programs to strengthen wellness, recovery and reintegration into the community. **NOTE:** First Nations clients are completely subsidised by FNHA at this centre.

## Circle of Eagles Lodge Society (COELS)



Phone: 1-604-428-7963 <https://www.circleofeagles.com/>  
6520 Salish Drive, Vancouver B.C. V6N 2C7

COELS supports Indigenous Brothers and Sisters leaving federal correctional institutions and those dislocated from society, to reintegrate into Community by providing respectful wholistic services and culturally safe spaces. Services include transitional housing, pre-employment programs, cultural supports and healing circles, peer support and harm reduction.

## Addiction Recovery Program (ARP)



Phone: 1-866-658-1221  
[http://www.vch.ca/Locations-Services/result?res\\_id=1188](http://www.vch.ca/Locations-Services/result?res_id=1188)

Free service for residents in VCH providing stable, short-term housing to individuals participating in a substance use recovery program. For 18 months, program coordinators help you set goals, build skills and feel supported while you stay in safe, affordable housing. If you have been free of drugs and alcohol for three months, you could be eligible to apply.

## Rapid Access Addiction Clinic (RAAC)



Phone: 604-806-8867 ext. 3  
<http://www.providencehealthcare.org/rapid-access-addiction-clinic-raac>  
St. Paul's Hospital, Room 2C-210, 2nd floor, Burrard Building

The RAAC accepts patient self-referrals, and services are free. RAAC treats patients for the following substance use disorders:  
Opioid Use Disorder, Alcohol Use Disorder / alcoholism, Benzodiazepine (benzo) dependency, Nicotine addiction/reliance, Stimulant addiction/reliance.

## Healthcare Services

### HealthLink BC



Phone: 8-1-1

Web: <https://www.healthlinkbc.ca/>

Call 8-1-1 to speak to a health services navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

### BC COVID-19 Get Vaccinated System



Phone: 1-833-838-2323

Web: <https://www.getvaccinated.gov.bc.ca/s/>

To get vaccinated against COVID-19 in BC, you must register with the Get Vaccinated system. After you register, you will receive a text, email or phone call when it's your turn to book a vaccine appointment

### Virtual Doctor of the Day, First Nations Health Authority



Phone: 1-855-344-3800

Web: [www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day/how-it-works](http://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day/how-it-works)

Call to book an appointment with the First Nations Virtual Doctor of the Day in your region. All First Nations people who live in BC are eligible for this service free of charge— and so are their family members, even if those family members are not Indigenous. There are no age limits.

## TransCareBC



Phone: 1-866-999-1514 or 1-604-675-3647

Web: <http://www.phsa.ca/transcarebc/care-support/access-care/navigate-care>

The TransCareBC health navigation team helps connect transgender people in BC to gender-affirming health and wellness supports. The team includes health navigators, nurses, peers, and admin support staff, with access to a general practitioner for consultation as needed.

## Help 4 Hep BC



Phone: 1-888-411-7578

Web: <https://help4hepbc.ca/>

A free and confidential peer-to-peer helpline for anyone anywhere in BC who is affected by hepatitis C virus or hepatitis B virus - whether you have hepatitis C or hepatitis B, have been cured, or are a family member or friend looking for general information. Help4Hep can answer your questions treatment.

## SmartSex Resource



Web: <https://smartsexresource.com/get-tested/clinic-finder>

Go to the website above to find clinics across BC that offer testing for HIV, hepatitis B virus, hepatitis C virus, and Sexually Transmitted Infections (STIs) like chlamydia, gonorrhea or syphilis. You can also find info about treatment for these infections, as well as clinics that offer free safer sex supplies like condoms and lube.

## GetCheckedOnline



Web: <https://getcheckedonline.com/Pages/default.aspx>

GetCheckedOnline is a confidential online sexually transmitted infection (STI) testing service offered through participating Lab Locations in Vancouver, Maple Ridge, Victoria, Duncan, Kamloops, Kimberley and Nelson. Testing is free, you do not need to show ID, and you don't need to have a BC Care Card.

## Hepatitis Clinics Map



BC Centre for Disease Control

Web: <http://www.bccdc.ca/health-info/prevention-public-health/bc-hepatitis-clinics>

Go to the website above to find clinics across BC that offer testing and treatment for hepatitis B virus and hepatitis C virus.

## Oak Tree Clinic



Phone: 1- 604-875-2212

Web: <http://www.bcwomens.ca/our-services/specialized-services/oak-tree-clinic>

The Oak Tree Clinic serves the entire province, and provides specialized, interprofessional care for women and families with HIV/AIDs, hepatitis C virus, hepatitis B virus, sexually transmitted infections, reproductive infectious disease, and congenital infectious disease.

## CoolAid Clinic (Dr. Chris Faser & Dr. Matthew Moher)



Phone: 1-250-385-1466

Web: <https://coolaid.org/how-we-help/health-services/>

The Cool Aid Community Health Centre serves the South Vancouver Island region. They have expertise in hepatitis C virus (HCV), PrEP to prevent HIV, opioid agonist therapy, HIV management, and support groups for chronic conditions such as pain management and HCV.

## ASK Wellness Society



Phone: 1-250-214-5948

Web: <https://askwellness.ca/kamloops-homes/>

ASK Wellness Society provides a range of outreach support services designed to assist members in the Kamloops area who are facing homelessness, mental health, and/or substance misuse across the interior BC region. Have HIV and hep C support workers who can assist with test, treatment, and other support as needed.

## AVI Health Services



Phone: 1-250-384-2366

Web: <http://avi.org/>

This clinic provides services for people living with HIV, HCV (hepatitis C virus), people who use drugs, trans folks, gay men, bisexual men, queer men and men who have sex with men are available across Vancouver Island.



## Northern HIV/HCV Specialized Support Team (SST)



Phone: 1-888-645-6495

Web: <https://www.northernhealth.ca/health-information/hiv-and-hepatitis-c/specialized-support-team>

The HIV and Hepatitis C Specialized Support Team (SST) supports people and families of those diagnosed with HIV or HCV in the northern BC region. Support is provided in person, or by telehealth, including videolink, telephone, text, fax, or email. You can refer yourself to the specialized support team, or you can be referred by a doctor or support worker.

## Positive Health Services



Phone: 1-604-582-4581

Web: [https://www.fraserhealth.ca/Service-Directory/Service-At-Location/D/8/positive-health-services---jim-pattison-outpatient-care-and-surgery-centre#.YwuBb\\_jMI2w](https://www.fraserhealth.ca/Service-Directory/Service-At-Location/D/8/positive-health-services---jim-pattison-outpatient-care-and-surgery-centre#.YwuBb_jMI2w)

Positive Health Services serves the entire Fraser Valley region. The clinic is located in the Jim Pattison Outpatient Care and Surgery Centre in Surrey, where they provide comprehensive interdisciplinary care to people living with HIV and/or Hepatitis C and can assist with medication management and other support as required.

## Services for people in or released from corrections

### West Coast Prison Justice Society



Phone: 1-866-577-5245 (federal) or 1-604-636-0464 (provincial)

Web: <https://prisonjustice.org/>

A clinic that provides prison-related legal aid (other than appeals) to help people in federal and provincial prisons across B.C. They assist with issues that affect people's liberty right under the Canadian Charter of Rights and Freedoms, such as solitary confinement, involuntary transfers, parole suspensions, disciplinary hearings and more.

## Canadian Families and Corrections Network



Phone: [1 888-371-2326](tel:18883712326)

Web: <https://www.cfcn-rcafd.org/>

A charity organization that focuses on families, children, and friends who have someone they care about in jail. The organization offers storybooks, information booklets, and unique programs.

## L.I.N.C. Society



Phone: 1-604-820-1015

Web: <https://lincsociety.bc.ca/what-we-do>

Programs and services include toll free support line, tailored support to assist individuals exiting the prison system, support for LGBTQ2S+ identifying persons in prison or on conditional release, and much more.

## Connective (Formerly John Howard Society BC)



Phone: 1-250-216-6211

Web: <https://connective.ca/>

Dedicated to assisting individuals, families, youth and adults with programs and services focused on employment, housing, mentorship, restorative justice. Our education programs provide participants with the knowledge and skill-based certifications and training needed to achieve their professional, personal, and educational goals.

## Elizabeth Fry Society of Greater Vancouver



Prince George & District  
Elizabeth Fry  
Housing Society

Phone: 1-888-879-9593

Web: <https://efry.com/>

This organization offers programs and services to women, children and families affected by the criminal justice system.

## Social Support Services

### BC 211



Phone: 2-1-1

Web: <https://bc.211.ca/>

A free, confidential, multilingual service that links people to resources for help, where and when they need it. They provide information and referral for a broad range of programs and services. Help is available to people anywhere in BC 24/7.

### United Way



Phone: 1-877-557-1953

Web: <https://uwbc.ca/program/food-security/>

Call United Way or go to this website to find a map of all the Food Banks and other food support services available across BC.

## BC Housing Homeless Prevention Program



Phone: 1-800-257-7756

Web: <https://www.bchousing.org/housing-assistance/homelessness-services/homeless-prevention-program>

Individuals leaving the correction system are eligible for the BC Housing Homeless Prevention Program, which can provide rent supplements to cover costs of housing. Contact a Homeless Prevention Program Service Provider to determine your eligibility.

## Work BC



Phone: 1-250-952-6914

Web: <https://www.workbc.ca/employment-services.aspx>

In addition to online information, WorkBC offers a comprehensive database of B.C. job posting, a blog featuring trends, job search tips, live chat help, employment programs, and more.

## My Self Serve (MySS)



Phone: 1-866-866-0800

Web: <https://myselfserve.gov.bc.ca/>

Income and disability assistance for residents of British Columbia, including the application if you are not currently in receipt of income or disability assistance.