

Resource Series

Crisis Resources

- ◇ Community Emergency (Police, Fire, Ambulance) **911**
- ◇ Vancouver Island University, Nanaimo & Cowichan campuses Campus Emergency **740-6600**
- ◇ Vancouver Island University Parksville campus Emergency **951-3000**
- ◇ Victim's Services- **1-800-563-0808**
- ◇ AIDS Vancouver- **1-800-665-2437**
- ◇ Gay Issues-**1-800-566-1170**
- ◇ Gang/Youth-**1-800-680-4264**
- ◇ Help Line for Children-**310-1234** (24 hour line)
- ◇ Tillicum Lelum Health Centre **753-6578**
- ◇ Haven Society (children who witness abuse) **754-0764**
- ◇ Haven Society (victim services) **741-0550**
- ◇ Victim and Witness Services **754-2345**
- ◇ Ts'eWuhltun Health Centre **746-6184**
- ◇ Hiiye'ye Lelum (House of Friendship) **748-2242**

Drug & Alcohol Counselling

- ◇ Alcohol and Drug Counselling **709-3030**
- ◇ Alcoholics Anonymous **701-7629**

SERVICES IN PARKSVILLE/QUALICUM AREA

- ◇ Crisis Line 24 hrs. **248-3111**

Counselling Services

- ◇ Vancouver Island University (free to enrolled students), Malaspina Campus in Nanaimo, **746-6416**
- ◇ Family Resource Association **752-6766**
- ◇ Mental Health **739-5700**
- ◇ Victim Assistance Program (Community Based) **248-3500**

Drug & Alcohol Counselling

- ◇ Mental Health & Addictions **248-8300**
- ◇ Discovery Youth & Family Addictions **927-2959**
- ◇ Narcotics Anonymous **1 818 773-9999**
- ◇ Alcoholics Anonymous **1 800 883-3968**

Transition House

- ◇ Haven Transition House **756-2452**
- ◇ Haven Transition House 24 hour crisis line **756-0616**

SERVICES IN DUNCAN AND AREA

- ◇ Cowichan/Chemainus Crisis Services (24 hrs.) **748-1133**
- ◇ Sexual Assault & Battering CWAV after 5 pm **748-7273**
- ◇ Sexual Assault & Battering-CWAV 9-5 **748-7000**

Counselling Services

- ◇ Vancouver Island University, Cowichan Campus **746-3509**
- ◇ Canadian Mental Health **746-5521**
- ◇ Community Options **748-0232**
- ◇ Cowichan Family Life **748-8281**
- ◇ Cowichan Women Against Violence **748-7000** 9am - 4pm
- ◇ Duncan Mental Health **709-3040**

SERVICES IN NANAIMO

- ◇ Crisis Line 24 hrs **754-4447**
- ◇ Crisis Counselling Clinic **739-5710**

Counselling Services

- ◇ Vancouver Island University **740-6416**
- ◇ Aids Vancouver **753-2437**
- ◇ Canadian Mental Health **716-8823**
- ◇ Nanaimo Family Life **754-3331**
- ◇ Snuneymuxw First Nations **740-2337**
- ◇ Nanaimo Mental Health **739-5710**
- ◇ Nanaimo Youth Services **754-1989**