

Newsletter

April
Edition
2025



Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road
Kamloops, BC, V2H 1G3

qwemtsin.org

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Don't let history repeat itself.



**National Immunization
Awareness Week**

April 21-30, 2025

Protect your future. Get immunized.

**Celebrate National
Dental Hygienists Week™**
Save the Date April 4-10

Sponsored by:

Dentsply
Sirona

GUM

TD TD Insurance

ORAL HEALTH

Good for Life™



CANADIAN
DENTAL
ASSOCIATION

A healthy mouth is an important part of a healthy lifestyle.
Keep your smile healthy for a lifetime by following these **5 steps** to good oral health:



1 Visit your dentist regularly.



2 Eat a well-balanced diet.



3 Check your mouth regularly for signs of gum disease and oral cancer.



4 Limit alcohol, and avoid smoking, smokeless tobacco and vaping.



5 Brush your teeth twice a day using fluoride toothpaste and floss every day.



cda-adc.ca/goodforlife

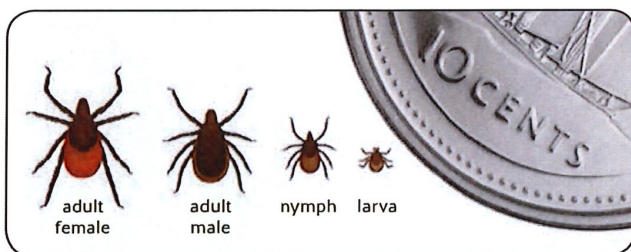
Protecting yourself from ticks

What are ticks?

Ticks are tiny bugs, which are related to mites, spiders and scorpions. Ticks feed on the blood of animals and require blood meals at certain times in their development cycle. Feeding can last from hours to days depending on the type of tick.



Western blacklegged tick
(Photo courtesy of Dr. A. Loftis,
US Centers for Disease Control and Prevention)



Tick life cycle
(Image adapted from the US Centers for Disease Control and Prevention)

Ticks may carry bacteria, parasites, or viruses. Lyme disease is an example of a tick-borne illness.

Where are ticks found?

Ticks live in tall grass and wooded areas. Ticks are usually active in the months of April through October, and peak in the summer months of June through August. The time of year when ticks are active may vary with the geographic region and climate.

Populations of infected ticks are established in parts of B.C., including Vancouver Island, Gulf Islands, the Lower Mainland and the Interior.

Am I at risk of being bitten by a tick?

If you work outdoors in areas where it's wooded or there is tall grass, you may be exposed to tick-borne diseases spread from bites of infected ticks. Workers in the following occupations are especially at risk:

- Construction
- Landscaping
- Forestry
- Brush clearing
- Land surveying
- Farming
- Railroad work
- Oil field work
- Utility line work
- Park or wildlife management
- Other outdoor work

What should I do if a tick bites me?

The most important thing is to make sure that you remove all of the tick, including the mouth parts that are buried in your skin. Also, do not squeeze the body of the tick when you are removing it. This can force its stomach contents into the wound and increase the chance of infection.

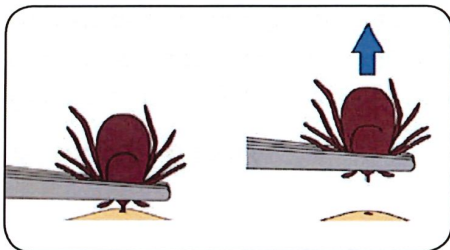


Adult female tick after and before a blood meal
(Photo courtesy of Dr. M. Morshed, BC Centre for Disease Control)

If you have been bitten, inform your supervisor. Keep track of any signs and symptoms that may indicate an infection following a tick bite.

How do I remove a tick properly?

- Use tweezers or forceps to gently get hold of the tick as close to the skin as possible. Don't touch the tick with your hands.
- Without squeezing the tick, steadily lift it straight off the skin. Avoid jerking it out. Try to make sure that all of the tick is removed.



(Image courtesy of the US Centers for Disease Control and Prevention)

- Once the tick has been removed, clean the bite area with soap and water, then disinfect the wound with antiseptic cream.
- Wash your hands with soap and water.

Where can I submit my tick?

Individuals are encouraged to submit ticks they find on themselves to their provincial tick surveillance program.

Ticks should be placed in a small crushproof bottle (for example, a pill bottle) with a piece of slightly damp paper towel to help keep the tick alive. Firmly tape the lid shut.

Seal the bottle in a plastic bag, put it in a cardboard box, and send the package to the following address:

BC Public Health Microbiology and
Reference Laboratory
Parasitology Section
655 West 12th Avenue
Vancouver BC V5Z 4R4

Be sure to label the container with the shipping date, the name and address of the person bitten, what part of the body was bitten, and what part of the province the tick probably came from. Also include the name and address of your family physician.

What are the signs and symptoms of tick-borne infections?

Symptoms can include, but are not limited to,

- Fever
- Headache
- Muscle and joint pains
- Fatigue
- Skin rash
- Swollen lymph nodes

Tick-borne infections are more effectively treated if diagnosed early in the course of illness.



“Bull’s eye rash” caused by a tick bite
(Image courtesy of the US Centers for Disease Control and Prevention)

How can I protect myself from tick bites?

- Wear light coloured clothing, tuck your top into your pants, and tuck your pants into your boots or socks.
- Use insect repellent that contains 20–30 percent DEET.
- Take a shower as soon as you can after working outdoors.
- Look for ticks on your body. Ticks are often found on the legs, thighs, back, arms, underarms, groin, behind the ears, and above the hairline.

What can I do to stop the spread of ticks?

You can decrease tick populations by:

- Removing leaf litter
- Removing, mowing, and cutting back tall grass and brush
- Discouraging deer activity

For more information

BC Centre for Disease Control
(Lyme Disease Fact Sheet):

<http://www.bccdc.ca/NR/rdonlyres/9F45908D-959A-442D-BB50-39897C53EF51/0/Lyme20110908.pdf>

The Public Health Agency of Canada
(Lyme Disease):

<http://www.healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/lyme/index-eng.php>

Centers for Disease Control and Prevention (Ticks):

<http://www.cdc.gov/ticks/>

Make your home safe for care workers

Why your home needs to be safe for care workers

Under the *Workers Compensation Act*, all workers have the right to a safe workplace. It's up to you to ensure that your home is a safe and healthy place where your care workers can assist you to remain at home.

This information can help you prepare your home for every visit by care workers. Making your home safe for your care workers can help ensure your safety too.

Top causes of care worker injuries

- Helping clients move
- Falls
- Aggressive behaviour

Make sure your home is ready each time your care workers visit

Outside your home

- Keep the driveway, sidewalks, entrances, stairs, and ramps well lit and free of ice, snow, moss, or clutter.
- Make sure stairs have handrails.
- Provide parking as close to your home as possible.

Inside your home

- Ensure that floors are not slippery. Remove area rugs that may pose a slipping or tripping hazard.
- Keep hallways, stairs, and other walking areas clear of clutter.
- Make sure your care workers can walk around three sides of your bed.

Smoking, alcohol, and drugs

- Don't smoke for at least one hour before, and during, the visit.
- Do not drink alcohol or use street drugs before or during the visit. The use of such substances is prohibited.

Pets

- Keep pets away from where care is being provided (preferably locked in a separate room).



Family and visitors

- Let your care workers know if there is anyone else in your home.

Needles

- Activate the safety features on any needle that you use.
- Dispose of used needles in a puncture-resistant container.

Guns and other weapons

- Tell your care workers if you have guns or other weapons in your home. Make sure all weapons are stored safely.

Treat your care workers with respect

Sometimes you may not agree with your care workers. It is not acceptable to yell or swear at, threaten, hit, or grab your care workers. If your care workers feel threatened or unsafe, they will leave your home and call the care agency.

Your care workers have a limited amount of time to provide a given service. Any additional work you want done must be approved by the care agency.

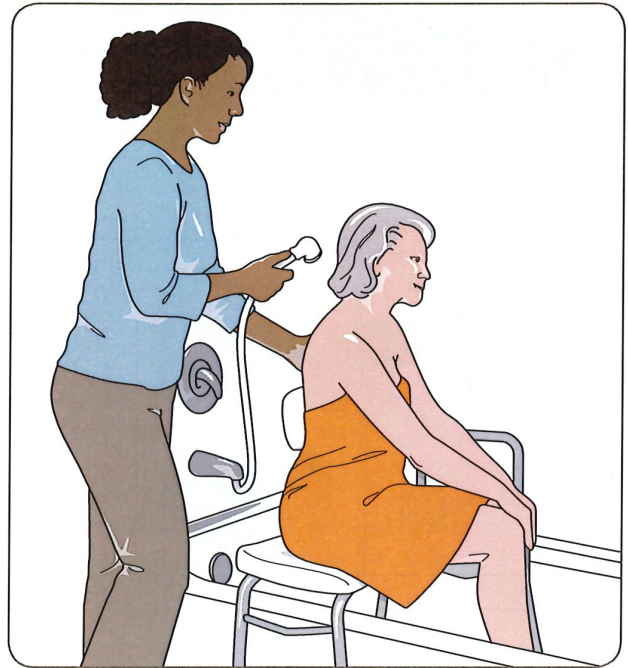
Help care workers avoid strain injuries

Your care workers are more likely to be injured if you need help with toileting, bathing, dressing, or getting in and out of bed or a chair.

You may need to get equipment and/or clothing that will help care workers assist you without hurting you or themselves. Your health care team will tell you more about what is required.

Examples of equipment

- A hospital bed
- An overhead lift for the bed
- Grab bars in the bathroom
- A raised toilet seat
- A bath transfer bench and/or a hand-held shower head



Examples of adaptive clothing

- Back-opening nightgowns, shirts, and dresses
- Side-opening pants

For more information

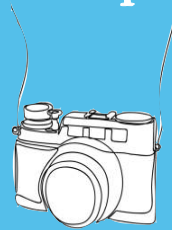
If you have any questions or concerns about this information, contact your care agency. The agency may have additional requirements not outlined in this leaflet. If so, the agency will review them with you. If you have concerns with your care workers or the services provided, contact the agency.

If you have questions about your responsibilities for your care workers' health and safety, call the WorkSafeBC Prevention Information Line at 1.888.621.7233.

Did You Know?

Q'wemtsin Health Society
is having a
photo competition!

*The theme of the competition is
wild and free in our
community*



How it works:

Share your favourite photo of you
and your Family Celebrating life in our
Secwepemc
communities.

If your photo is selected to be featured
in our

monthly newsletter you will win an
Instax Mini Camera!

Have your photo in by : June 30, 2025!
For your chance to win!



For more information
contact QHS at
250.314.6732

Photo submissions sent
via email to:
alexis@qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

Sharps Disposal Do's and Don'ts

Do's...

- ✓ Do...Place used needles and other sharps in a sharps disposal container or in another hard sided container with a lid (and label "Household sharps do not recycle or throw in trash")
- ✓ Do...Keep all needles and other sharps and sharps disposal containers out of reach of children and pets.
- ✓ Do...Teach children not to pick up needles and to tell an adult if they find one.
- ✓ Do...Pick up improperly discarded sharps with latex gloves, tweezers or tongs with the tip pointing away from you.
- ✓ Do...Dispose of sharps in a community drop box, harm reduction agency, pharmacy (when available) or Interior Health public health centre, mental health and substance use, or primary care site.
- ✓ Do...Wash your hands thoroughly with soap and water after disposal.

- ✓ Do...Contact a sharps retrieval and disposal service in your community if you are uncomfortable picking up sharps yourself.
- ✓ Do...Visit Interior Health's Safe Needle Disposal webpage for more information.

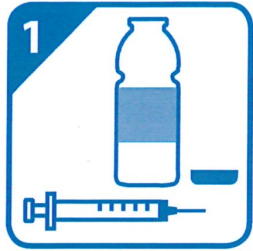
Don'ts...

- ✗ Do not put sharps in the garbage.
- ✗ Do not put sharps in the recycling bin.
- ✗ Do not put sharps in the toilet or down the drain.
- ✗ Do not toss sharps on the ground.
- ✗ Do not try to remove or break off the tip of a needle or re-cap it if used by another person.

DISPOSING OF NEEDLES SAFELY

If you find a discarded needle in a public place, you can call your local Public Health Unit to find out about collection options.

Or follow these steps to safely dispose of the needle:



- Find a rigid plastic container with a secure lid (e.g. a pop bottle or liquid laundry bottle)
- Remove the lid and place the container on the ground beside the needle
- Do not break or recap the needle



- Pick up the needle by the centre of the barrel
- Use latex gloves or tongs, if available
- Always point the sharp end of the needle down and away from you



- Do not hold the container in your hand
- Put the needle in the container sharp-end first and secure the lid



- Safely dispose of the container at your local pharmacy, Public Health Unit or Harm Reduction site



- Wash hands thoroughly with soap and water



What to do if you have been poked or scratched by a needle?

- Don't panic. The risk of infection is low. There are no reports of HIV infection following a needle stick injury in the community.
- Wash the affected area with soap and water. Do not squeeze.
- Seek medical attention immediately.



Who to call if you don't want to pick it up?

Call your local Public Health Unit to find out about collection options:

Attention!

QHS will no longer be receiving or giving sharps containers



Q'wemtsín
HEALTH SOCIETY

FIRST NATIONS AND THE TOXIC DRUG POISONING CRISIS IN BC

INTERIOR | JANUARY - JUNE 2024



Harm reduction efforts are saving lives but drug toxicity continues at record high levels affecting First Nations families and communities across BC.

The data presented here is specific to the Interior Region.

Toxic Drug Poisoning Deaths Of First Nations People

28

FIRST NATIONS PEOPLE DIED FROM TOXIC DRUG POISONINGS BETWEEN JAN-JUNE 2024.

There is no change from the same period in 2023.


Rate of Toxic Drug Poisoning Death

3.3x

First Nations people experienced a death rate 3.3x higher than other residents of the region between Jan-June 2024.

Deaths of First Nations People BY SEX

 **57.1%**
Male

 **42.9%**
Female

Deaths of First Nations People BY AGE

39.3%
40 Years and Older

60.7%
Younger than 40

First Nations People are Disproportionately Represented in Toxic Drug Poisoning Deaths

4.5%

First Nations people make up 4.5% of the region's population.

14.7%

14.7% of toxic drug poisoning deaths between Jan-June 2024 were First Nations people.



First Nations Health Authority
Health through wellness

This data includes only Status First Nations people and their status-eligible descendants. Additionally, our data is limited to biological sex at birth, which may misidentify two-spirit, transgender, non-binary, intersex, and gender diverse people. Surveillance data is dynamic and subject to change with new information and historical corrections.

The FNHA gratefully acknowledges the health partners that make this data available: BC Centre for Disease Control, BC Coroners Service, BC Emergency Health Services, and the BC Ministry of Health.

You may find this information distressing. Cultural support is available at Tsow Tun Le Lum Society. Call 1-888-403-3123 (toll-free) or visit www.tsowtunlelum.org

Pressure Cooker Shredded Beef Lettuce Cups



Directions

1. Combine carrots, red peppers and onion in a 6-qt. pressure cooker. Top with roast. In a small bowl combine pineapple, soy sauce, brown sugar, vinegar, garlic and pepper; pour over roast. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 40 minutes. Let pressure release naturally. Press cancel. Remove roast from pressure cooker. Cool slightly; shred roast with 2 forks.

2. Skim fat from cooking juices; return juices and vegetables to pressure cooker. In a small bowl, mix cornstarch and water until smooth; stir into pressure cooker. Select saute setting and adjust for low heat. Simmer, stirring constantly, until thickened, 1-2 minutes. Return beef to pressure cooker; heat through.

3. Serve in lettuce leaves. If desired, sprinkle with green onions.

Nutrition Facts

3 lettuce cups: 270 calories, 11g fat (4g saturated fat), 74mg cholesterol, 641mg sodium, 17g carbohydrate (10g sugars, 2g fiber), 24g protein. Diabetic Exchanges: 3 lean meat, 1 starch.

Ingredients

3 medium carrots, chopped

2 medium sweet red peppers, chopped

1 medium onion, chopped

1 boneless beef chuck roast (2 pounds)

1 can (8 ounces) unsweetened crushed pineapple, undrained

1/2 cup reduced-sodium soy sauce

2 tablespoons brown sugar

2 tablespoons white vinegar

1 garlic clove, minced

1/2 teaspoon pepper

3 tablespoons cornstarch

3 tablespoons water

24 Bibb or Boston lettuce leaves

Sliced green onions, optional



If Not You, Who? If Not Now, When?

Advance Care Planning Day – April 16, 2025

ACP Day occurs every year on April 16. On this day, ACP Canada encourages everyone in Canada to plan for their future healthcare needs.

Who would you trust to make your health and personal care decisions? How would they know what you want?

Planning for your future healthcare needs is important. Who would you trust to express your healthcare decisions if you couldn't? Do they know what really matters to you—your values, wishes, and priorities?

Advance care planning helps you prepare for the unexpected by clearly documenting your preferences and sharing them with the people you trust. It's a way to ensure your voice is heard and your care reflects your choices, no matter what the future holds.



If not you, **who?**
If not now, **when?**

Who would you **trust** to make your healthcare decisions? When will you **decide**?

If Not You, Who? If Not Now, When?

No one else can truly express your values, wishes, and priorities for your healthcare. Waiting too long to have these conversations or document your preferences could leave critical decisions in the hands of others who may not fully understand what matters most to you.

For ACP Day 2025, take the time to plan and share your wishes, take control of your future care, and relieve those close to you of the stress and uncertainty of making difficult choices on your behalf.

Advance care planning is for everyone – young, old, healthy or facing health challenges – and the best time to start is today.

Use the QR Code to Access More Information



Colouring Contest

Child's first & last name: _____

age: _____

email: _____

phone number: _____

school/dental hygienist/clinic: _____

Deadline:
May 1, 2025

Submit your entry!

email to: marketing@cdha.ca
or mail to: 1122 Wellington St W
Ottawa, Ontario
K1Y 2Y7

Prizes:

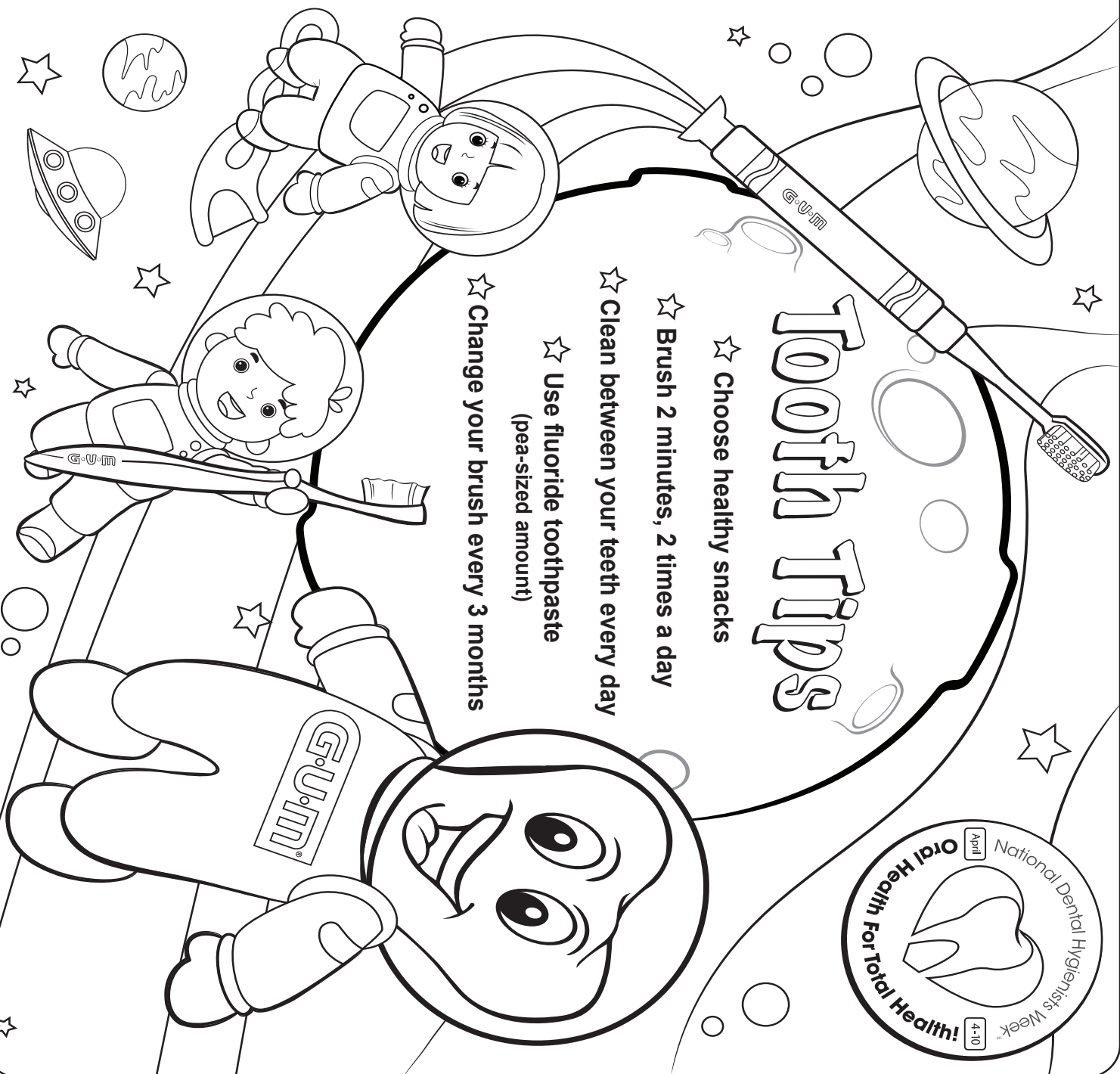
Win a Toys R Us gift card and kids' oral health prize packs from G·U·M



gumbrand.ca



DENTAL
HYGIENE
CANADA.CA





Indigenous Student Bursary



100% of profits fund the bursary.



Indigenous Student Bursary

To support our graduating Indigenous students, the Canadian Dental Hygienists Association (CDHA) has partnered with HuFriedyGroup to launch the Indigenous Student Bursary.

Canada's colonial policies and practices had a devastating impact on Indigenous peoples. As Canadians acknowledge that truth and continue their reconciliation journey, CDHA is joining many organizations in leading efforts to support Indigenous peoples and the ongoing work of establishing mutually respectful relationships. Our bursary initiative is Indigenous-led and guided by Indigenous cultures, values, and voices.

Help support Indigenous students - purchase a limited-edition HuFriedy Scaler

HuFriedy EverEdge 204S Sickle Scaler - \$87 (plus applicable taxes)

If you are not a CDHA member, please contact John Corner at jcorner@cdha.ca or at 1-800-267-5235 ext 138 for quick and easy processing of your purchase.

100% of the profits will go towards funding this bursary.

What is the Indigenous Student Bursary?

The bursary will provide financial support to Indigenous students in the final year of their dental hygiene program graduating in 2023, 2024 and 2025. To fund this bursary, CDHA is offering its members the opportunity to purchase a limited-edition HuFriedy EverEdge 204S sickle scaler with orange signature grips.

[Student applications](#) for the 2025 bursary will open September 1, 2025.

Use the QR Code to Access student application



Irritable Bowel Syndrome and Diet: The Foods You Can Eat



Individuals with irritable bowel syndrome (IBS) can use nutrition and lifestyle strategies to help control and manage gut symptoms, improve quality of life, and optimize digestive health. It is common for people with IBS to experience gut symptoms after eating certain kinds of foods, and what may trigger symptoms in one person may not trigger symptoms in someone else. There are general strategies that can help everyone with IBS, and yet what works best for you will require an individualized approach.

Food is a powerful tool to have in your toolbox, and a registered dietitian can help guide and support you in creating a long-term strategy and plan that works for you and your lifestyle. This could include helping to foster a positive relationship with food, increasing confidence when making food choices at home and when out, encouraging nourishing foods that won't worsen gut symptoms, preventing unnecessary food restrictions, and managing potential food fears.

Nutrition and Lifestyle Strategies for IBS:

1. Enjoy meals at regular times, chew well, and eat slowly. You may find it easier to digest and tolerate smaller portions of food vs. larger portions.
2. Drink at least 8 cups (2 L) of fluid per day (e.g., water, herbal tea, broth) to stay hydrated.
3. Space fruit intake apart by 2-3 hours and stick to no more than one fruit portion per meal or snack.
4. Choose cooked vegetables more often than raw, as cooked vegetables are easier to digest.
5. Choose easier-to-digest proteins, such as eggs, chicken, turkey, fish, extra-firm tofu, and plain lactose-free greek yogurt. Lower-fat cooking methods, such as baking, roasting, steaming, boiling, and sautéing, can also help you avoid uncomfortable symptoms.

QHS AT SCS CAREER FAIR



Congratulations to the
Lucky winner of our
Waterpik doorprize!



QHS

QHS Staff:

- Participated in SCS Career Fair
- Show cased and discussed roles at QHS
- Shared smiles and laughter for the day
- Connected with students and community

Thank you Skeetchestn Community School for having us!



How would you like to
recieve the Q'wemtsin
Health Society
Newsletter?



You can request to have our
Newsletter sent directly to you!

Q'wemtsin Health Society staff are able to email a virtual copy or mail a hard copy of our newsletter to ensure that all of our community members have the opportunity to keep up to date with our services and valuable health related information.

How would you like to receive our newsletter, hard copy, or email?

Please let us know by calling QHS Front Desk at 250.314.6732 or by emailing
qhs@qwemtsin.org

 qwemtsin.org



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Q'wemtsín
HEALTH SOCIETY

Ladies Day

Date: May 30, 2025
Delta Hotel, 540 Victoria St
Time: 11am-2pm

- Registration starts April 1st-May 15
- Registration is required to attend
- Open to Band members, Spouses and Community members

To register, contact Lindsie at QHS by calling 250.314.6732 or email at lindsie@qwemtsin.org



April

Pell-^utskúlecwten

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DR. Craniosacral Therapy	2 Naturopath	3 Dietitian Foot Care	4	5
6	7 DR. Craniosacral Therapy	8 DR. Craniosacral Therapy SIB	9 Naturopath	10 Dietitian Foot Care	11 Respiratory	12
13	14 DR. Craniosacral Therapy SIB	15 DR. SIB Craniosacral Therapy	16 Naturopath	17 Dietitian Foot Care	18 Good Friday	19
20 Easter Sunday	21 DR. Foot Care SIB	22 DR. Craniosacral Therapy	23 Naturopath SIB Dental	24 Foot Care	25	26
27	28 DR. Craniosacral Therapy SIB Foot Care SIB	29	30 Dental			



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Primary Care Services

In Person	<p>Urgent Primary Care and Learning Centre</p> <ul style="list-style-type: none"> • (250)314-2256 – phones turn on at 10 am daily • 311 Columbia Street • Open 10 am – 10 pm • Must phone to make an appointment, no walk-in's
	<p>Kinetic Energy Medical Clinic</p> <ul style="list-style-type: none"> • (250)828-6637 • 450 Lansdowne St Suite 206 • https://www.kamloopskineticenergy.com/medical-doctor • Patient Registration begins at 7 am Monday – Friday. Must phone and leave a message to be added to the daybook for that day -No Walk-Ins • Will start with a Phone Call appointment and may include a Face-to-face appointment if needed • Able to fill out Driver's Medical Forms
	<p>Kleo's Pharmacy</p> <ul style="list-style-type: none"> • (778)765-1444 • 90b-1967 Trans Canada Hwy E • Walk in Medical Clinic available in the pharmacy, access to Virtual Doctor
*Only Skeetch/Savona Patients	<p>Ashcroft Urgent and Primary Care Centre</p> <ul style="list-style-type: none"> • (250)453-2211 • Located in the Ashcroft Community Health Centre - 700 Ash-Cache Creek Hwy • Open 7 days a week, 8:00 am – 8:00 pm
Virtual	<p>Pharmasave – Riverbend</p> <ul style="list-style-type: none"> • (236)421-4424 for nurse & to book appointment. • Virtual Doctor (236)421-4263
	<p>Pure Pharmacy (Online Dr.)</p> <ul style="list-style-type: none"> • doctor.purepharmacy.com
	<p>Kipp-Mallery iMedicine Services -Landmark Location</p> <ul style="list-style-type: none"> • (250)425-0025 ext 4 • 207-755 McGill Road • Monday to Friday 9:00 am – 12:00 pm • Phone to book an appointment • Virtual or telephone appointments

<p>Virtual</p>	<p>Northshore Pharmacy and Care Clinic</p> <ul style="list-style-type: none"> • (250)376-9991 • https://northshorepharmacy.ca/ • Monday to Saturday 9:00 am – 5:30 pm, Sunday and Holidays 9:00 am – 10:00 am • Virtual appointments in the pharmacy <p>***must be willing to switch to using their pharmacist***</p>
	<p>Enhanced Care Clinic (Go to Doctors.ca)</p> <ul style="list-style-type: none"> • https://www.enhancedcare.ca/online-booking/ • Location/Services, click “Virtual/Phone Appointment by Godoctor.ca” and location “British Columbia” • virtual/phone appointments
	<p>FNHA Dr of the Day – 1-855-344-3800</p> <ul style="list-style-type: none"> • 1-855-344-3800 • 7 days a week, 8:30 am – 4:30 pm • All First Nations and their families • https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day
	<p>TIA Virtual Health Clinic</p> <ul style="list-style-type: none"> • Book online: Tiahealth.com • Virtual or Telephone appointments
	<p>Virtual Physicians at Health Link</p> <ul style="list-style-type: none"> • Call 811 • HealthLink BC virtual physicians are available to 8-1-1 callers after assessment by one of our registered nurses. If the nurse determines that further medical assessment by a doctor would help you get the best advice on when and where you should seek care, they may refer you to your family doctor or nurse practitioner, a health provider in your community or one of our virtual physicians.
	<p>Rocket Doctor</p> <ul style="list-style-type: none"> • Virtual Services • Book online: https://rocketdoctor.ca/online-doctor-bc/ • Available 24 hours a day, 7 days a week
	<p>VivaCare Telehealth</p> <ul style="list-style-type: none"> • Monday – Friday 8:00 am – 9:00 pm, Saturday – Sunday • Book online: https://vivacare.ca/telehealth-online-doctor/ • Virtual or telehealth appointments available

Resource Numbers



Q'wemtsin
HEALTH SOCIETY

Emergency Assistance

Ambulance/Fire/Police.....	911
Childrens Protective Services.....	1-800-663-9122
Kids Helpline.....	1-800-668-6868
Kids Text Helpline.....	68686868
Interior Crisis Line Network.....	1-888-353-2273
First Nations emergency services	250-377-7600
Youth Peace Program.....	250-319-2406
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake.....	250-377-6500
Kamloops R.C.M.P. Victim Services.....	250-828-3000
Kamloops Y Emergency Services:	
Y Women's Emergency Shelter.....(text)	250-682-7931
Children Who Witness Abuse.....	250-376-7800
Victim Services.....	250-320-3110

Aboriginal Services

Q'wemtsin Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991

Secwepemc Child and Family Services:

153 Kootenay way.....	250-314-9669
285 Seymour Street.....	250-461-7237
Toll Free.....	1-866-314-9669

Interior Indian Friendship Society.....	250-376-1296
White Buffalo Aboriginal & Metis Society.....	250-554-1176
Secwepemc Cultural Education Society.....	778-471-5789
Native Youth Awareness Centre.....	250-376-1617
Aboriginal Training & Employment Centre.....	250-554-4556
Kamloops Native Housing Society.....	250-374-1728
Le7 te Melamin Health Society.....	250-571-1000
Shuswap Training & Employment Program.....	778-471-8201
Native Court Worker.....	250-828-7969
Ashcroft Training & Employment Program.....	250-453-0093

Tsow-tun Le Lum Society

Cultural Support Counselling.....	1-888-403-3123
Hope for Wellness.....	1-855-242-3310

Aboriginal Crisis Response Services:

Toll Free.....	1-800-588-8717
Children & Youth.....	250-723-2040
Elders & Adults.....	250-723-4050

Metis Crisis Response Service:

Toll Free.....	1-833-638-4722
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Kuu-us Crisis Line Society

Adults.....	250-723-4050
Youth.....	250-723-2040
Toll Free.....	1-800-588-8717

First Nations Health Authority

Health Benefits (Toll Free).....	1-855-550-5454
Toll Free.....	1-866-373-2493
Email.....	info@fnha.ca

Non-Emergency Services

Tk'emlúps Detachment.....	250-314-1800
Tk'emlúps Bylaw.....	250-828-9708
Tk'emlúps Bylaw Cell	778-257-2607
Kamloops City Detachment.....	250-828-3000
North Shore Community Policing.....	250-376-5099
TRU Law Legal Clinic.....	778-471-8490
Kamloops Fire Rescuse.....	250-372-5131
BC Poison Control.....	1-800-567-8911
Nurse Line.....	811

Support Lines

Narcotics Anonymous.....	1-800-414-0296
Phoenix Centre.....	250-374-4684
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-455-2233

Substance Information & Referral Service.....	1-800-663-1441
Mental Health & Information Support.....	310-6789
Kamloops Sexual Assault Counseling Center.....	250-372-0179
Anti Violence Hotline.....	1-888-974-7278
Victim Link BC (multilingual).....	1-800-563-0808

Kamloops Walk-in Clinics

Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-314-2256
North Shore Health Science Centre.....	250-312-3280

Royal Inland Hospital

Information.....	250-374-5111
Admitting.....	250-314-2450
Emergency.....	250-314-2289

Indigenous Patient Navigator (RIH)

Deb Donald.....	250-314-2100 (ext. 3109)
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