

NEWSLETTER

SUMMER
EDITION
SEPTEMBER
2026



Photo Credit: Lee-Anne Deneault

Ye7éne te mégcen re Secwépemc
m-llwélenses re setétkwe, nerí7 re
éxwelcwes re sqlélten. M-elkwenstíllens
te scwíks ell m-nés te
tsqumqúm cú7tsem te m-pexpíxem ell te
m-kécem.

M-s7i7llcw m-nés te pespéllkwe es
íqwwems tek Keknécw.

This is the moon the Secwépemc began
to leave the river, the salmon are
spawning. They cached their dried salmon
and moved into the
mountains to continue hunting and drying
meat. Some people gathered at the lakes
to fish Kokanee, using the dragnets.



Photo Credit: Byron Bob

Photo credit Salmon Society website

Q'wemtsin Health Society • 250.314.6732
130 Chilcotin Road, Kamloops BC V2H 1G3
qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

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Lisa is a pharmacist with nearly four decades of experience helping people make informed and confident decisions about their medications. A graduate of the University of British Columbia, she has worked in both retail and hospital pharmacy settings and has gained broad experience as a relief pharmacist in pharmacies throughout British Columbia.

Lisa is passionate about helping people better understand their medications and ensuring they are used safely and effectively, particularly when prescription medications are combined with natural health products and supplements. She believes in taking the time to listen, educate, and help each person find the approach that works best for them.

Lisa lives in Kamloops with her family and especially enjoys time with her grandson. When she's not working, you'll often find her gardening, enjoying the outdoors, skiing, or travelling and discovering new places.



NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the members of Qwemtsin Health Society will be held as follows:

DATE: Friday, September 11, 2026
TIME: 1:00 pm to 3:00 pm
PLACE: Qwemtsin Health Society Boardroom
130 Chilcotin Road, Kamloops, BC

For the purpose of:

1. Receiving the report of the Society Auditor and reviewing the financial statements for the year ended March 31, 2026.
2. Appointment of the Society Auditor for the ensuing year.
3. Receiving the report of Directors.
4. Transacting such further and other business as may properly come before the meeting.

DATED the 18th day of August, 2026.

On behalf of the Board of Directors



Office Closure

QHS and Skeetchestn Health Centre
will be closed on:

Monday, September 7th
in observance of Labour Day
We will re-open Tuesday, September 8th
for regular services

For more information
please call our office at:

250.314.6732

or email:

qhs@qwemtsin.org





Office Closure

QHS and Skeetchestn Health Centre
will be closed on:

Wednesday, September 30th
in observance of Truth and Reconciliation Day
We will re-open Thursday, October 1st
for regular services

For more information
please call our office at:

250.314.6732

or email:

qhs@qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

 [qwemtsin.org](https://www.qwemtsin.org)

QHS • Notice



Sign Your Child For Up the 2026 - 2027 COHI Year and Be Entered Into a Draw

***For a chance to win
an Oral-B power
toothbrush !***



For More Information
Contact Crystal
at
250-314-6732

 [qwemtson.org](https://www.facebook.com/qwemtson.org)



The Bear, the Mountain, and the River

Learn about why you get anxious
Learn how to start changing that
Start changing that.

Join our self-help workshop, conducted over 12 weeks, to understand your anxiety, and learn how to do meditation.

Where and When:

Wednesdays, 6:30-8:00 pm

September 16-Jan.13th 2027

(excluding stat holidays)

Location: Chief Louis Centre

Registration required

Christine Mack 250-314-6732

ext. 223 or cmack@qwemtsin.org

Find out more:

September 16th 2026

Orientation / celebratory feast

Door prize giveaways!!



Medicine Pouch Making

**Join us for a FUN workshop and learn to
make your own Medicine Pouch!**

Date: Friday, September 18, 2026

Place: Located at Skeetchestn Health Centre

Time: 11:00 a.m. - 2:00 p.m.

*Registration is first come first serve for sign up, spots
are limited. Light lunch provided.*



Call Skeetchestn
Health Centre
at 250.373.2580
to register.



Q'wemtsín
HEALTH SOCIETY



• Information



QHS Diabetes team will support you in managing your healthcare and meeting your diabetes goals:

- Dietitian
- Registered Nurse
- Doctor
- Footcare Nurse

For more
information or to book
an appointment call:
(250)-314-6732





Diabetes Tip of the Month

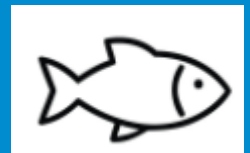
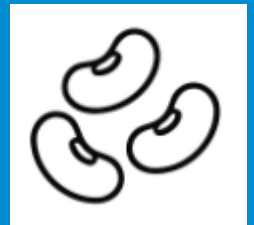
September

Back to Routine, Back to Healthy Habits

September is a great time for a fresh start. As summer winds down and daily routines return, healthy habits can help support blood sugar management.

This month, try including a source of protein with your meals and snacks. Foods like eggs, cheese, yogurt, nuts, fish, beans, or lean meats can help you stay satisfied longer and may help prevent blood sugar spikes.

Small step, big impact: Pack a healthy snack before leaving home so you are less likely to skip meals or grab convenience foods when hunger strikes.



For more
information or to book
an appointment call:
(250)-314-6732





Skeetchestn Health Centre Grandmother's Circle



Q'wemtsin Health Society has been holding Grandmother's Circles monthly at both Q'wemtsin Health Society and the Skeetchestn Health Centre.

These circles are open to Grandmother's from Tk'emlups te Secwepemc, Whispering Pines/Clinton Indian Band and the Skeetchestn Indian Band.

These circles allow for Grandmother's to share wisdom, guidance stories and Support of grandmother's and older Women in the community. The purpose is to share knowledge and teachings passed down which is culture, traditions, Language, stories, and life experiences. The circles are a safe space for connection where women can talk, listen, laugh, and support one another. These circles also strengthen relationships within Community, support healing and wellness. Build a sense of belonging with other women in the community.



If you would like more Information about the Grandmother's Circle or would like to sign up please contact Christine Mack at Q'wemtsin Health Society by calling 250.314.6732



Q'wemtsín
HEALTH SOCIETY

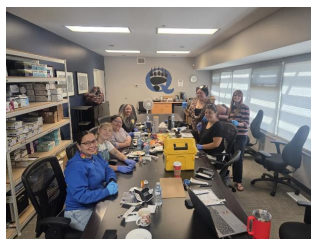
Weyt-kp xwexwéytep

This has been a fun and busy summer full of workshops with community members. We held Workshops in July and two in August.

All were a great turnout and everyone got to walk away with some amazing handmade products such as Mosquito Repellant, After Bite Balm and Smudge Spray. These workshops aren't just about the product we are making; they are a great way to get community together to socialize, share stories, share their own teachings and work together in our community kitchen here at Q'wemtsin Health Society.



On August 31st we honored International Overdose Awareness Day by hosting and facilitating Naloxone Training in our boardroom and then again on September 1st at the SIB Health Centre. Participants successfully completed our training and received our certificates by the end of the day. We also held some great conversations on overdose and the impact that Naloxone and the Towards the Heart training is having within our communities as it is serving a great purpose in this Opioid Crisis. If you wish to get more information regarding Harm Reduction. Naloxone Training or kits, you can book with either myself, Lindsie Manywounds or Christine Mack. You can also complete the training yourself online at [Towardstheheart.com](https://towardstheheart.com)



Keep an eye out for our next speaker series poster, we will be hosting Dr. Michael Yellowbird October 1, 2026!

Kukwstsétselp to everyone who helps make these workshops amazing gatherings for everyone who attends. You all make my job easier and fun, and I appreciate you all!

Lindsie Manywounds,
Community Wellness Coordinator

QHS • Presentation



Neurodecolonization and Indigenous Mindfulness

Neurodecolonization involves combining mindfulness approaches with traditional and contemporary secular and sacred contemplative practices to replace negative patterns of thought, emotion and behavior with healthy, productive ones.

When: Thursday, October 1st

Time: 9:00 a.m. - 4:00 p.m.

Location: Delta Hotel, 540 Victoria Street

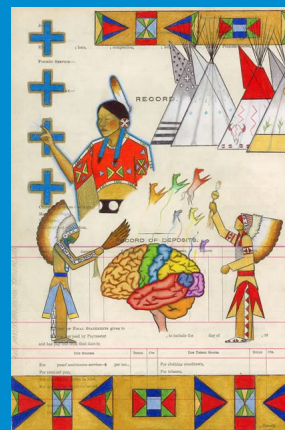
Advance registration is required as space is limited.

Parking is free. Participants must register their license plate with the hotel's front desk upon arrival.

Swag, door prizes and lunch provided!



Dr. Michael Yellow Bird



To pre-register
contact Lindsie at :
(250)-314-6732 or
email
lindsie@qwemtsin.org



qwemtsin.org



Q'wemtsín
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WHAT IS ADVANCED CARE PLANNING?

Advanced care planning is the process of thinking about, talking about, and documenting your health care wishes for the future in case you become too ill or injured to make decisions for yourself. It can include deciding what kind of medical treatments you would want, what quality of life is important to you, and choosing someone you trust to make health care decisions on your behalf if needed. *It is a gift to your family* who will have to make these decisions if unfortunate circumstances arise; it gives them a map to follow.

Who Should Do it: Any adult (over 19) can benefit from advance care planning, because a sudden illness or accident can happen at any age. It's best to have these conversations before there is a health crisis. Especially if you:

- Have a chronic or serious health condition
- Are getting older
- Are facing major surgery or medical treatments
- Want to make sure their health care wishes are known

To ensure that *your most trusted person* can make health care decisions on your behalf if you become unable to make your own decisions, complete an appropriate Representation Agreement *and* an Advance Directive.

Temporary Substitute Decision Maker (TSDM)

Someone who will be chosen by your health care provider to make your health care decisions if you are not able to do so.

In this order:

1. **Your spouse** (married, common law – length of time living together does NOT matter)
2. **Son or Daughter** (19 or older)**
3. **Parent**
4. **Brother or Sister****
5. **Grandparent**
6. **Grandchild****
7. **Anyone else related to you by birth or adoption.**
8. **Close friend**
9. **Related to you by marriage**

**birth order does NOT matter

This order can only be changed if:



Which Representation Agreement is Appropriate?

Standard Agreement

Section 7 Representation Agreement

Who: Adults with lower levels of capability (due to some developmental disabilities or injuries/illness of the brain that affect cognitive ability)

Decisions this allows the representative to make:

- Routine management of financial affairs
- Your personal care
- Some health treatment decisions

Decisions NOT included:

- Treatment decisions involving refusal of life support or life prolonging medical interventions

Enhanced Agreement

Section 9 Representation Agreement

Who: Adults who can understand the nature and consequences of appointing a representative to make decisions on their behalf.

Decisions this allows the representative to make:

- Your personal care
- Some health treatment decisions
- Accepting and Refusing life support
- Life prolonging medical interventions

Decisions NOT included:

- Financial matters
 - Complete an Enduring Power of Attorney

Advance Directive

Who: Adults who can understand and make their own health care decisions.

What: A document that records your health care wishes so they can be followed if you cannot speak for yourself.

This can be completed and given to your health care providers to follow without a representation agreement. Health Care providers *must* follow.

Highly recommended to be completed with the Section 9 Representation agreement.

Stated in an Advance Directive:

- Values, beliefs and wishes
- Decisions for future care
 - Medical interventions
 - Life support and life prolonging interventions
 - If a Representation Agreement is not needed, complete Temporary Substitute Decision Maker List

Advance Directive does NOT include:

- Financial matters
- Estate matters

Enduring Power of Attorney

What: this is a legal document that lets you choose someone you trust to make financial decisions for you if you can not make them yourself. Must be notarized.

What is included:

- Paying your bills
- Managing your bank accounts
- Dealing with investments
- Filing taxes
- Handling property transactions

What is NOT included:

- Ability to change your will
- Not the same as the Executor of the Estate
 - Executor of the Estate manages a will after a person is deceased.
- Health care decisions of any kind
 - Must do a Representation agreement for this

****Power of Attorney is a very important document. If you or a family member needs home care or would like to apply for residential care or assisted living, a POA must be complete; along with two years of income taxes and a Medical Order for Scope of Treatment (MOST).**

Medical Order of Scope (MOST)

What: A MOST form is a document that tells healthcare providers what type of medical care you want if you become seriously ill and cannot speak for yourself. This must be completed with our Doctor or Nurse Practitioner.

What's the difference between Advance Director vs MOST?

Advance Directive	MOST
Completed by you	Completed with your health care provider
States your wishes and preferences clearly	Gives medical orders to health providers
Prepared while planning for future at any age before health concerns.	Often completed when someone has significant health concerns, chronic illness, or aging.
Guides future decision-making	Directly guides treatment decisions

DO YOU HAVE QUESTIONS?

Contact resources below to answer questions, or pick up appropriate resources and paperwork.

Q'wemtsin Health Society

250-314-6732

TES Community Services

(can notarize documents)

250-828-9700

Interior Health Home and Community

250-851-1900

Other Options:

- Your Family Doctor or Nurse Practitioner
- Lawyer or Notary

All forms can be reviewed and updated whenever your wishes or circumstances change.

Source: <https://www2.gov.bc.ca/assets/gov/people/seniors/health-safety/pdf/myvoice-advancecareplanningguide.pdf>



Employment Opportunity – Contract (21 hours/week) Human Resources Generalist

Q'wemtsin Health Society (QHS) is an assembly of health care professionals who believe in providing quality, client-centred care to our Secwépemc communities through the provision of holistic health services. Located at the heart of Tk'emlúps te Secwépemc our clinic acts as a one-stop health shop for community members. Over the last 25 years, becoming a pivotal agent in supporting health and wellness for the Tk'emlúps te Secwépemc, Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band.

Purpose:

To support in the smooth and effective operation of the Human Resources Department of a continually growing non-profit organization.

Responsibilities:

- Recruitment initiatives including developing job descriptions and postings, circulating postings, collection of resumes and shortlisting applicants
- Supporting Interview Panels by coordinating interviews with applicants, preparing interview questions, and coordinating onboarding of new hires
- Manage employee grievances by maintaining thorough documentation, investigating, and resolving as necessary
- Ensure organizational policies comply with existing labour and human rights laws
- Monitor employee attendance and tardiness, and addressing in writing as necessary
- Track employee training needs and coordinating training as necessary
- Support in group benefits administration
- Support in WorkSafe administration
- Conduct annual compensation reviews

Qualifications and Skills:

- Post-secondary education in Human Resources, Business Administration, or a related field
- CPHR designation or working towards the designation is an asset
- 3 - 5 years experience working in Human Resources Management
- Strong understanding of Provincial Labour, Human Rights, and Privacy laws
- Ability to be very flexible with changing schedules
- Excellent verbal, written, and organizational skills
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

Additional Requirements:

- Criminal Records Check (vulnerable sector) will be required
- Possess valid British Columbia driver's license and submit current drivers abstract

Compensation:

- Hourly starting rate of \$39.00 - \$45.22, to be determined based on experience

Please forward your cover letter and resume along with business references to:

Q'wemtsin Health Society
Attn: Bobbi Sasakamoose
130 Chilcotin Road
Kamloops, BC V2H 1G3

Email: bobbi@qwemtsin.org

Position deadline: September 14, 2026

Only those who are short-listed will be contacted. We thank you all for your submissions.



Employment Opportunity – Full-time – 12 Month Term Health Care Assistant

Q'wemtsin Health Society (QHS) is an assembly of health care professionals who believe in providing quality, client-centred care to our Secwépemc communities through the provision of holistic health services. Located at the heart of Tk'emlúps te Secwépemc our clinic acts as a one-stop health shop for community members. Over the last 25 years, becoming a pivotal agent in supporting health and wellness for the Tk'emlúps te Secwépemc, Skeetchestn Indian Band and Whispering Pines/Canton Indian Band.

Purpose:

To provide assistance with activities of daily living to clients in their homes in accordance with individualized client care plans while promoting maximum independence.

Responsibilities:

- Provide personal and supportive care to clients with an emphasis on quality, compassion, and timeliness
- Ensuring that clients' medical needs are addressed through the delivery of quality care
- Monitoring health and wellness of clients and providing routine reports to the Home and Community Care Supervisor
- Maintaining a safe physical work environment
- Ensuring all duties carried out conform to universal precautions
- Performing other related activities as required

Qualifications and Skills:

- Recognized certification as a Health Care Assistant
- Registered with the BC Care Aide & Community Health Worker registry
- 1 to 2 years' experience as a Health Care Assistant would be an asset
- Ability to be very flexible with changing schedules
- Must be in good health and physically able to move (sit, stand, bend and lift) intermittently throughout the workday - lift, push, pull and move a minimum of 22 kilograms (50 lb.)
- Excellent verbal, written, and organizational skills
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

Additional Requirements:

- Current CPR/First Aid certification and Food Safe Level 1
- Criminal Records Check (vulnerable sector) will be required
- Possess valid British Columbia driver's license and submit current drivers abstract

Compensation: Hourly starting rate of \$24.00 - \$27.59, to be determined based on experience

Please forward your cover letter and resume along with business references to:

Q'wemtsin Health Society
Attn: Bobbi Sasakamoose
130 Chilcotin Road
Kamloops, BC V2H 1G3

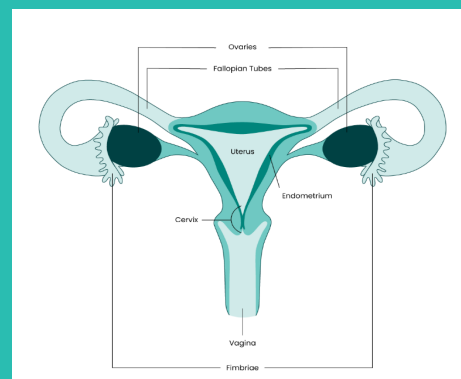
Email: bobbi@qwemtsin.org

Position deadline: September 14, 2026

Only those who are short-listed will be contacted. We thank you all for your submissions.

September is Ovarian Cancer Awareness Month!!

Ovarian cancer includes cancers that start in the ovaries, fallopian tubes, and the lining of the abdomen.

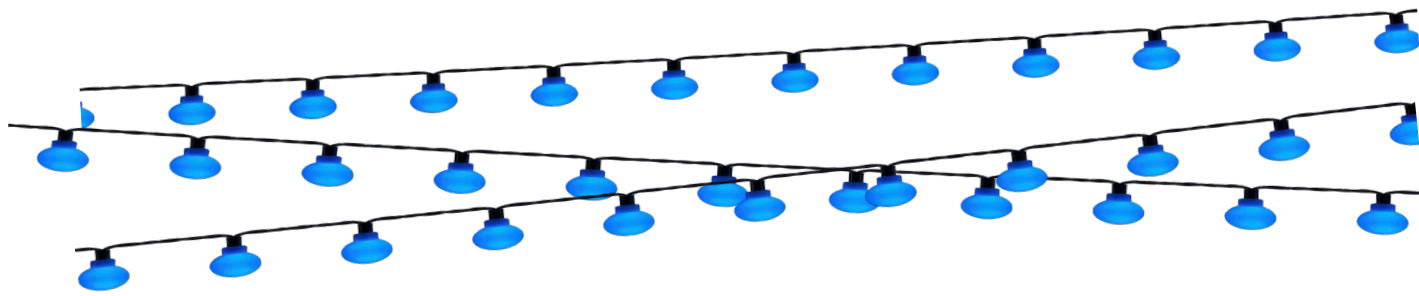


The ovaries are two small, almond-shaped organs in the pelvis, which is the lower area between the hips. They are located on either side of the uterus. The ovaries store eggs and produce the female hormones estrogen and progesterone.

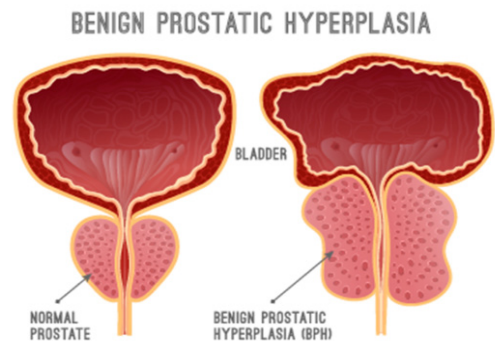
Each type of ovarian cancer is different and are broadly classified according to which type of ovarian cell they start from (epithelial, germ, or stromal). Ovarian tumours may be benign (not cancerous) or malignant (cancerous). Ovarian tumours that are malignant (cancerous) can spread (metastasize) to other parts of the body and can be serious.

Less Common Symptoms	Common Symptoms
• bowel changes • nausea • fatigue • unexplained weight loss • menstrual irregularities • back pain • pain after intercourse and bleeding after	• bloating • abdominal. pelvic pain • difficulty eating • feeling full quickly • urinary changes

It is important to speak to your doctor if you notice any symptoms that are new to you and that persist for three weeks or longer.



Light Up Blue for Prostate Cancer Awareness Month for September !!



The prostate is a gland that is part of the male reproductive system and is located below the bladder and surrounds the urethra. The three main functions of the prostate is to produce semen, as a muscle to evacuate semen during ejaculation and controls urine flow.

Benign Prostatic Hyperplasia	Prostatitis
• unable to empty bladder • weak flow • needing to urinate more often	• frequent urination • weak flow • pain near the prostate
Treatment: Can be treated with medication, for more serious progressive cases may require an operation.	Treatment : Can be treated with antibiotics and advil for inflammation

If you have any questions or concerns, contact your doctor.

The Orange Shirt Society was established in 2015.



Inspired by Phyllis Webstad's story of having her orange shirt taken away on her first day at Indian residential school, we uplift the voices of Survivors and invite all people in Canada to walk the path of truth & reconciliation together.

In 2021, the Canadian federal government officially established September 30th as the National Day for Truth and Reconciliation (NDTR). NDTR did not replace Orange Shirt Day, it is both.

By wearing an orange shirt on September 30th, you make a statement to support truth & reconciliation and commit to the enduring truth that

**“EVERY CHILD
MATTERS”**



SECWPEMC “STETEX7EM SPLULKW” (ELDERS GATHERING)

**This event is an opportunity to
Honor the Love and Strength of
our Secwepemc Elders**

Save the Date

When:

October 2-4, 2026

Where:

**Coast Hotel,
Kamloops**

**Storytelling &
activities**

**Reconnect with
friends**

**Meals will be
provided**

**Dance Saturday
Night!**

To register: email
Morgan Christopher,
Traditional Wellness
Coordinator:

twc@ltmhs.org

Registration closes on
September 4, 2026
Call: 250.571.1000

60'S SCOOP SURVIVORS HEALING CEREMONY

**THIS IS WHERE MY HEART
BELONGS**

**Saturday:
October 10th, 2026**

Location:

**Tk'emlups to Secwepemc
Mocassin Square Garden and
Powwow Arbour**

Meals will be provided

**Cultural Activities (Rattle
Making/Drum
Making/Beading/Secwepemtsin
Bingo**

Round Dance



TO REGISTER AND SEND COMPLETED FORMS:

CONTACT: TAHNEA ALPHONSE

Email: ea@ltmhs.org

Call: 250.571.1000

EVERY CHILD

MATTERS



2026



September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Doctor CST	2 Doctor NPD Dental	3 Doctor Footcare	4	5
6	7 Office Closed	8 CST	9 NPD	10 Footcare	11	12
13	14 CST	15 Doctor CST	16 Doctor NPD Dental	17 Doctor Footcare	18	19
20	21 Doctor CST Footcare	22 Doctor CST	23 Doctor NPD	24 Doctor Footcare	25 Respiratory Therapist	26
27	28 Doctor CST	29 CST	30 Office Closed			
Legend: SIB - Purple / QHS - Blue / WPCIB - Green ND-Naturopath Doctor CST-Craniosacral Therapy Doctor						



Mental Health Support

24 hour supports

Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.

Phone (toll-free): 1-855-242-3310

Website: hopeforwellness.ca

KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.

Phone (adults and Elders):

250-723-4050

Phone (Youth): 250-723-2040

Phone (toll-free): 1-800-588-8717

Website: www.kuu-uscrisisline.com

Métis Crisis Line is a service of

Métis Nation British Columbia.

Phone: 1-833-MétisBC

(1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence.

This service also provides [information and referrals](#) for all victims of crime. Phone: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis

Helpline offers immediate support anytime for support in English or French.

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages. Phone: 1-800-784-2433

Indian Residential School supports

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-3813

Email: nakazdli.elders@outlook.com

Carrier Sekani Family Services

provides health and cultural supports.

Phone: 250-567-2900 Ext. 2047

Email: slarocque@csfs.org

Gitanmaax Health

Phone: 250-842-6320 or Email:

robert.ryan@gitanmaax-health.ca

Gitanyow Human Services

provides health and cultural supports.

Phone: 250-849-5288

Email: director@gitanyowhealth.ca

Indian Residential School Survivors Society (IRSSS)

is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status. Phone 604-985-4464 or (Lamathut Crisis Line Support 24/7 toll-free): 1-800-721-0066

Website: www.irsss.ca

Indian Residential School Crisis

Line is a national service for anyone experiencing pain or distress as a result of their residential school experience.

Phone (toll-free): 1-866-925-4419

Kispiox Health provides health and cultural supports.

Phone: 250-842-6236 Email:

tbaskin@anspayaxwhealth.ca

Nuu Chah Nulth Tribal Council

provides health and cultural supports.

Phone: 250-724-3939 or Email:

richard.watts@nuuchahnulth.org

Okanagan Nation Alliance

provides health and cultural supports.

Phone: 250-707-0095 Ext 228

Email: TCarpenter@syilx.org

Sik-E-Dakh Health Society

provides health and cultural supports.

Phone: 250-842-6876

Email: andrew@sikedakh.org

Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.

Phone 250-390-3123 or (toll-free): 1-888-403-3123

Website: www.tsowtunlelum.org

Other culturally-safe supports

BC Alcohol & Drug Information Referral Service provides information about substance use treatments or supports in your area.
Phone: 1-800-663-1441
Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult.
Phone: 604-872-1234

Foundry virtual access [province-wide virtual services](#) for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat.
Phone: (1 833 308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages.
Phone (no area code): 310-6789.

Youth supports

Child and Youth Mental Health (CYMH) Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your [closest Child and Youth Mental Health clinic](#).

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals.
Phone: 1 800 668-6868 or
Text: TALK to [686868](#)
Texting support for adults available by texting TALK to [741741](#)

Youth in BC offers crisis support available for youth 25 and under.
Website: [youthinbc.com](#)

Regional health authority mental health supports

The following regional health authority supports are available to all BC residents.

Fraser Health

Phone: 1-866-766-6960
Website: <https://www.fraser-health.ca/health-topics-a-to-z/indigenoushealth/indigenous-mental-health-and-wellness>

Interior Health Region

Phone: 310-MHSU (6478)
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

Island Health

Phone: 1-888-885-8824
Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

Phone: 310-6789
Website: <https://www.northern-health.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1
Website: <https://www.vch.ca/en/health-topics/mental-healthsubstance-use>



Primary Care Services

In Person	Urgent Primary Care and Learning Centre • (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
	Kinetic Energy Medical Clinic • (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
	Kleo's Pharmacy • (778)765-1444 • 90b-1967 Trans Canada Hwy E • Walk in Medical Clinic available in the pharmacy, access to Virtual Doctor
	Ashcroft Urgent and Primary Care Centre • (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	Avee Health (Online Dr.) • www.avee.health/booking
	Kipp-Mallery iMedicine Services -Landmark Location • (226) 930-6500 • 207-755 McGill Road • Monday to Friday 9:00 am – 5:30 pm • Phone to book an appointment • Virtual or telephone appointments
Virtual	Northshore Pharmacy and Care Clinic • (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	Northshore Pharmacy and Care Clinic • (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 ***must be willing to switch to using their pharmacist***
	Enhanced Care Clinic (Go to Doctors.ca) • https://www.enhancedcare.ca/online-booking/ • Location/Services, click “Virtual/Phone Appointment by Godoctor.ca” and location “British Columbia” • virtual/phone appointments
	FNHA Dr of the Day – 1-855-344-3800 • 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
	TIA Virtual Health Clinic • Book online: Tiahealth.com • Virtual or Telephone appointments
	Virtual Physicians at Health Link • 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.
	Rocket Doctor • Virtual Services • Book online: https://rocketdoctor.ca/online-doctor-bc/ • Available 24 hours a day, 7 days a week
	VivaCare Telehealth • Monday – Friday 8:00 am – 9:00 pm, Saturday – Sunday • Book online: https://vivacare.ca/telehealth-online-doctor/ • Virtual or telehealth appointments available



Q'wemtsin
HEALTH SOCIETY

Resource Numbers

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

Aboriginal Crisis Response Services:

Toll Free.....	1-800-588-8717
Children & Youth.....	250-723-2040
Elders & Adults.....	250-723-4050
CRCL Kamloops	Call/Text 778-470-2725

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

Aboriginal Training & Employment Centre.....	250-554-4556
Ashcroft Training & Employment Program.....	250-453-0093
Cultural Support Counselling.....	1-888-403-3123
Hope for Wellness.....	1-855-242-3310
Kamloops Aboriginal Friendship Society.....	250-376-1296
Kamloops Native Housing Society.....	250-374-1728
Le7 te Melamin Health Society.....	250-571-1000
Native Court Worker.....	1-855-221-5728
Secwepemc Cultural Education Society.....	250-371-7965
Shuswap Nation Tribal Council.....	778-471-8200
Tsow-tun Le Lum (helping House) Society.....	250-390-3123

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 Rescue.....	250-372-5131
BC Poison Control.....	1-800-567-8911
Nurse Line.....	811

Support Lines

Narcotics Anonymous.....	1-800-414-0296
Phoenix Centre.....	250-374-4634
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-513-5333
	Text 123456

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 Primary 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.....	1-877-288-5688
Liimichif Otopeniswak.....	250-554-9486

