NEWSLETTER

FALL
EDITION
NOVEMBER
2026

Pellc7ellcw7úllcwten

Entering Month

Pithouse



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

Q'wemtsín
HEALTH SOCIETY

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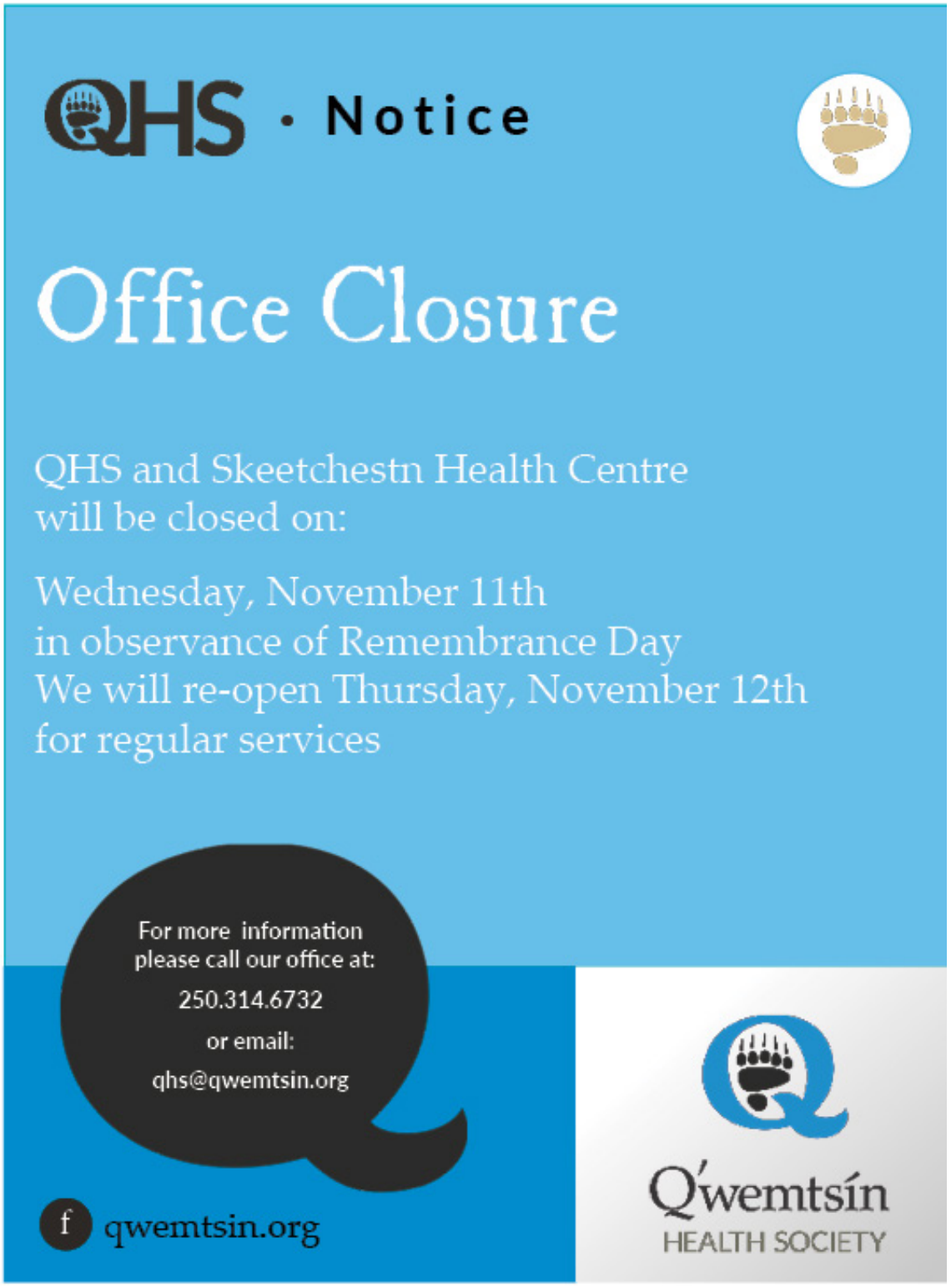
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Pellc7ell7úllcwten

(Going into Underground houses)

November

Yerí7 re txetéqs te mégcens re Secwépemc. Ye7éne te mégcen m-c7ellcw7úllcwes re Secwépemc ne c7es7ístkteńs. Re sqélqlemcw m-tsecentés re t7el7élkstens ne spíxem, swéwlem, sqeq̓7úms ell re nexwnúxwenxw m-élksens re stsyexs, e stskwils ne s7istk.

English Translation: This is the first moon of the Secwépemc. This is the month the Secwépemc entered their winter homes. The men were fixing their hunting, fishing and trapping implements and the women were working on clothing, they were preparing for winter.



Processing meat.



Youth learning how to salt hides.



Scraping Hide.



Taking a well deserved break.

All photos were submitted by Megan Francis and Allie Louis from the Whispering Pines/Clinton Indian Band Hunting Camp.

The Whispering Pines Hunting Camp brings the people together to prepare for the winter months, honoring Secwépemc traditions of hunting (or trapping) in preparing food, supplies and clothing. This is a time to share knowledge, strengthen cultural connections and pass traditional skills on to the next generation.

Your personal toolkit
for cold and flu season

BC Centre for Disease Control
Provincial Health Services Authority

There are many tools that can help protect you and your family from respiratory illnesses, like influenza (flu), COVID-19 and RSV.

You can decide how and when to use these tools while making sure you are supporting your overall physical and mental health. For example, you may apply more tools if you are at higher risk of serious illness.



- Your family and community can support each other.
- Call **8-1-1** or chat with a health care provider about your concerns.

See the next page to learn more about each tool.

Your personal toolkit

BC Centre for Disease Control
Provincial Health Services Authority

Let's unpack the tools



Vaccines

Staying up-to-date with your vaccinations, including COVID-19 vaccines and the yearly flu shot, will give you the best protection against serious illness.



Stay home if sick

If you feel sick, stay home or away from others. Resting can help you recover and reduce spread to others.



Clean hands

Wash your hands with soap and water or use hand sanitizer often, such as before eating, after being in public spaces or handling shared objects.



Mask & cover your coughs

Wear a mask in places where it is required, if you are sick and cannot stay away from others, and as a personal choice.
Cover your coughs and sneezes with your sleeve.



Good airflow

If you have air filtration or ventilation systems, make sure they're in good working order. Open windows and doors to bring in fresh air, if possible.



Respect personal space

Help stop germs from spreading by keeping enough space between you and others so everyone feels comfortable.



Clean surfaces

Regularly clean and disinfect things that are shared or touched many times, like light switches, door knobs, cell phones, counters and toilets.



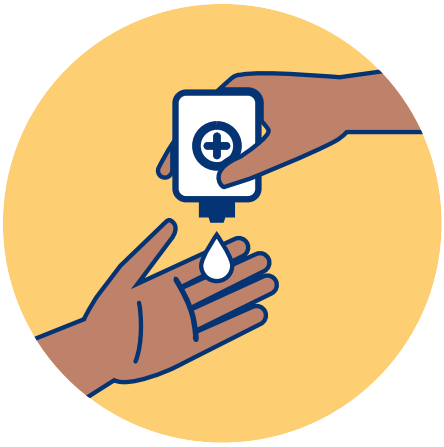
Test & treat

Most people can manage their symptoms at home with medicines you can buy without a prescription. Anti-viral treatments may be available if you are at higher risk. Talk to a health care provider about options. At-home rapid tests for COVID-19 are available for free in pharmacies to inform treatment.

For more information on respiratory illnesses, go to **bccdc.ca**

HOW TO CLEAN YOUR HANDS

Help us prevent the spread of infections



Use hand sanitizer

- Remove jewelry
- Apply enough product to keep hands moist for 15 seconds
- Cover all surfaces of the hands, fingers and thumbs
- Rub all surfaces of hands and wrists until completely dry
- Do not use paper towels to dry hands



Wash hands with soap and water

- Remove jewelry
- Wet hands with water
- Add soap to palms and rub hands together
- Create lather, covering all surfaces
- Rinse hands well under water
- Dry with a single use towel
- Use towel to turn off the tap

Use soap and water if hands are visibly soiled

2023.07.21

BRITISH COLUMBIA | Ministry of Health

PICNet
PROVINCIAL INFECTION CONTROL NETWORK OF BRITISH COLUMBIA
A program of the Provincial Health Services Authority

First Nations Health Authority
Health through wellness

Feeling Sick? Stay Home.

If you're feeling unwell, home is the best place to recover and feel better. You don't want to spread illness to others, whether it be at school, your place of work, or in other public venues.

Not sure if you're sick? If you're experiencing any of the following symptoms, stay home until they pass:


Coughing or sneezing


Runny or stuffy nose


Sore throat


Headache


Extreme tiredness



Fever


Chills


Muscle aches or joint pain


Nausea or diarrhea


Shortness of breath

During respiratory virus season, the common cold, influenza, COVID-19 and other viruses can spread easily and make many people sick. By staying home you're not only giving yourself time to heal, you're protecting others!

For the best protection, check with your community health nurse or local health centre about getting your flu shot and COVID-19 vaccines.

www.fnha.ca/what-we-do/communicalble-disease-control

National Addictions Awareness Week



November
16th, 17th, 18th, 19th, 20th

Please Come and Join Us

During National Addictions Awareness Week to help reduce the stigma associated with substance use disorder. We are here to inform, remember, and inspire.

Free Event
Everyone Welcome

For more information, please contact Lindsie by email:

lindsie@qwemtsin.org

Or call our office at (250)-314-6732

Monday, November 16th
5pm - 8pm @ Moccasin Square Garden
- Opening Ceremony
- Information Booths
- Candle Light Vigil
- Drumming

Tuesday, November 17th
5pm - 8pm @ Moccasin Square Garden
- Naloxone Training

Wednesday, November 18th
5pm - 8pm @ Moccasin Square Garden
- Addictions Forum
- Information Booths
- Feast

Thursday, November 19th
5pm - 7pm @ Moccasin Square Garden
(18+ only)
- Wellbriety
- Medicine Pouch Making

Friday, November 20th
5pm - 8pm @ Moccasin Square Garden
- Closing Ceremony
- Feast
- Family Dance

Q'wemtsín HEALTH SOCIETY

TK'EMLÚPS TE SECWÉPEMC

First Nations Health Authority

Did you know?



That you can use everyday household items to safely dispose of needles and sharps!



1) Do not try to put the cap back on the needle
2) Use work gloves, tongs or tweezers to pick up the needle
3) Do not pick up the needle by the point, and point the needle point away from you when handling
4) Place the needle in a sharps container, needle point first. If you do not have a container you can place the needle in a metal/hard plastic containers with a secure lid
5) Wash your hand thoroughly with soap and water
6) You can drop off your container at most local pharmacies or a Harm Reduction sites







Needle Clean up
Monday - Friday
from 8:30a.m.-4:00p.m
call Lindsie or Diane
(250)-314-6732

After hours call the Overdose Prevention Team at
(778)-257-1292

Q'wemtsín
HEALTH SOCIETY

QHS · Information

November is Diabetes Month!!!

November is a time to raise awareness about diabetes and to support those living with it.

Diabetes management is not about being perfect. Small, consistent choices can make a meaningful difference over time. Eating balanced meals, choosing water more often, being active in ways you enjoy, taking medications as prescribed, and attending regular health appointments all help support blood sugar and overall health.





Traditional foods such as fish, wild game, berries, vegetables and other gathered foods are all part of a healthy way of eating for diabetes.

If you are living with diabetes, remember to keep up with important health checks such as your A1C, blood pressure, cholesterol, kidney function, foot checks and eye exams.

This November, choose one small step you can take to support your health. Small changes add up."



For more information or to book an appointment with our Registered Dietitian call:
(250)-314-6732
or email:
moa@qwemtsin.org

f qwemtsin.org

Q'wemtsín HEALTH SOCIETY

QHS · Information

November is Eczema Awareness Month!!

Eczema is a mild or severe skin condition that can cause dry, itchy irritated skin that may crack and bleed.

Eczema care includes:

- Washing and bathing in warm water, not hot or skin can dry out
- Moisturizing, to help reduce itchiness and dryness
- Topical medication, prescribed medication to help treat the area

If your eczema starts to become swollen, have yellow scabs or pus contact your doctor immediately, your eczema could be infected.

For more information or to book an appointment contact Lisa at (250)-314-6732 or email lisa@qwemtsin.org

f qwemtsin.org

Q'wemtsín HEALTH SOCIETY

QHS • Information

Circle Of Life

The Circle Of Life Program is delivered by QHS Community Health Nurses who provide culturally safe and holistic programming to expectant parents and families. The program supports maternal and child health through prenatal education, postpartum support, infant growth monitoring and parent/family support.

Community Health Nurses provide:

- Pre and Postnatal care and visits
- Home or Office visits
- Support to parents and families
- Safety supplies
- Prenatal Classes
- Immunizations



The Community Health Nurses provide the following services until the baby is 6 years of age. The program is available to registered band members of Ttes, Whispering Pines and Skeetchestn and their spouses. Registration must be done with one of the Community Health Nurses.

For more information or to connect with a Community Health Nurse call: (250)-314-6732

qwemtsin.org

Q'wemtsín HEALTH SOCIETY

Neurodecolonization and Indigenous Mindfulness



Dr. Michael Yellowbird

On Thursday, October 1st, Q'wemtsin Health Society welcomed Dr. Michael Yellowbird, MSW, PHD Dean and Professor of the Faculty of Social Work at the University of Manitoba, to share his work in Neurodecolonization and Indigenous Mindfulness with the community members of our three member bands. It was a highly thought provoking presentation where participants learned how mindfulness approaches combined with contemplative practices can positively impact our health and wellness. We are incredibly grateful to Dr. Yellowbird for taking the time to join us and are hopeful to cross paths again as his teachings were highly praised by all in attendance! Thank you to all who made this event a success!





RNAO

HEALTH EDUCATION
Fact Sheet

Understanding diabetic foot ulcers

A guide for people living with diabetes and their care partners

What is a diabetic foot ulcer?

A diabetic foot ulcer (DFU) is a sore or open wound on the foot that occurs more easily in people with current or previously diagnosed diabetes mellitus. This is due to **nerve damage** (neuropathy) and **poor blood flow** (ischemia), which makes it harder for wounds to heal and easier for infections to start.[1]



Up to **1 in 3** people with diabetes may develop a foot ulcer in their life.[2]

Why it matters

- DFUs can lead to serious infections and even amputations if not treated properly.[3]
- Early detection and care can prevent most complications.

How can you prevent foot ulcers?

Screen your feet regularly

Get your feet checked by a health provider at least once a year - or more often if you're at higher risk.



Keep your blood sugar in check

Well-controlled blood sugar lowers the risk of foot ulcers and helps healing.



Wear proper footwear

- Avoid walking barefoot and use well-fitting shoes.
- Ask your health-care provider about special shoes if you have foot problems such as sores, bunions, pain and swelling.



Self-check at home

- Use a **mirror** or ask a **care partner** (family, friends or other caregivers) to help you check the bottoms of your feet daily.
- Watch for early signs such as **red spots**, **warmth**, **minor wounds** and **loss of sensation**.



Learn and practice self management

- Learn how to care for your feet, manage your diabetes and when to ask for help.
- Health providers may offer personalized strategies to support your goals.



RNAO

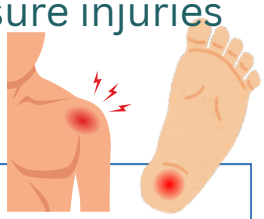
HEALTH EDUCATION
Fact Sheet

Understanding and Preventing Pressure Ulcers

A guide for people with or at risk of experiencing pressure injuries



What is a pressure injury?



A pressure injury, or also known as pressure ulcer and bed sore, is a localized damage to the skin and/or underlying tissue due to pressure or a combination of pressure and shearing. Pressure injuries usually occur over a bony area and may also be caused by contact with a medical device.[1] Every person is at risk of developing pressure injuries with immobility.

What can increase the risk of getting a pressure injury?[2]



Physical immobility



Frail skin



Vascular disease



Conditions influencing skin structure



Malnutrition



Old age

How to watch out for early signs of pressure injury?

Check for any **changes in skin** - redness in lighter skin tones or purple-blue colour in darker skin tones, texture/consistency, temperature or numbness. These areas may or may not be painful.



People who lie in bed for extended periods should **check the bony areas** where they rest their weight.

Check the **buttocks** of wheelchair bound person and skin areas that are in **long-term contact** with a medical device such as wheelchair.

National Indigenous Veterans Day
November 8th

Remembrance Day
November 11th



In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.



We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders Fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies
grow
In Flanders Fields.



John McCrae

QHS · Information

MAPPING YOUR JOURNEY: STAGES AND PROGRESSION OF DEMENTIA

While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen.

Thursday, November 5th
10:00 a.m to 11:30 a.m.

Free Webinar for caregivers and people living with dementia by Alzheimer Society of Yukon & BC

To register for this free webinar, scan the QR Code

qwemtsin.org

Q'wemtsín HEALTH SOCIETY

Healthy Smiles for a Spooky Good Time!



Halloween is a time for treats, fun and memories.
Let's keep those little smiles healthy and strong!

Oral health tips for children 0–12

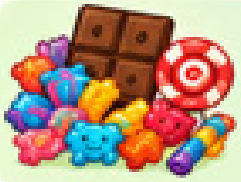
WHAT TO DO

Keep those teeth happy and healthy!



Choose healthy treats

- Enjoy fruits, vegetables, cheese, nuts and water.
- These help feed little bodies and keep teeth strong!



Limit sugary treats

- If they have candy, keep it for the end of the night and choose chocolate (less sticky than gummies or chewy candy).



Brush after treats

- Brush teeth before bed (and if possible) after enjoying treats.
- Use a fluoride toothpaste and a soft brush.



Keep up with regular dental visits

- Routine check-ups and cleanings help catch problems early and keep smiles bright!



Encourage good habits

- Help your child brush for 2 minutes, twice a day and floss when their teeth touch.

WHAT NOT TO DO

Avoid these tooth-harming habits!



Don't let them snack all night

- Constant snacking, especially on sugary foods and drinks, can lead to cavities.



Don't offer sticky or chewy candy often

- Gummies, taffy, caramels and chewy candy stick to teeth and feed bacteria.



Don't give sugary drinks

- Soda, juice, sports drinks and sweetened drinks can cause cavities — even if they're "just a little bit."



Don't skip brushing

- Even on Halloween, brushing is a must! Candy and sugar can quickly lead to plaque and cavities.



Don't forget about floss

- Food can get stuck between teeth, even after a good brush. Floss helps keep those hidden spots clean!



Small choices make a

BIG difference!

Healthy smiles today = confident smiles tomorrow!



NOVEMBER 2026

Sunday	Monday	Tuesday	Wedesday	Thursday	Friday	Saturday
1	2 Doctor CST	3 CST	4 NPD Dental Day	5 Footcare	6	7
8	9 Footcare	10 Doctor	11 **Office Closed**	12 Doctor Footcare	13 Doctor	14
15	**16** Doctor CST	17 CST	18 NPD Dental Day	19 Footcare	20	21
22	23 Doctor CST	24 Doctor CST	25 Doctor NPD	26 Doctor Footcare	27	28
29	30 CST					

Legened:

SIB - Purple / QHS - Blue / WPCIB - Green

NPD - Naturopath Doctor / CST - Craniosacral Therapy

First Nations Health Authority
Health through wellness

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/indige-noushealth/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'wemtsín 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 emergancy 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'wemtsín Health Society	250-314-6732
Urban Native Health Clinic	250-376-1991
Secwepemc Child and Family Services:	
153 Koootenay 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 Servise:	
Toll Free	1-833-638-4722
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-Emergancy 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	250-374-4634
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 Counciling 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 Otipeniswak	250-554-9486