

Terrace

Choose the **RIGHT CARE** at the **RIGHT PLACE**

Mental health or substance use concern?

- Visit your **family doctor** or **nurse practitioner**
- **Community health care team** (ask to see a mental health clinician)
250-631-4202
Monday - Friday 8:30 am - 4:30 pm
(no appointment needed)
3412 Kalum Street
- **Foundry** (ages 12-24)
100-3219 Eby Street
- **ICMT** (Intensive Care Management Team) 250-631-4647, 101-4450 Greig Avenue
 - Client hours: Monday - Friday 9 am - 7 pm and Saturday/Sunday 11 am - 7 pm
 - Services include: Harm reduction services, supports with housing and treatment applications, advocacy support, and support with mental health and substance use services
- **Opioid Agonist Therapy (OAT)** 250-631-7145
- **Psychiatric Unit** 250-638-4082 (for crisis after-hours)

Mental health or substance use concern? 24/7 help phone lines.

- **BC suicide prevention line**
1-800-784-2433
- **Northern BC crisis line**
1-888-562-1214
- **Youth crisis line**
1-888-564-8336
- **KUU-US crisis line (for Indigenous People)**
1-800-588-8717

Are you over age 65 and need support? Do you need support for someone over the age of 65 in your family?

The Terrace Elderly Services Consultant (250-631-4274) can help with the following services for those over age 65.

- Help with behaviour
- Perform comprehensive assessments for cognitive function, mental health and/or substance use concerns
- Provide care coordination when needed
- Act as a connection point between community partners
- Help navigate adult abuse investigations
- Be a support person in family meetings
- Help with medication questions

Need trusted advice? Health concern? Urgent medication refill?

- Call your primary care home (family doctor's office). Same-day appointments may be available.
- Call the Northern Health Virtual Clinic.
Open 10 am to 10 pm daily.
Phone: 1-844-645-7811
- Call Healthlink BC at 8-1-1 (available 24/7)
- Speak with your pharmacist.

Family doctor not available today?

First, do you have a community health care team member that can support your needs? If not, call **Summit Medical** at 250-615-5040 (appointment only), **Spruce Medical Centre** at 778-634-2525, **HG Medical Clinic** at 778-634-2300, or the **Northern Health Virtual Clinic** at 1-844-645-7811.

Critical injury or life-threatening condition?

Call **9-1-1** or go to the Mills Memorial Hospital emergency department.

Visit northernhealth.ca for more information about services in Terrace.