

## FOOD/SHELTER/RECOVERY

Sea to Sky Community Services (SSCS)  
8:30 a.m. - 4:30 p.m. **604-892-5796**

Squamish Nation Totem Hall:  
Monday to Friday 8:30 a.m. - 10:30 p.m.  
**604-892-5166**

Whistler Community Services Society  
(9:00 a.m. - 4:30 p.m.) **604-932-0113**

Howe Sound Women's Centre  
(10 a.m. - 4 p.m. Monday, Tuesday,  
Wednesday, Thursday, closed Friday,  
Saturday, Sunday) **604-892-5748**

Squamish Helping Hands Emergency  
Shelter & Outreach Services: (24/7)  
**604-815-4984**

Squamish Food Bank **604-815-4054**

Pemberton Food Bank **604-698-5521**

Alcoholics Anonymous (AA)  
Meeting/Info Line (24/7): **604-815-4089**

Narcotics Anonymous helpline / Meeting  
Info (Vancouver & Area): **604-873-1018**

SMART Meeting Information: Squamish  
MHSU: **778-894-3200**

## MEDICAL

Suicide Crisis Line: **1-800-784-2433**

Mental Health and Substance Use Info Line: **811**

Squamish Mental Health and Substance Use Services: **779-894-3200**

Access Central (Detox Info and Booking): **866-658-1221**

Squamish General Hospital: **604-892-5211**

Whistler Health Care Centre **604-932-4911**

Pemberton Medical Clinic: **604-894-6454**

**Resources and  
Supports in the Sea  
to Sky Provided by  
your local Community  
Action Team**

## SAFER DRUG USE/Overdose Prevention

### Overdose Outreach Workers

Squamish: Robert LeBlanc 604-848-8086

Whistler/Pemberton: Winona Nelson 604-313-5119

### Harm Reduction Supplies/Needle exchange

#### Squamish Mental Health and Substance Use Services:

38075 2nd Avenue 8:30 a.m. - 4:30 p.m.

#### Squamish Helping Hands Shelter: 3

7930 Third Avenue (24/7) 604-815-4984

**Whistler Community Centre:** 4380 Lorimer Road 8:30 a.m. - 4:30 p.m.

**Pemberton VCH Office:** 1403 Pemberton Portage Road 8:30 a.m. - 4:30 p.m.

## Opioid Agonist Therapy (OAT) Clinics (DROP-in)

Squamish @ Mental Health and Substance Use Services

38075 2nd Avenue

**778-894-3200**

Monday 1 p.m. - 4 p.m. | Wednesday 9 a.m. - 1 p.m. | Friday 10 am. - 2 p.m.

Whistler @ Whistler Community Centre 4380 Lorimer Road

Alternating Tuesdays from 9 a.m. - 12 p.m.

**604-932-4911**

Pemberton @ Vancouver Coastal Health Office 1403 Pemberton Portage Road

Alternating Tuesdays from 9 a.m. - 12 p.m.

**604-894-6454**

## Signs of an Opioid Overdose



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or snoring sounds



Slow, weak or no breathing



Drowsiness or difficulty staying awake