

Lower Kootenay Band Health Centre Information



A supplemental health support for Lower Kootenay
Band Community members.

- ❖ Improved access to primary care
- ❖ Improved health outcomes
- ❖ Safe relational spaces

LOWER KOOTENAY BAND HEALTH CENTRE IS A HEALTH CENTRE WITHOUT TREATMENT

“what does this mean?”

We are a health centre that does not keep
or dispense medications on site.

Our Support Workers can assist with Health Subsidy
and FNHA Benefits

250-428-9834

Services Not provided

- Crisis or Emergency Care
- Emergency Transportation
- On Call or After-Hours Nursing Support
- Infusions or Complex Wound Care

Community & Clinic Resources

- ❖ **Hope for Wellness Help Line:** 1.855.242.3310
www.hopeforwellness.ca
- ❖ **Indian Residential School Crisis Line:** 1.866.588.8717
- ❖ **Kuu-Us Crisis Line Society:** www.kuu-uscrisisline.com
 - Adults & Elders: 250.723.4050
 - Youth: 250.723.2040
 - Toll Free: 1.800.588.8717
- ❖ **BC Nurses Hotline:** 811
- ❖ **FNHA Doctor of the Day:** 1.855.344.3800
 - Within 1-2 weeks
 - Open Mon to Fri, 8:30am – 4:30pm
 - Call for a referral to Virtual Substance Use & Psychiatry
- ❖ **BC Opioid Treatment Access Line:** 1.833.807.8111
 - Open daily 9am-4pm
 - Provides same-day access to care
- ❖ **Poison Control:** 1.800.567.8911
- ❖ **Alcoholics Anonymous Hotline:** 250.426.3876
 - Find a meeting www.area78.org
- ❖ **Al-anon** www.al-anon.org
- ❖ **Suicide Prevention Hotline:** 988
- ❖ **Ktunaxa Kinbasket Child&Family Services:** 250.428.7414
- ❖ **Ktunaxa Nation Council Health Services:** 250.489.4563
- ❖ **Child Care and Protection**
 - Car Seat & Passenger Info Line: 1.877.247.5551
 - Car Seat Technician, Valley Community Services: 250.428.5547
 - Children's Helpline (To report concerns after hours) 310.1234
- ❖ **Food Bank, Creston Valley Gleaners:** 250.428.4166
 - Tuesdays and Fridays 9:00am-12:30pm
- ❖ **Community Bus:** 250.402.3960