

Free Community Supports for Substance Use

Discovery Youth and Family Substance Use Services,	250-519-5313 discovery.southisland@islandhealth.ca Referral Form	Community-based counselling services, and access to residential care and treatment for youth struggling with substance use. Available to youth aged 13 to 19 who have concerns about alcohol or drug use, families and caregivers concerned about a youth using alcohol or drugs, and/or youth who are affected by someone else's use of alcohol or drugs
Youth Short Term Assessment and Response (Y Star)	250-519-5313 discovery.southisland@islandhealth.ca Referral Form	Service working to improve the mental health and social functioning of youth, support substance use treatment, distribute harm reduction resources, and help navigate access to other resources and care for youth and their families/caregivers. The teams can include Mental Health and Substance Use (MHSU) crisis nurses, social workers, counsellors, clinicians and youth/family support workers
Foundry: Substance Use	Victoria Reception: 250-383-3552 Virtual Services: onlinefoundrybc.ca , or www.foundrybc.ca	An integrated youth hub, with multi disciplinary resources including counselling and peer and family support, primary care, and harm reduction
National Overdose Response Network (NORS)	1-888-688-NORS (6677)	A 24/7 overdose prevention hotline for Canadians providing loving, confidential, nonjudgmental support, whenever and wherever you use drugs. Call OR Text
Virtual Substance Use and Psychiatry Services	Doctor of the Day: 1-855-344-3800 fnvsups@fnha.ca	A resource providing individuals with access to specialists in addictions medicine and psychiatry as well as mental health and allied health care professionals. A referral-based service available at no cost to all First Nations people and their families living in BC
Umbrella Society	Call or Text : 250-380-0595	Mental health and substance use supports for individuals, and their loved

	wecanhelp@umbrella society.ca	ones. Services include outreach, recovery housing, counselling, groups, harm reduction and education. Commitment to meet people wherever they are at in their journey and to provide meaningful support to help them achieve their personal goals.
Substance Drug Checking	1802 Cook Street Victoria, BC V8T 3P6 Monday - Friday 12PM - 7PM	Free and confidential drug checking program in Victoria, determining a sample's main active ingredients, fillers or cutting agents, any unexpected drugs, and the presence of fentanyl. In-person services and results are given on the spot in as little as 30 minutes, with busier days having an estimated turnaround time of 1-2 hours
Information on Substances and Effects When Mixing	A resource intended to provide information about mixing medicine, booze, and street drugs. The contents of this website were current at the time of development in July 2013. The Site contains best practice knowledge, but practice standards may change as more knowledge is gained. Nothing on the Site should in any way be construed as being either official or unofficial policy of the Societies	
Kelty Mental Health	Support to families across the province seeking to navigate the mental health system, connect with peer support, and access resources and tools to support well-being	
LifeGuard App	An App activated by the user before they take their dose. After 50 seconds the App will sound an alarm. If the user doesn't hit a button to stop the alarm, indicating they are fine, the alarm grows louder. After 75 seconds a text-to-voice call will go straight to 9-1-1, alerting emergency medical dispatchers of a potential overdose	
Toward the Heart	A website and resource intended to provide information and resources pertaining to substance use, with the intent of reducing harm	