



Emergency Health Resources

Emergency Dental Services

- In Salmon Arm, the [Smile People](#) dental hygiene clinic provides virtual or in-person access for people with dental emergencies, defined by Dr. Bonnie Henry as acute pain due to infection or trauma of tooth or restoration. While the clinic does not offer extractions, implants, crowns, bridges or permanent restorations, it does offer several options for pain relief and temporary restorations. There is no charge for a consult.

Mental Health Supports

- Province of BC [Virtual Mental Health Supports](#). Virtual services are available for British Columbians who are experiencing mental health challenges, such as anxiety or depression, due to COVID-19.
- [Crisis Intervention & Suicide Prevention Centre of BC](#). The Crisis Centre provides immediate access to barrier-free, non-judgemental, confidential support and follow-up to youth, adults, and seniors through 24/7 phone lines and online service.
- [Kids Help Phone](#). Canada's only 24/7, national support service offers professional counselling, information and referrals and volunteer-led support to young people in both English and French. Connect by phone, text, mobile app or through their website. The service is completely confidential.

Health Advice

- [HealthLink BC](#). Includes COVID-19 Self-Assessment Tool. Call 8-1-1 toll-free in BC to get answers to your health questions.

Substance Use

- [Overdose Prevention and Response in BC](#). Connect with the Mobile Response Team, locate a naloxone kit, identify the signs of an overdose, or access recovery services and treatment support.
- [Alcohol and Drug Information & Referral Service](#). Provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue.
- [BC Mental Health & Substance Use Services](#). Provides health care services to people with complex needs including severe and persistent mental health and substance use issues from across the province.
- [BC Region of Narcotics Anonymous](#). A regional committee comprised of NA areas in BC.

