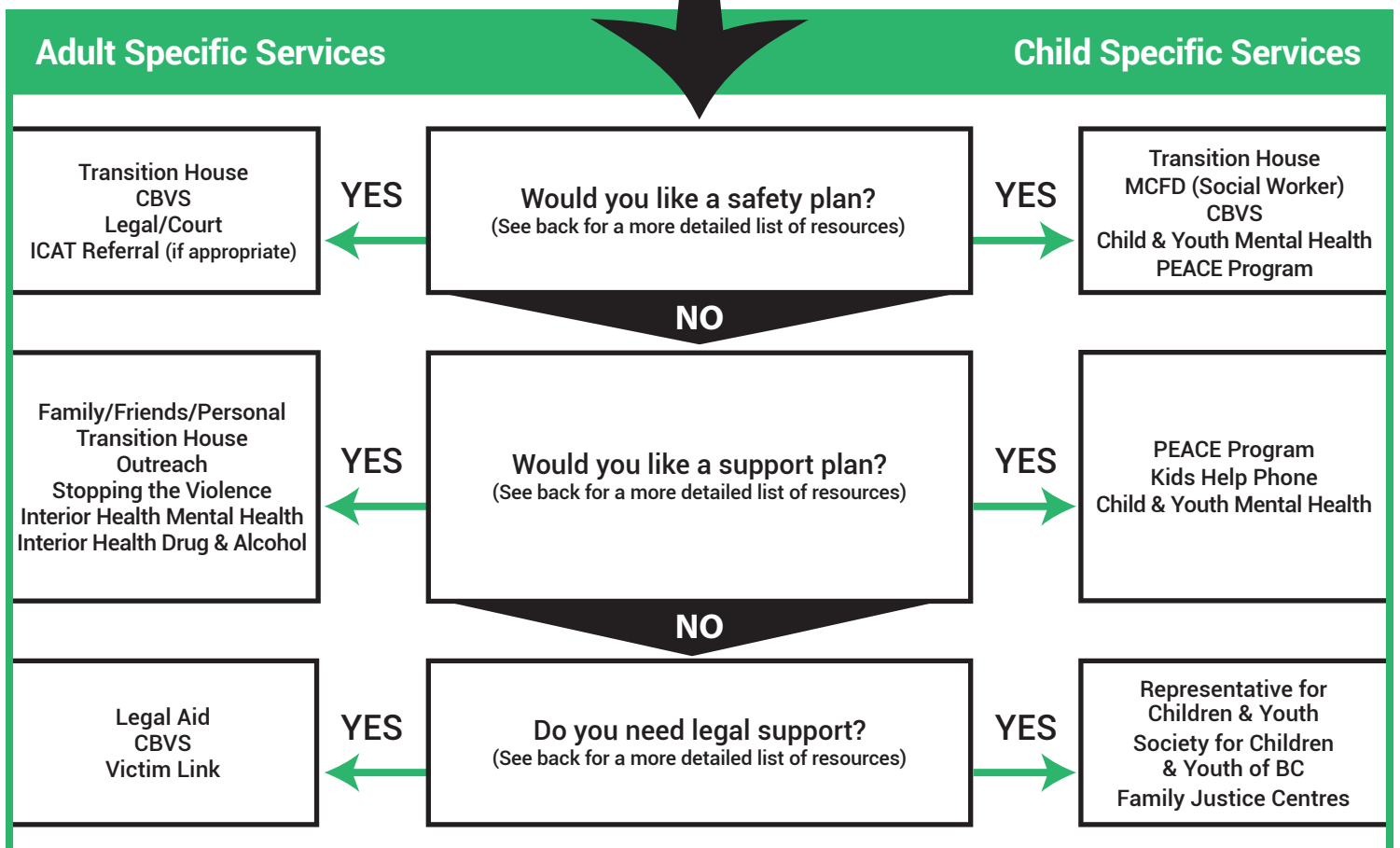
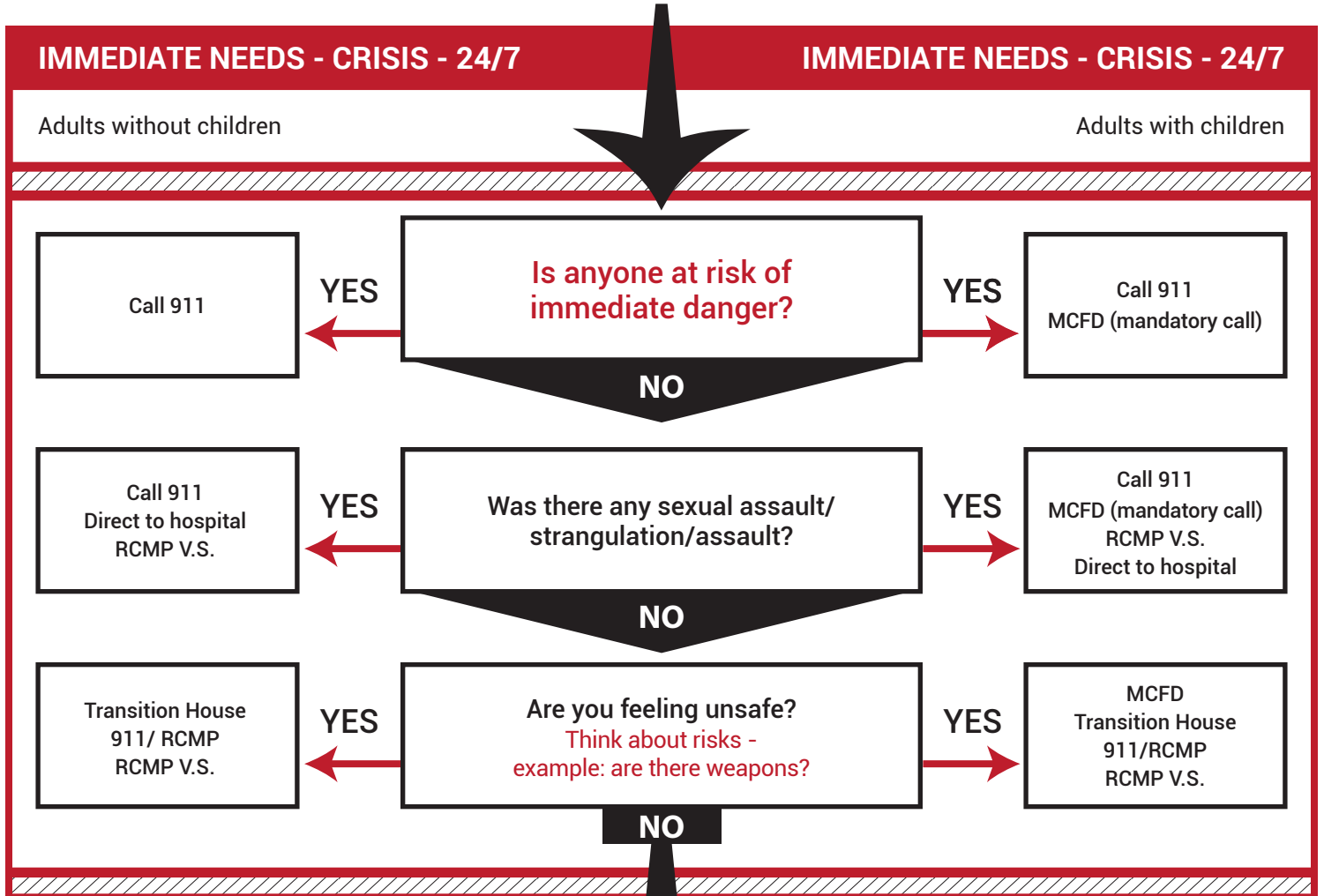


# How to Help Someone Experiencing Abuse

Decision Tree created by Shuswap Violence in Relationships Committee

Always begin at the top of the graphic and work your way through the questions down the centre column



Be aware of barriers to accessing supports - ie. language, immigration status, isolation, mental health/addictions/health condition/disability, childcare or custody/access issues

See reverse for a resource list for the Shuswap Community

# Shuswap Community Resource List

## Emergency Response

**Emergency RCMP or Ambulance – call 911!** ★  
Non-emergency Salmon Arm RCMP: 250-832-6044 ★  
Non-emergency Sicamous RCMP: 250-836-2878 ★  
Non-emergency Sorrento/Chase RCMP (includes Aboriginal Liaison Officer): 250-679-3221 ★  
Non-emergency Enderby RCMP: 250-838-6818 ★

## Shelter

Transition House: 250-832-9616 ★  
Salvation Army Lighthouse Shelter: 250-832-9166

## Crisis Lines

People In Need Crisis Line: 1-888-353-2273 ★  
Aboriginal Crisis Line Support: 1-800-588-8717 ★  
Kids Help Phone: 1-800-668-6868 ★  
Helpline for Children: 310-1234 ★

## Violence in Relationships

SAFE Society/Transition House: 250-832-9616 ★  
Stopping the Violence Program: 250-832-9700  
Outreach Services: 250-832-4474  
Community Based Victim Services: 250-832-0005

## Sexual Assault

Shuswap Lake General Hospital (sexual assault response nurses are available): 250-833-3600 ★  
WAVAW Rape Crisis Toll-free Crisis Line: 1-877-392-7583  
BC Society for Male Survivors of Sexual Abuse: 604-682-6482

## Legal / Court / Police Supports

RCMP Victim Services: 250-832-4453  
Legal Aid (Vernon/Salmon Arm): 250-545-3666  
Legal Services Society: 1-866-577-2525  
VictimLink: 1-800-563-0808 ★  
Native Court Worker & Counselling Service of BC (Vernon/Salmon Arm): 1-877-811-1190 ext. 364  
Community Corrections: 250-832-1633  
Family Justice Centre, Vernon: 1-888-282-2283

## Children

MCFD Reporting Line: 1-800-663-9122 ★  
PEACE Program: 250-832-4474  
Shuswap Children's Association: 250-833-0164  
Child and Youth Mental Health: 250-832-1719  
Representative for Children and Youth: 1-800-476-3933

## Mental Health / Substance Use Support

Crisis Line 1-888-353-2273 ★  
Mental Health: 250-833-4100  
Substance Use: 250-833-4103  
Canadian Mental Health Association: 250-832-8477

## Financial

Employment & Income Assistance: 1-866-866-0800  
Service BC Salmon Arm Office: 250-832-1611  
Emergency Social Services: 1-866-660-3194 ★

## Transportation

Salmon Arm Taxi: 250-832-2252  
Salmon Arm Transit/Handy Dart: 250-832-0191  
Sicamous Taxi: 250-803-6677  
Eagle Valley Transportation Society: 250-463-4733

## Health

Shuswap Lake General Hospital: 250-833-3600 ★  
Salmon Arm Health Unit: 250-833-4100  
Public Health Salmon Arm: 250-833-4101  
Sicamous Medical Centre: 250-836-2817  
Sorrento & Area Community Health Center: 250-803-5251  
Enderby Community Health Centre: 250-838-2817  
Shuswap Options for Sexual Health: 250-833-9999  
Skwlax Wellness Centre (Little Shuswap): 250-679-3702  
Adams Lake Health Centre: 250-679-7726  
Splatsin Health Centre: 250-838-9538  
Cwelcwelt Centre, Chase: 250-679-3295  
Melamen Centre, Salmon Arm – 250-833-0202  
Secwepemc Health Caucus: 250-571-1000

## Support Services

Eagle Valley Resource Centre: 250-836-3440  
Family Resource Centre (Salmon Arm): 250-832-2170  
Shuswap Clinical Counselling: [www.shuswapcounselling.ca](http://www.shuswapcounselling.ca)  
Annette Ruel @ Shuswap Clinical Counselling Centre (First Nations Health Authority registered): 250-253-4430  
Okanagan College Support Services: 250-832-2126 ext. 212

## Immigration

Shuswap Immigrant Settlement Services: 250-804-2726

## Disability

North Okanagan Shuswap Brain Injury Society: 250-833-1140  
Shuswap Association for Community Living: 250-832-3885

## Seniors

Seniors Abuse and Information Line: 1-866-437-1840  
Interior Health Confidential Reporting Line for Seniors Abuse: 1-844-870-4754  
Community Response Network (local agency): 250-832-9616  
Nav Care Program/Hospice: 250-832-7099



**indicates 24 hour  
per day services  
are available**

***This community resource list was proudly  
created by community partners of the  
Shuswap Violence in Relationships (SVIR)  
Committee***