



Substance Use & Addictions

AL-ANON

Phone 1-888-425-2666
 Services Support for friends and families of alcoholics.
 Website www.bcyukon-al-anon.org

ALCOHOLICS ANONYMOUS

Phone 1-833-753-7513
 Email nanaimoaa@shaw.ca
 Website www.nanaimoaa.org

ARC ADDICTIONS AND RECOVERY CLINIC

Phone 250-591-1000
 Hours Monday- Friday 8:30 am- 5 pm
 Address [#200- 55 Victoria Road](#)
 Services Addiction Medical Clinic which provides outpatient Opiate Agonist Therapy (OAT) programs to support people struggling with Opiate Addiction. ARC Clinic is a low barrier clinic facilitating same or next day intake by self referral or health practitioner referral. As part of their commitment to low-barrier services, there are no private clinic fees.
 Website www.arcclinic.ca
 Bus Route #7, #70, #78

AVI HEALTH CENTRE

Phone 250-754-9111
 Email info@avi.org
 Hours Monday- Thursday 9 am- 5 pm
 Address [#102- 55 Victoria Road](#)
 Services Provides methadone maintenance for opiate addiction through a holistic and integrated not-for-profit model, provides substance abuse counselling, nursing, Hepatitis C and HIV/AIDS counselling, support and treatment.
 Website www.avi.org
 Bus Route #7, #70, #78

BC ALCOHOL & DRUG INFO & REFERRAL LINE

Phone 1-800-663-1441
 Hours 24/7
 Services Alcohol & Drug Information Referral Service (ADIRS) provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages. Information available from ADIRS includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome.
 Website www.healthlinkbc.ca



Health Services



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CENTRAL VANCOUVER ISLAND AREA NARCOTICS ANONYMOUS

Phone	1-800-494-2404
Hours	24/7
Services	A recovery process and peer support network open to all addicts.
Website	www.cviana.ca

DISCOVERY YOUTH & FAMILY SUBSTANCE USE SERVICES

Phone	250-739-5790
Email	discovery@islandhealth.ca
Hours	Monday- Friday 8:30 am- 5 pm
Address	#206- 96 Cavan Street
Services	Free community-based counselling services, access to residential care and treatment for youth struggling with substance use.
Website	www.islandhealth.ca
Bus Route	#1, #5, #6, #20, #30, #50

EATING DISORDERS PROGRAM

Phone	250-754-2773 ext 213
Email	admin@narsf.org
Address	#201- 190 Wallace Street
Services	Prevention and treatment services to lessen the impact of harm associated with serious eating patterns for referred youth and families in the Nanaimo/Ladysmith area.
Website	www.narsf.org
Bus Route	#1, #20, #30, #50

MOMS STOP THE HARM - FAMILY PEER NAVIGATION

Phone	778-674-8638
Email	bcfamilynavigator@momsstoptheharm.com
Services	A family, peer navigation service for those who are supporting loved ones who use substances. This service is on demand with resource navigation, emotional, and educational support
Website	www.momsstoptheharm.com

MOMS STOP THE HARM - HEALING HEARTS

Phone	778-674-8638
Email	nanaimohealinghearts@gmail.com
Hours	Second Thursday of the month at 6 pm
Address	2020 Estevan Road, Brechin United Church
Services	Free bereavement support group specific to those grieving the loss of a loved one due to overdose or substance-use related harms.
Website	www.momsstoptheharm.com
Bus Routes	#1, #20, #25

MOMS STOP THE HARM - HOLDING HOPE

Email	bcholdinghope1@gmail.com
Hours	First and third Thursday of the month at 6 pm
Address	2020 Estevan Road, Brechin United Church
Services	Peer-led support groups, offered at no cost, to families with loved ones living with addiction.
Website	www.momsstoptheharm.com
Bus Routes	#1, #20, #25



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NANAIMO MENTAL HEALTH AND SUBSTANCE USE ADVISORY COMMITTEE

Phone	250-760-6031
Email	contact@mhrpci.com
Hours	Second Wednesday of the month at 11:15 am
Services	Since 2015, the Mental Health Substance Use Advisory Committee (MHSUAC) has been a key place for individuals with lived experience and their loved ones to connect directly with Island Health and community organizations. The Committee exists to give a voice to all in the Nanaimo community, lowering barriers, identifying needs, gaps and opportunities, and amplifying voices and fostering real conversation for change in our community.

NANAIMO SOBERING AND ASSESSMENT CENTRE

Phone	250-824-3333
Email	nsac@vimhs.org
Hours	24/7
Address	126 Haliburton Street
Services	A program run in collaboration with CMHA Mid-Island and Vancouver Island Mental Health Society. A safe place to sleep up to 24 hours while substance affected. Anyone can access the centre by coming to the door and buzzing the intercom.
Bus Route	#7

NAR-ANON

Phone	250-739-9010 or 250-618-5036
Hours	Mondays 7- 8 pm (Virtual over Zoom) Wednesdays 7 pm at 6553 Portsmouth Road Thursdays 1 pm at 6553 Portsmouth Road
Services	A 12 step self-help program offering recovery and support for families and friends of addicts. Weekly meetings are held for those who know or have known a feeling of desperation due to the problem of addiction.
Website	https://naranonbc.com/meetings-in-bc
Bus Route	#20, #25, #50

NARSF PROGRAMS LTD.

Phone	250-754-2773
Email	admin@narsf.org
Hours	Monday- Friday 8:30 am- 5 pm
Address	#201- 170 Wallace Street
Services	Services and programs for families, those experiencing violence, addictions, and more. Drop-in pre/post HIV testing is available.
Website	www.narsf.org
Bus Route	#1, #20, #30, #50

QUIT NOW BY PHONE SMOKERS HELPLINE

Phone	1-877-455-2233
Services	A helpline offering evidence-based support- like counseling, referrals to local programs, and free medication- to people who want to quit tobacco.
Website	www.cdc.gov



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OPIOID TREATMENT ACCESS LINE

Phone	1-833-804-8111
Hours	7 days a week from 9 am - 4 pm (last intake at 3:30 pm, voicemail after hours)
Services	The Opioid Treatment Access Line is an immediate step to improve same-day access to opioid agonist treatment for BC residents who need help to stop using and better connect them to further treatment and supports in the community. Speak to a trained doctor or nurse practitioner who will conduct an initial addiction-medicine consultation over the phone, prescribe an opioid agonist treatment medication, if appropriate, and connect to regional health teams for further treatment and supports in the community.

OVERDOSE PREVENTION SITE (OPS)

Phone	250-244-4042 ext 402
Hours	7 days a week from 11 am- 9 pm
Address	250 Albert Street
Services	This site operates as a lifeguard station for drug consumption, providing a welcoming and culturally safe environment, harm reduction supplies, sterile environments for safer drug consumption, lifeguards to witness consumption, best practices education for drug consumption, and low-barrier employment opportunities for community members.
Website	www.cmhamidisland.ca
Bus Route	#5, #6, #25, #40

SMART RECOVERY MEETINGS

Hours	Meetings are online and in person. Times vary.
Services	SMART stands for Self-Management and Recovery Training.
Website	www.smartrecoverybc.com
Social	 

SUBSTANCE USE SERVICES OUTREACH TEAM (SUSO)

Phone	250-713-5118
Hours	7 days a week 830 am- 7:30 pm
Services	Team of nurses, clinicians, and support workers. Supports include overdose follow up, treatment referrals, home withdrawal management, linkages to primary care and OAT physicians, support to sobering and assessment beds, supportive recovery beds, and crisis/stabilization beds. Team also case manages individuals with intensive substance use challenges.


YOUTH SHORT-TERM ASSESSMENT AND RESPONSE TEAM (YSTAR)

Phone	250-739-5790
Hours	7 days a week from 9 am- 5 pm
Services	Serving youth in the community between the ages of 13 to 19 who are experiencing issues with substance use and mental health. The team consists of a social worker, nurse, and family support worker. Call for referral 250-739-5790.



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PERINATAL OUTREACH – SOUTH END PUBLIC HEALTH

Phone	250-619-7672 (call or text)
Email	phoutreach@islandhealth.ca
Hours	Monday- Friday, 9 am- 4 pm
Address	80 Chapel Street
Services	Support for pregnant and/or parenting individuals who are substance affected (or are in early recovery) with pregnancy testing and options, medical care and/or substance use harm reduction and/or treatment options during pregnancy and post-partum, access to a Maternity doctor, lactation support, birth control, childhood immunizations and more.
Website	Flyer
Bus Route	#1, #20, #20A, #25, #30, #72
Social	

NEEDLE DISPOSAL BOX LOCATIONS

[Beban Park at 2300 Bowen Road](#)

[Bowen Park Recreation Centre at 500 Bowen Road](#)

[Deverill Square Park at 200 Irwin Street](#)

[Harewood Centennial Park at 740 Howard Drive](#)

[Kinsmen Park at 2730 Departure Bay Road](#)

[Maffeo Sutton Park at 100 Comox Road](#)

[Nanaimo Aquatic Centre at 741 Third Street](#)

[Nanaimo Ice Centre at 750 Third Street](#)

[Northfield Tourist Centre at 2450 Northfield Road](#)

[Oliver Woods Community Centre at 6000 Oliver Road](#)

[Parks Yard at 69 Prideaux Street](#)

[Westwood Lake Park at 381 Westwood Road](#)

[Wharf Street Loo \(Diana Krall Plaza\) at 51 Gordon Street](#)

NEEDLE DISPOSAL BOX HOURS

8 am- 8 pm

8 am- 6 pm

8 am- 9 pm

10 am- 5 pm

8 am- 9 pm

6 am- 8 pm

6 am- 8 pm

6 am- 8 pm

6 am- 8 pm

8 am- 8 pm

7 am- 5 pm

6 am- 11 pm (Spring/summer)

7 am- 9 pm (Fall/winter)

24/7