

LOGAN LAKE RESOURCE GUIDE

This handbook was produced by the Logan Lake WHY

2016 edition

Acknowledgments

The information for this document was compiled from a number of sources, the primary sources being:

- ❖ **The Logan Lake Why**
- ❖ **Logan lake Health Care Advisory Committee**
- ❖ **District of Logan Lake**
- ❖ **United Way/United Steelworkers Local 7619 (Highland Valley Copper)**

KEY RESOURCES	AVAILABLE	PHONE
RCMP and AMBULANCE and FIRE	24 hrs/7 days a week	911
Logan Lake Health Centre Appointment with Doctor	Mon-Fri 8:00 – 4:30 pm	250-523-9414 Local 221 8:00 – 12 & 1:00 – 4:30
Nicola Valley Hospital and Health Center	24 hrs/7 days a week	250-378-2242
Royal Inland Hospital – Kamloops	24 hrs/7 days a week	250-374-5111
Public Health Office		250-378-3400
Health Link BC 24-hr non-emergency Health Info	24 hrs/7 days a week	811 1-866-215-4700 Webpage www.HLBC.CA
Poison Control Centre		1-800-567-8911
Crisis line & Emergency After Hours	24 hrs/7 days a week	1-888-353-2273
Crisis Line/Crisis and Counseling	24 hrs/7 days a week	1-800-704-4264
KIDS HELPS LINE (for children 5 – 22 yrs)	24 hrs/7 days a week	1-800-668-6868
HELPLINE FOR CHILDREN	24 hrs/7 days a week	250-310-1234
HELPLINE FOR CHILDREN (webpage)	24 hrs/7 days a week	www.kidshelp.com
PARENTS HELPLINE	24 hrs/7 days a week	250-603-9100
Child and Youth Mental Health	Mon-Fri 8:30 – 4:30 pm	250-378-1476
MCFD Child Protection	Mon–Fri 8:30 – 4:30 pm	250-378-1476
Adult Mental Health and Addictions	Mon-Fri 8:30 – 4:30 pm	250-378-3401
Interior Community Service - Merritt	Mon-Fri 8:30 – 4:30 pm	250-378-9676
Interior Community Service – Kamloops		250-554-3134 or 1-877-376-3660
Phoenix Centre – Youth Addictions Counselor	Mon, Tues, Thurs 8:30 – 4:30	250-378-1407 or
Phoenix Centre – Detox (Kamloops)		250-374-4634
School District #73 (Kamloops/Thompson) Logan Lake Elementary School Logan Lake Secondary School		250-523-6215 250-523-9441
The Logan Lake WHY		250-523-6229

DIRECTORY OF RESOURCE PEOPLE

CHILD AND YOUTH RESOURCES	AVAILABLE	PHONE
RCMP and AMBULANCE and FIRE	24 hrs/7 days a week	911
Logan Lake Health Centre Appointment with Doctor	Mon-Fri 8:00 – 4:30 pm	250-523-9414 Local 221 8:00 – 12 & 1:00 pm – 4:30 pm
Nicola Valley Hospital and Health Center	24 hrs/7 days a week	250-378-2242
Royal Inland Hospital – Kamloops	24 hrs/7 days a week	250-374-5111
Logan Lake Dental Clinic		250-523-6682
Health Link BC 24-hr non-emergency Health Info	24 hrs/7 days a week	811 1-866-215-4700 Webpage www.HLBC.ca
Poison Control Centre		1-800-567-8911
Victim Services (Call local RCMP)		250-523-6222
KIDS HELP LINE (for Children 5 – 22yrs.)	24 hrs/7 days a week	1-800-668-6868
HELPLINE FOR CHILDREN	24 hrs/7 days a week	250-310-1234
HELPLINE FOR CHILDREN (webpage)	24 hrs/7 days a week	www.kidshelp.com
Crisis Line & Emergency After Hours	24 hrs/7 days a week	1-888-353-2273
Child and Youth Mental Health	Mon – Fri 8:30 -4:30 pm	250-378-1476
MCFD Child Protection	Mon – Fri 8:30 – 4:30 pm	250-378-1476
Mental Health After Hours Response Team	24 hrs/7 days a week	250-377-0088
Youth Against Violence (Crisis line for teens)	24 hrs/7 days a week	1-800-680-4264
Phoenix Centre – Youth Addictions Counselor	Mon,Tues,Thurs – 8:30 – 4:30	1-250-376-7558
Logan Lake Food Bank (Church On The Hill)		250-523-9057
School District #73 (Kamloops/Thompson)		
Logan Lake Elementary School	Mon - Fri	250-523-6215
Logan Lake Secondary School	Mon- Fri	250-523-9441
The Logan Lake WHY		250-523-6229
BANK – CIBC		250-523-5810
Logan Lake Pharmacy		250 -523-9933
Logan Lake Library		250-523-6745

CHILD and YOUTH RESOURCES

FAMILY RESOURCES	AVAILABLE	PHONE
RCMP and AMBULANCE and FIRE	24 Hrs/7 days a week	911
PARENTS HELPLINE	24 hrs/7 days a week	1-888-603-9100
Logan Lake Health Centre Appointment with Doctor	Mon – Fri 8:00 – 4:30 pm	250-523-9414 Local 221 8:00 – 12:00 & 1:00 – 4:30 pm
Nicola Valley Hospital and Health Center	24 hrs/7 days a week	250-378-2242
Royal Inland Hospital – Kamloops	24 hrs/7 days a week	250-374-5111
Public Health Office		250-378-3400
District of Logan Lake	Mon – Fri – 8:30 – 4:30	250-523-6225
Logan Lake Dental Clinic		250-523-6682
Logan Lake Pharmacy		250-523-250-523-9933
Health Link BC 24-hr non-emergency Health Info	24 hrs/7 days a week	811 1-866-215-4700 Webpage www.HLBC.ca
Poison Control Centre		1-800-567-8911
Victim Services (Call Local RCMP)		250-523-6222
Crisis Line		1-888-353-2273
Mental Health After-Hours Response Team		250-377-0088
Child and Youth Mental Health	Mon – Fri 8:30 -4:30 pm	250-378-1476
MCFD Child Protection	Mon Fri 8:30 – 4:30 pm	250-378-1476
Public Health Office (Merritt)		250-378-3400
Women’s Emergency Shelter (<i>for women & their children wanting out of an abusive relationship</i>)		250-374-6162
Logan Lake WHY		250-523-6229
School District #73 (Kamloops/Thompson) Logan Lake Elementary School Logan Lake Secondary School		250-523-6215 250-523-9441
Logan Lake Food Bank (Church on the Hill)		250-523-9057
<u>Logan Lake Churches:</u> Highland Valley Baptist Church Logan Lake Fellowship Society Logan Lake Pentecostal Assembly St. Michael’s Roman Catholic Parish		250-523-9057 250-523-6333 250-523-6918 250-523-9511
Logan Lake Library		250-523-6745
Logan Lake Little Learner’s Preschool (Logan Lake WHY)		250-523-6229
Highway Conditions		1-800-550-4997 www.drivebc.ca
BC Transit –Health Connections Service – Logan Lake-Merritt-Kamloops(Route Info)		250-382-6161 www.busonline.ca

FAMILY RESOURCES

ADULT RESOURCES	AVAILABLE	PHONE
RCMP and AMBULANCE and FIRE	24 hrs/7 days a week	911
District of Logan Lake	Mon-Fri 8:30 – 4:30	250-523-6225
Logan Lake Fire Department (Non-Emergency)		250-523-6225 Local 225
Police Local Office (non-emergency)		250-523-6222
LL Public Works Emergency		250-523-6274
Public Works Non-Emergency		250-523-9484
Logan Lake Health Centre Appointment with Doctor	Mon – Fri 8:00 – 4:30	250-523-9414 Local 221 8:00 – 12 & 1:00 – 4:30 pm
Health Link BC 24-hr non-emergency health info	24 hrs/7 days a week	811 1-866-215-4700 Webpage www.HLBC.ca
Poison Control Centre		1-800-567-8911
Counselling - Logan Lake Health Centre <i>Mental Health, Alcohol & Drug, Stopping the Violence</i>		250-523-9414 Press 1
Royal Inland Hospital – Kamloops	24 hrs/7 days a week	250-374-5111
Nicola Valley Hospital and Health Center	24 hrs/7 days a week	250-378-2242
Victim Services (Call Local RCMP)		250-523-6222
Women’s Emergency Shelter (<i>for women wanting out of an abusive relationship</i>)		250-374-6162
Adult Mental Health and Addictions	Mon-Fri 8:30 – 4:30	250-378-3401
Phoenix Centre – Detox (Kamloops)		1-877-318-1177
Interior Community Services	Mon-Fri 8:30 – 4:30	250-378-9676
Health Equipment Loan Cupboard		
Logan Lake Health Centre		250-523-9854
Logan Lake Lions Club (Hospital Beds)		250-523-9414
Logan Lake Home Support Service <i>(for elderly or handicapped)</i>		250-523-6935
Logan Lake Food Bank (Church on the Hill)		250-523-9057
<u>Logan Lake Churches:</u>		
Highland Valley Baptist Church		250-523-9057
Logan Lake Fellowship Society		250-523-6333
Logan Lake Pentecostal Assembly		250-523-6918
St. Michael’s Roman Catholic Parish		250-523-9511
Logan Lake Pharmacy		250-523-9933
Logan Lake Dental Clinic		250-523-6682
Grief Support		250-523-6229
Hospice Society		250-523-6229
Logan Lake WHY	Mon - Sat	250-523-6229
Logan Lake Library		250-523-6745
BC Transit - Health Connections Service Logan Lake-Merritt-Kamloops (Route Info)		250-382-6161 www.busonline.ca

ADULT RESOURCES

SENIORS RESOURCES	AVAILABLE	PHONE
RCMP and AMBULANCE and FIRE	24 hrs/7 days a week	911
District of Logan Lake	Mon – Fri 8:30 – 4:30	250-523-6225
Logan Lake Health Centre <i>Appointment with Doctor</i>	Mon – Fri 8:00 – 4:30	250-523-9414 <i>Local 221 8:00–12 & 1:00 – 4:30 pm</i>
Royal Inland Hospital – Kamloops	24 hrs/7 days a week	250-374-5111
Nicola Valley Hospital and Health Center	24 hrs/7 days a week	250-378-2242
Logan Lake Dental Clinic		250-523-6682
Logan Lake Pharmacy		250-523-9933
Health Link BC 24-hr non-emergency Health Info		811 1-866-215-4700 Webpage www.HLBC.ca
Dementia HELP LINE (First Link)		1-800-936-6033
Poison Control Centre		1-800-567-8911
Victim Services (Call Local RCMP)		250-523-6222
Women’s Emergency Shelter <i>(for women wanting out of an abusive relationship)</i>		250-374-6162
Adult Mental Health and Addictions	Mon-Fri 8:30 – 4:30	250-378-3401
Interior Community Services	Mon-Fri 8:30 – 4:30	250-378-9676
Phoenix Centre – Detox (Kamloops)		1-250-374-4634
Better At Home	Mon – Thurs 9:00 – 4:30	250-320-3676
Elder Abuse/Health and Senior Information Line	8:00 am – 8:00 pm	1-866-437-1940
Safe Suite for Seniors	Mon – Fri 9:00 – 4:00	250-828-0600
Logan Lake Home Support Service <i>(for elderly or handicapped)</i>	Mon – Fri 8:00 – 4:00	250-523-6935
Health Equipment Loan Cupboard		
Logan Lake Health Centre		250-523-9414
Logan Lake Lions Club (Hospital Beds)		250-523-9854
Logan Lake Food Bank (Church on the Hill)		250-523-9057
<u>Logan Lake Churches:</u>		
Highland Valley Baptist Church		250-523-9057
Logan Lake Christian Fellowship Society		250-523-6333
Logan Lake Pentecostal Assembly		250-523-6918
St. Michael’s Roman Catholic Parish		250-523-9511
Logan Lake Pharmacy		250-523-9933
Grief Support		250-523-6229
Hospice Society		250-523-6229
Logan Lake WHY	Mon – Sat	250-523-6229
BANK – CIBC		250-523-5810
Logan Lake Seniors Society		250-523-2759
BC Transit - Health Connections Service Logan Lake-Merritt-Kamloops (Route Info)		250-382-6161 www.busonline.ca
Logan Lake Library		250-523-6745

SENIORS RESOURCES