



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



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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](tel: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](https://www.vimhs.org/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](https://www.naranonbc.com/6553-Portsmouth-Road)
 Thursdays 1 pm at [6553 Portsmouth Road](https://www.naranonbc.com/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](https://www.narsf.org/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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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