



## Substance Use & Addictions

### AL-ANON

Phone 1-888-425-2666  
 Services Support for friends and families of alcoholics.  
 Website [www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

### ALCOHOLICS ANONYMOUS

Phone 1-833-753-7513  
 Email [nanaimoaa@shaw.ca](mailto:nanaimoaa@shaw.ca)  
 Website [www.nanaimoaa.org](http://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](http://www.arcclinic.ca)  
 Bus Route #7, #70, #78

### AVI HEALTH CENTRE

Phone 250-754-9111  
 Email [info@avi.org](mailto: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](http://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](http://www.healthlinkbc.ca)



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### CENTRAL VANCOUVER ISLAND AREA NARCOTICS ANONYMOUS

Phone 1-800-494-2404  
 Hours 24/7  
 Services Membership is open to all addicts, regardless of the particular drug or combination of drugs used. Narcotics Anonymous provides a recovery process and peer support network that are linked together.  
 Website [www.cviana.ca](http://www.cviana.ca)

### CMHA SOCIAL CENTRE

Phone 250-244-4042  
 Hours Tuesday, Thursday - Saturday 10 am - 4 pm & Wednesday 1 pm - 7 pm  
 Address [290 Bastion Street](#)  
 Services A social, recreational, and vocational program for adults living with mental health and/or substance use challenges. They offer support, community connection, resource information, and access to employment program.  
 Bus Route #1, #20, #25, #30, #40, #50

### DISCOVERY YOUTH & FAMILY SUBSTANCE USE SERVICES

Phone 250-739-5790  
 Email [discovery@islandhealth.ca](mailto: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. They assist youth and/or their families to reduce the harms associated with substance use and related issues.  
 Website [www.islandhealth.ca](http://www.islandhealth.ca)  
 Bus Route #1, #5, #6, #20, #30, #50

### EATING DISORDERS PROGRAM

Phone 250-754-2773  
 Email [admin@narsf.org](mailto:admin@narsf.org)  
 Address [#201 - 190 Wallace Street](#)  
 Services Provides a complementary pairing of prevention and treatment services to lessen the impact of harm associated with persistent and serious eating patterns for referred youth and families in the Nanaimo/Ladysmith area.  
 Website [www.narsf.org](http://www.narsf.org)  
 Bus Route #1, #20, #30, #50



## Substance Use & Addictions

### MENTAL HEALTH & SUBSTANCE USE SERVICES WALK-IN CRISIS COUNSELLING CLINIC

Phone 1-250-739-5710 or 1-888-885-8824

Hours Crisis Response Team is available:  
Monday - Friday 7 am - 10 pm  
Saturday & Sunday 8 am - 10 pm  
Walk-in Clinic is open:  
Monday - Friday 10 am - 5:15 pm

Address [#203 - 2000 Island Highway](#)

Services Offers community-based crisis response and counselling to all age groups including children, youth and families. The service includes in-person and mobile crisis response, walk-in single session counselling, and referral to mental health and substance use hospital and community treatment and recovery services.

Bus Route #1, #20

### NANAIMO MENTAL HEALTH AND SUBSTANCE USE ADVISORY COMMITTEE

Email [nmhaac2017@gmail.com](mailto:nmhaac2017@gmail.com)

Services The goal of the Committee is to reduce stigma and consult with Island Health on issues of concern to people with lived experience and their families. Inquire by email for more info/meeting times.

### NANAIMO SOBERING AND ASSESSMENT CENTRE

Phone 250-824-3333

Email [nsac@vimhs.org](mailto: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 addiction problem of someone close to them.

Bus Route #20, #25, #50



## Substance Use & Addictions

### 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



## Health Services



### Substance Use & Addictions

#### NARSF PROGRAMS LTD.

Phone 250-754-2773  
 Email [admin@narsf.org](mailto:admin@narsf.org)  
 Hours Monday - Friday 9 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](http://www.narsf.org)  
 Bus Route #1, #20, #30, #50



#### OVERDOSE PREVENTION SITE

Phone 250-244-4042  
 Hours 7 days a week from 11 am - 8:30 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](http://www.cmhamidisland.ca)  
 Bus Route #5, #6, #25, #40

#### 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](http://www.cdc.gov)

#### 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](http://www.smartrecoverybc.com)  
 Social  

#### SUBSTANCE USE SERVICES OUTREACH

Phone 250-713-5118  
 Hours Monday - Friday 10 am - 6:15 pm  
 Address [#203 - 2000 Island Highway North](#)  
 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.  
 Bus Route #1, #20