

Community Resources

Service	Description	Contact Information
HealthLink BC	Free-of-charge health information and advice phone line. Call to speak with a health services representative who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian or a pharmacist.	Dial 8-1-1 OR 604-215-8110
Smart Sex Resource	A comprehensive sexual health resource that provides local, relevant information and services for British Columbians of all ages. Here you can find sexual health information, where to get tested and other sexual health services in your area.	Visit www.smartsexresource.com
Here to Help	A mental health and substance use information resource for individuals and their families. Self-help resources are available for a range of topics as well as contact information for services available in your community.	Visit www.heretohelp.bc.ca