

## **Local Counselling Resources**

### **Trail**

Child & Youth Mental Health Trail (16 Years & Under)

Phone: (250) 368-9516

Address: 3365 Laburnum Dr, Trail, BC V1R 2S8

Mountain Hope Counselling

Phone: (250) 368-9516

Address: 3365 Laburnum Dr, Trail, BC V1R 2S8

Website: <https://www.mountainhopecounselling.com/>

Barbara Shields

Phone: (250) 368-9615

Address: 625 Victoria St #103, Trail, BC V1R 3S9

Website: <https://www.kutenaiwellness.com/>

Terry Brennen & Associates MA Psych

Phone: (604) 789-2079

Address: 1519 2 Ave, Trail, BC V1R 1M3

Website: <https://www.terrybrennen.com/>

### **Rosland**

Kootenay Counselling - Gabriel Roy-Wright, BA, MC

Phone: (250) 362-5035

Address: 2038 Columbia Ave, Rosland, BC V0G 1Y0

Website: <https://www.kootenaycounselling.ca/>

### **Salmo**

Lynn Hango Counsellor/Healing Guide

Phone: (780) 327-9116

Address: 6410 Gibbon Rd E, Salmo, BC V0G 1Z0

Website: <https://square.site/book/7J03AGDXQ5984/lynn-hango-counsellor-healing-guide>

### **Castlegar**

Highland Counselling and Therapy

Phone: (250) 304-8875

Address: 1406 Highland Dr, Castlegar, BC V1N 3V9

Website: <https://www.highlandcounsellingandtherapy.com/>

Kuiper Counselling and Psychotherapy

Phone: (250) 687-8155

Address: 1655 Tower Ridge Rd, Castlegar, BC V1N 4W7

Website: <https://www.kuipercounselling.ca/>

West Kootenay Counselling Services

Phone: (250) 826-4410

Address: 214 11 Ave, Castlegar, BC V1N 1J2

Website: <https://www.wkcounselling.com/>

Ava Clark Counselling

Phone: (250) 608-3195

Address: 1237 3rd Street Unit A- Castlegar, B.C. V1N 1Z6

Website: <https://www.avaclarkcounselling.com/>

Van Dyke Counselling

Phone: (250) 304-5397

Address: 1010 3 St, Castlegar, BC V1N 2A2

Website: <https://vandykecounselling.ca/>

Erica Terry-Ortega - Family Counsellor

Phone: (250) 608-2252

Kathie Robertson, MA, RCC

Phone: (250) 365-7945

Address: 214 11 Ave, Castlegar, BC V1N 1J2

Website: <https://www.kathierobertsoncounselling.com/>

Jo-Anne Stoltz, PhD

Phone: (250) 365-3844

Address: 1237 unit A 3 St, Castlegar, BC V1N 1Z6

Website: <https://www.kootenaycounselling.com/>

Holly Smee, MA, RCC HollyTree Wellness Centre

Phone: (250) 304-9654

Address: 214 11 Ave, Castlegar, BC V1N 1J2

Website: <https://www.hollysmee.com/>

Jineya Naicker Clinical Counselling

Phone: (250) 800 0773

**Nelson**

Child & Youth Mental Health Nelson (16 Years & Under)

Phone: (250) 352 3504

Address: 201 - 518 Lake Street, Nelson, BC, V1L 4C6

Brooke Mandseth Psychologist

Phone: (250) 505-4391

Address: 2124 Ymir Rd, Nelson, BC V1L 6Y9

## **Online**

Old Growth Therapy (Brooke Peters, MA, RCC, RSW)

Website: <https://www.oldgrowththerapy.com/>

Susan Van Asselt Counselling

Phone: (250) 921-4463

Website: <http://susanvanasseltcounselling.com/>

## **Transgender**

TransCareBC

Phone: 1 866-999-1514

Website: <http://www.phsa.ca/transcarebc>

Kootenay Transgender

Website: [www.kootenaytransgender.com](http://www.kootenaytransgender.com)

## **Trans Connect**

Phone Office: (250) 354-5362

Phone ANKORS: (250) 505-5506

Address: 101 Baker Street, Nelson, BC V1L 4H1

## **Crisis Resources**

Nurse Line: Dial 811

Emergency: 911 or Go to your local hospital's emergency room

BC Suicide Hotline: 1-800-784-2433

Youth in BC 24-hour crisis line: 1-866-661-3311

Canada Suicide Hotline: 833-456-4566

Nelson – City Police 250-354-3919

Nelson – RCMP 250-352-2156

## **Hospitals**

Castlegar: 250-365-7711

Grand Forks: 250-443-2100

Nelson: 250-352-3111

Trail: 250-368-3311