

# Northern Health

## Fraser Lake Community Health Centre

Thank you to all of our patients and community members for working with us during this worldwide pandemic.

The Fraser Lake Community Health Centre continues to offer emergency and most regular services with creative delivery options to keep everyone safe.

**Primary Care and/or diagnostic services:** call 250.699.6225 to book an appointment and please be aware that some services have been reduced to essential services only.

**Emergency situations:** Call 911 if needed.

Our main doors are locked – when possible please call ahead and ring the bell when you arrive.

**COVID concerns and/or symptoms:** 1-844-645-7811

**COVID-19 Helpline:** 1-888-268-4319

### **Support for Seniors**

Please reach out to our Community Paramedics if you or a loved one would like to receive a telephone call. Phone/text Jessica Wurst @ 778-259-0911 phone, email [Cp.FraserLake@bcehs.ca](mailto:Cp.FraserLake@bcehs.ca)

### **Mental Health and Addiction**

If you are an adult and wanting to talk to a counsellor, please call the health centre to book an appointment, and /or check out the following link:

Coping with stress and anxiety during a pandemic  
<http://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>

Information and support for children and youth:

The Kelty Mental Health Resource Centre:  
<http://www.keltymentalhealth.ca>