

Tumbler Ridge Health Centre

Mental Health and Primary Care supports

Effective **Wednesday, February 25**, Northern Health Specialized Mental Health supports and the BC Children's Hospital (BCCH) mental health clinician team are located at the Tumbler Ridge Health Centre, bringing services for people together under one roof and supporting continued daily access to:

Drop-in appointments with Northern Health mental health clinicians

Primary and urgent care provided by on-site nurse practitioners with physician support.

The above services are available **7:00 am to 11:00 pm**, seven days a week (including statutory holidays).

Child and Adolescent Mental Health clinicians and psychiatrists from BC Children's Hospital are also located at the Tumbler Ridge Health Centre, providing in-person support for children and youth mental health needs related to recent events.

Residents can call or text 604-315-2249 between the hours of **11:00 am and 7:00 pm, Monday to Friday**, to connect with BCCH staff who can answer in-the-moment questions, help find resources, or book in-person appointments.

Anyone requiring urgent help is asked to go directly to the Tumbler Ridge Health Centre.

NH Connections travel support

The [NH Connections travel](#) shuttle service is now a free, once-daily service to better support patients, families, support persons, and staff traveling between communities. More information on the daily schedule is available on the [NH Connections site](#).



Scan the QR code to see the full shuttle service schedule



Scan the QR code to visit the NH Connections website

Additional resources

Visit [NH Get Help Now](#) for more resources and [Help Starts Here - Tumbler Ridge Response](#) for info on supporting people during this time.



Scan the QR code to visit the NH Get Help Now webpage



Scan the QR code to visit Help Starts Here Government of BC webpage