Current supports available in Tumbler Ridge

Open to all residents | Updated: October 30, 2026

Tumbler Ridge Strong Child & Youth Support Centre (#208, 235 Front Street)

Child, Youth and Family Mental Health Services
Free services in community or virtual for children, youth (up to age 24), and their parents/caregivers.

» What's available
- One-on-one or group services
- Mental health services and therapy
- Support and guidance for parents and caregivers

» Hours:
- Open Monday to Friday, 10 a.m. to 5 p.m., for in person, virtual, phone, or in home visits
- Drop-in group session for ages 12 to 24 years:
  - Mondays at 3:30 p.m.: Magic the Gathering, Tumble Ridge Public Library
  - Wednesdays at 3:30 p.m.: Dungeons and Dragons, Tumbler Ridge Public Library

» Call or text: 250-784-5174

» Fax: 250-795-4142

» Email: TumblerRidge.CYMH@gov.bc.ca

Foundry BC
Free mental health supports for 12-24 years youth and caregivers

» Foundry in community
- **Call or text:** 236-979-2114
- Hours: Open Monday to Friday, 10 a.m. to 5 p.m.

» Foundry Virtual
- Free virtual mental health and wellness same day services, 7 days a week
- **Call:** 1-833-308-6379
- **Visit:** www.foundrybc.ca/virtual
- Download the Foundry BC app and register for a youth or caregiver account

Tumbler Ridge Health Centre (220 Front Street)

Services at the Health Centre are available to **all residents** of Tumbler Ridge for mental health and primary and urgent health care needs.

» Mental health & health care
- Free in-person drop-in appointments with health care professionals for mental health and primary and urgent non-emergency care are available here.

» B.C Children's Hospital
- Appointments available via the Health Centre
- **Call:** 250-242-2642

Hours of services:
- **Mental health services:** Drop-in or call 250-242-2642 for mental health services. Open daily, 8 a.m. to 7 p.m. including statutory holidays
- **Primary and urgent non-emergency care:** Open daily, 8 a.m. to 7 p.m., including statutory holidays
- **Emergency Department:** Open Monday to Friday, from 8 a.m. to 7 p.m., excluding statutory holidays
- **For medical emergencies after hours, call 911**

Medical Transportation

Northern Health Connections Shuttle Service

» Daily shuttle service between Tumbler Ridge Health Centre and Fort St. John Hospital, with stops in Chetwynd and Dawson Creek.
- No cost. No pre-booking required. First-come, first-served.
- For pick up and drop off times: www.nhconnections.ca

TR Cares

» Medical travel service for patients travelling from Tumbler Ridge to:
- Dawson Creek – weekly rides on Mondays and Thursdays only
- Fort St. John – once per month rides
- **To book a trip, call or text:** 250-242-7444

Victim Services and Financial Supports

Victim Services

» The Victim Services team can help people access:
- Trauma-informed conversations and debriefs
- Crime Victim Assistance Program and financial benefits for victims, immediate family and certain witnesses.

» Email: E_TumblerRidge_VictimServices@rcmp-grc.gc.ca

» Tumbler Ridge Police Based Victim Services
- Contact: Laura Naylor
- **Call:** 250-242-8510 **or email:** Laura.flores@rcmp-grc.gc.ca

Service Canada

» Service Canada can help people access federal income support programs.
- **Call:** 1-877-631-2657
- **Visit:** https://canada.ca/service-canada-home

Canadian Red Cross

» The Red Cross team is helping the community with:
- Financial support for families of those injured and deceased.
- Support navigation and referrals.
- Psychosocial and well-being support.
- **Call:** 1-250-315-5938 **or email:** TumblerRidgeSupport@redcross.ca

Visit the District of Tumbler Ridge for community supports:
www.districtoftumblerridge.ca/p/community-supports

If you need help, reach out. For more information visit:
gov.bc.ca/ResourcesinTumblerRidge