

## Northern GBT2Q Health Directory



**Last Updated: 25-Feb-21**  
 This directory was created to provide GBT2Q communities with resources from their area to help strengthen our health and well-being. The directory consists of options for STI testing, counselling, PrEP referrals, and social groups. We will periodically update the directory for accuracy and additions. If you would like to suggest a change or addition, please email [shain@checkhimout.ca](mailto:shain@checkhimout.ca)

**General Notes:** Most towns have a Health Unit with mental health resources through "Mental Health and Addictions", and sometimes STI testing through "Options for Sexual Health"

Service	Town	Service Site	Hours of Operation	Phone Number	Location	Notes
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**STI testing and treatment**  
 For up to date information on where to find STI testing, vaccinations, and PEP in your area, please go to HIM's online clinic finder at [www.checkyourself.today](http://www.checkyourself.today)

**Counselling**  
 All counselling options chosen are free, low-pay, or on a sliding scale. If you feel you need immediate help, please call the 24hr Crisis line 1-888-562-1214

	<b>Quesnel</b>	Women's Resource Centre	M-F 9PM-4PM	250-992-8472	690 McLean St.	
		Quesnel Mental Health	M-F 8AM-4PM	250-583-6828	2 floor (South), 543 Front St.	Closed 12-1 for lunch
		Walmsley (For UNBC Students)	M-F 6:30AM-5PM	1-800-481-5511		
	<b>Fort St. John</b>	Friendship Centre (Alfred)	M-F 8:30-4:30	250-785-3411	10208 95th Ave.	
		Walmsley Counselling	M-F 6:30AM-5PM	1-800-481-5511		John Students
	<b>Smithers Area</b>	Mental Health and Addictions	M-F 8:30AM-4:30PM	250-847-6405	3793 Alfred Ave.	
		Northern Society for Domestic Peace	M-F 8:30AM-4:30PM	250-847-9000	3772 1st Ave.	Specific to violence and relationships;
	<b>Terrace</b>	Mental Health and Addictions	M-F 8:30AM-4:30PM	250-631-4202	3412 Kalum St.	
		Women's Resource Centre	M-Thur 9AM-5PM	250-638-0228	4553 Park Ave.	
		Northwest Counselling (For students)	M-F 9AM-4:30PM	250-638-8311	103-4624 Greig Ave.	Rupert Campus students
	<b>Prince George</b>	Foundry (For youth 25 and under)	M-F 12AM-5PM	236-423-1571	1148 7th Ave.	COVID
		Community Counselling Centre	M 9-5   T 11-7   W 9-8   Th	250-562-6690	1811 Victoria St #206	Pay what you can service. Uses Masters
		Health Unit; Mental Health and Addictions				Intake through GP or Primary and Urgent
		Healing Centre	hrs)	250-564-4324	1600 3rd Ave.	indigenous alike
		UNBC Wellness Centre	M-F 9AM-4PM	250-960-6369	UNBC Room 5-196	COVID, but same day appt. possible. Video

**PrEP Referral**

PrEP is a daily pill taken by people who are HIV negative to prevent the passing of HIV. For more information, and how to self advocate for PrEP, please follow the link: [checkhimout.ca/prep](http://checkhimout.ca/prep)

	<b>Vanderhoof</b>	Omineca Clinic	M-F 8AM-5PM	250-567-2201	3348 Hosptial rd.	
	<b>Prince George</b>	AIDS Prevention Program (Needle Exchange)	M-Sat 1PM-6PM	250-564-1727	1114 3rd Ave.	
		Foundry	M-F 12AM-5PM	236-423-1571	1148 7th Ave.	For youth 25 and under. Call to make appt. Dr. is in on M, T, Thur
		Options for Sexual Health	Thur. 3PM-5:30PM	250-565-7381	1444 Edmonton St. 2nd floor	age 25 and under
		UNBC Clinic	M-Thur 9AM-4PM   F 9AM-12PM	250-960-6370	UNBC Room 5-106	UNBC students only. Wait times for appt. can be significant
	<b>Smithers</b>	Options for Sexual Health	T, Thur 1PM-4PM	250-847-6400	3793 Alfred Ave.	

Social Groups:	Facebook Names					
	<b>Quesnel</b>	Quesnel Pride Society				
		Trans Youth Support Group				
	<b>Fort St. John</b>	Peace Area Trans, Two Spirit Support (PATTs)				
	<b>Prince George</b>	Mpowerment PG				
		GenderOutlines				
		Queer Café				
		Northern Pride Centre				
		IndigeThrive				
		Gay Friends of PG   FB				
	<b>Smithers</b>	Smithers 2SLGBT+ Youth Group				
	<b>Vanderhoof</b>	Colours of Vanderhoof   FB				