

Health Services Accessibility Guide

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KASKA TERRITORY SERVICES

Emergency Department at the Watson Lake Community Hospital

Address:	817 Ravenhill Drive
Service hours:	Monday to Sunday, available 24hrs
Contact:	Call 911 for an ambulance or immediate help
When to access service:	In the case of emergency or need an ambulance
Access method:	Drop in or, if unable to get there, call 911.
What to show / bring with you:	N/A
Website:	https://yukon.ca/en/places/watson-lake-community- hospital

General Practitioner at the Watson Lake Community Hospital

Address:	817 Ravenhill Drive, 1st floor
Service hours:	Monday to Friday, 8:00am-12:00 pm and 1:00pm-4:30pm
Contact:	867-586-2565 or 867-536-4444
When to access service:	 Non-emergency illness or medical situation Non-emergency health concerns Regular check ups To obtain a referral for a different service
Access method:	Appointment required. Call to schedule a date and time.
What to show / bring with you:	Health card or insurance information
Website:	https://yukon.ca/en/places/watson-lake-community- hospital

Health and Social Department of Liard First Nation

Address:	714 Adela Trail
Service hours:	Monday to Friday, 8:30am-4:30pm
Contact:	Health Department: 867-536-5206
	Social Department: 867-536-5207
	Emergency Phone After Hours: 867-536-4527
When to access service:	 The need for health services regarding Mental Health, Addiction Prevention and Aftercare Maternal and Child Health Healthy Eating and Chronic Disease Control ETC Reach out for more information on services available
Access method:	 Calling the Health or Social Department Drop in at the office
What to show / bring with you:	N/A
Website:	https://liardfirstnation.ca/health-services/

Yukon Welfare, Social Services - Yukon Government

Address:	Pejest Building 820 Adela Trail
Service hours:	Monday to Friday, 8:30am-5:30pm
Contact:	867-536-2232
When to access service:	 Address and/or prevent family breakdown and child abuse Support with adoption services and foster homes Support with youth probation services Family services e.g. alcohol and drug services referrals and supporter services for families and children Support for seniors and people with disabilities
Access method:	Call to discuss situation
What to show / bring with you:	 ID, Health card, Birth certificate, and Disability information if applicable
Website:	https://yukon.ca/en/legal-and-social- supports/community-supports/find-social-services-your- community

Help and Hope for Families Society

Address:	On Raven Hill (call for exact location)
Service hours:	7 days per week, 24hrs
Contact:	 Main Office: 867-536-7233 Email: info@helpandhopeforfamilies.ca Children's Program: 867-536-7202 Email: capc@helpandhopeforfamilies.ca Second Stage Housing: 867-536-7234 Email: 2ndstage@helpandhopeforfamilies.ca
When to access service:	 In need a safe home and/or shelter Availability of a local, community based safe home Shelter for care and protection of women and their children – survivors of violence.
Access method:	Call to discuss situation
What to show / bring with you:	ID
Website:	https://www.helpandhopeforfamilies.ca/

Home Care Program - Yukon Government

Address:	817 Ravenhill Drive, Basement
Service hours:	Monday to Friday
Contact:	867-536-5256
When to access service:	 In need for acute, chronic, palliative and/or respite care In need for rehabilitation services
Access method:	 Call to arrange an assessment and determine care plan All ages are eligible and must have or have applied for Yukon Health Care Insurance Plan A doctor, family member, home care staff will fill out a referral form with you over the phone and the staff will arrange a visit to discuss your referral and assess your needs
What to show / bring with you:	Health card Yukon Health Care Insurance Plan confirmation
Website:	https://yukon.ca/en/health-and-wellness/care- services/learn-about-home-care-program

Canada Prenatal Nutrition Program (CPNP) Family Center

Address:	 816 Adela Trail (west end of the CIBC building) Box 633
Service hours:	 Monday to Friday, 9:00am-3:00pm Request to join the Facebook page for regular updates
Contact:	 Call: 867-536-2125 Email: watsonlakecpnp@gmail.com
When to access service:	 You are a new parent or pregnant person in need of health supports for your baby In need of food, food coupons, prenatal vitamins or referral to other agencies and services
Access method:	Call or email for more information on how to access services
What to show / bring with you:	 Doctor's note to prove the pregnancy, or Baby's birth certificate
Website:	https://cpnp-pcnp.phac-aspc.gc.ca/en/project-details? project=80

Mental Wellness and Substance Use Services - Yukon Government

Address:	850 Adela trail
Service hours:	Monday to Friday, 8:30am-5:00pm After hours options: Weekdays, 5:00pm-8:30 am and weekends & holidays, available 24/7
Contact:	Office Phone: 867-456-3838 or Toll Free: 1-866-456-3838 Click here for contact list
When to access service:	 Looking to change your lifestyle and transition into sobriety Need support in managing and understanding strong emotions e.g. depression, anxiety and stress. Need support in healing and tackling trauma Crisis response
Access method:	 Drop-in available Contact to schedule an appointment No referral needed.
What to show / bring with you:	N/A
Website:	https://yukon.ca/en/places/mental-wellness-and- substance-use-services

Dene Keh Justice - Liard First Nation

Address:	513 Stikine Avenue
Service hours:	Monday to Friday, 8:30am-4:30pm
Contact:	 Court worker: 867-536-7923 or 867-536-7922 Justice worker: 867-536-7925
When to access service:	 Need for legal information or assistance Looking for support and referrals regarding your healing journey In need of information regarding after-care, reintegration and prevention programs Need assistance to apply to addiction programs Looking for support to navigate the justice system including bail hearing assistance and learning when and how to contact a lawyer, how to apply for legal aid and help with paperwork and applications.
Access method:	 Referrals from the court, RCMP, community, probation, self-referral or other agencies. Call for further information
What to show / bring with you:	 Information on case if applicable Referral document if applicable ID
Website:	https://liardfirstnation.ca/justice/

Dentist in Watson Lake

- The Elementary School organizes for a dentist to visit the community every few weeks.
- The dentist is available for general checkups, cleanings, and referrals.
- Look out for school or Health & Social announcements, and posters around town for when the dentist will be visiting next.
- For more information, please call the Elementary School or the Health & Social department:
 - Elementary School: (867)-536-7333
 - Health & Social Department: (867)-536-5206

Lower Post, BC - Daylu Dena Council Health Department

Address:	Lower Post , BC V0C 1W0
Service hours:	Monday to Friday, 8:00am-3:30pm
Contact:	 Health Director Phone: 250-779-3200 Email: healthdirector@dayludenacouncil.com
When to access service:	 The need of Prenatal Nutrition program - CPNP Aboriginal Health Start on Reserve- AHSOR does funding for daycare facilities and early childhood education 0-5 years on reserve Aboriginal Diabetes initiative- Financial support for education, programming and nutrients support for type 1 and 2 and etc. NNADAP- does programming and support on reserve as well as access to treatment and detox services off reserve First Nations home and community care- does support to mostly Elders in community with light cleaning, food support, transportation, social wellness visits and etc. Supplementary health benefits - First Nations Health Authority offers Financial assistance for Medical transportation to access health services not available in community
Access method:	Contact the health director for more information and if it is available to you
What to show / bring with you:	ID Status card
Website:	https://dayludenacouncil.com/programs- services/health/

Watson Lake Health Centre (Public Health)located in the basement of the Watson Lake Community Hospital

Address:	817 Ravenhill drive (use the lower level entrance)
Service hours:	Monday to Friday, 8:00am-12:00pm, and 1:00pm-4:30pm
Contact:	867-536-5255
When to access service:	 Routine Immunizations or immunization updates Need to obtain your immunization records Tuberculosis screening Routine sexually transmitted infection screening and Sexual Health Information Prenatal Classes Well child visits and immunizations Postpartum and newborn care (including home visits) Infant feeding support including breastfeeding support School health programming Smoking Cessation support Blood pressure screening Nutrition and weight management support
Access method:	Drop in or call to schedule an appointment
What to show / bring with you:	Health card
Website:	https://yukon.ca/en/places/watson-lake-health-centre

WHITEHORSE SERVICES

Orthodontist-DocBraces

Address:	302 Jarvis Street, Whitehorse
Service hours:	Monday to Friday, 8:30am-5:00pm
Contact:	• Call: 867-668-4406
	Email: whitehorse@docbraces.com
When to access service:	Care for braces
	Orthodontist services
	Invisalign for children, teens and adults
Access method:	Call to make an appointment or
	Book a free consultation online by clicking <u>here</u>
	Drop in for emergencies
What to show / bring with you:	• ID
	Status number
Website:	https://docbraces.com/

Dentist - Yukon Dentistry

Address:	202 A Strickland Street, Whitehorse, YT Y1A 2J8
Service hours:	Monday to Friday, 8:00am-5:00pm
Contact:	 Call: 867-668-3909 Email: dentistryyukon@gmail.com Fax: 867-633-5698
When to access service:	 Routine examinations X-rays Teeth cleaning Night guards Preventative care Teeth pain, discomfort or cavities Sealants and fluoride treatments Restorative Care such as crowns, bridges, and implant supported bridges Root Canals Dentures; Partial and complete dentures, Sedation Dentistry; Oral sedation, nitrous oxide and IV sedation (IV sedation for extractions only). Discuss it with your dentist to see if you're eligible and if it's the right option for you.

Access method:	Call to make an appointment
What to show / bring with you:	 ID Insurance or NIHB details Status number Can be covered by your Native status, or your insurance - the team members will assist you in submitting the necessary documents to your insurance carrier.
Website:	https://www.yukondentistry.ca/

Northern Lights Optometry Ltd.

Address:	2093 2nd Avenue, Whitehorse
Service hours:	Monday to Friday, 8:00am-5:00pm
Contact:	867-667-6526
When to access service:	 Trouble or issues seeing Eye discomfort or pain In need of glasses or contact lenses Adult and Senior Eye exams Diabetic Evaluations Eye Disease Diagnosis and Management
Access method:	 Call to make an appointment Click this link to book an appointment online
What to show / bring with you:	 ID, Status card Insurance or NIHB details if applicable Details on extended healthcare benefits and pharmacare for Yukon seniors if applicable
Website:	https://northernlightsoptometry.ca/

Whitehorse Emergency Hospital

Address:	5 Hospital Road
Service hours:	24/7
Contact:	Call 911 for an ambulance
When to access service:	 If you are in urgent or acute care at any time, you should seek care at your nearest hospital The critically ill or injured will always receive care and will always receive priority attention
Access method:	 Call for an immediate emergency or for an ambulance Drop in
What to show / bring with you:	N/A
Website:	https://yukonhospitals.ca/en/whitehorse-general- hospital/programs-and-services/emergency-services

Whitehorse General Hospital

Address:	5 Hospital Road
Service hours:	Extended business hours
Contact:	867-393-8700
When to access service:	Emergency care Cancer care Clinical nutrition services, Diabetes education center Environmental services Health records Inpatient units Materials management Maternity Medical imaging Computed tomography (CT) Magnetic resonance imaging (MRI) Mammography Gynecology Ultrasounds X-ray Medical laboratory services Medical rehabilitation services Mutrition and food services Pharmacy Surgical services (operating room) Visiting specialist clinic First Nation Health Programs Surgical Speacialists and bookings - upon referral from family doctor.

Access method:	 Drop in and discuss your needs at the front desk Call 867-393-8700 Call the service you are seeking directly
What to show / bring with you:	 ID, Health card and Status card. Lists of all medications (pills or other drugs) you take including prescriptions, vitamins, pain relievers like Tylenol or Advil, health supplements and herbal remedies- if you don't have time, bring the bottles For some visits, you may need to bring some personal items identified in your appointment confirmation letter, include; any form that accompanied the appointment letter, comfortable clothing and walking/running shoes, etc.
Website:	https://yukonhospitals.ca/en/whitehorse-general-hospital/programs-and-services Click here to see Specialist Clinics

Solstice Maternity, Whitehorse Urologists -Medical services Ltd

Address:	406 Lambert Street Whitehorse, Yukon Y1A 1Z7
Service hours:	24/7Business hours
Contact:	• Call: 867-466-7243 • Fax: 867-393-6601
When to access service:	 As soon as you get the positive sign or a note from the doctor confirming your pregnancy. For prenatal, newborn and postpartum care Labor and delivery services Family medicine
Access method:	Call to make an appointment See call schedule <u>here</u>
What to show / bring with you:	 ID Health card or NIHB Relevant medical documents Valid payment method as a registration fee may apply
Website:	https://www.solsticematernity.com/contact-us

OPAL Clinic Yukon

Address:	406 Lambert St, Whitehorse, YT Y1A 1Z7
Service hours:	Tuesdays, 8:30am-8:00pmWednesdays, 8:30am-5:00pm
Contact:	867-393-6635
When to access service:	 If you are in need of contraceptives or birth control To make informed decisions about planned parenthood Medical support with miscarriages
Access method:	 Call to make an appointment See information on appointments <u>here</u> If you are in Watson Lake - you can access this service by talking to doctors at your local hospital
What to show / bring with you:	 A positive pregnancy test Yukon Health Care Insurance number or NIHB Address and postal code Knowing the date of your last normal menstrual period is helpful
Website:	https://opalyukon.ca/

Whitehorse Physiotherapy

Address:	208B Strickland St, Whitehorse, YT Y1A 2J8
Service hours:	 Monday to Friday, 7:00am-7:00pm Saturday, 9am - Emergency Appointments on request
Contact:	 Call: 867-667-2138 Email: whitehorsephysiotherapy@gmail.com
When to access service:	Available for Adults and Children; Treatments for pain and movement problems of the spine and extremities.
Access method:	 Call or email for an appointment Book an appointment online <u>here</u>
What to show / bring with you:	 ID Health card or NIHB, Valid payment method, or Check if you are covered by insurance here
Website:	https://whitehorsephysio.com/

Skookum JIM Friendship Center

Address:	3159-3rd Avenue, Whitehorse
Service hours:	Monday to Friday, 8:00am-4:30pm
Contact:	 Call: 867-633-7680 Fax: 867-668-4460 Email: reception@skookumjim.com Youth Emergency Center Call: 867-633-7699
When to access service:	 Programs for adults and for youth After school tutoring Prenatal Nutritional outreach Splintered craft Traditional sports and keish camps Traditional parenting Training and student financial services Women's legal advocate Youth diversion and family support
Access method:	 Keep an eye out for events on this website Visit the center Call for more information Click here for specific contacts according to programs
What to show / bring with you:	• ID
Website:	https://skookumjim.com/

Blood Ties Four Directions Centre

Address:	6189 6th Avenue, WhitehorseOutreach in rural communities
Service hours:	Office and Drop in Center Hours: Monday to Friday, 8:30am-12:00pm and 1:00pm-4:30pm
Contact:	 Program Manager: 867-335-8265 or programmgr@bloodties.ca Harm Reduction Counselor: 867-332-8268 or harmreduction@bloodties.ca Wellness Counselor: 867-332-8269 or scaleup@bloodties.ca
When to access service:	 Services and/or information regarding HIV and Hepatitis C Support Programs e.g. housing services, programs and navigation, counseling and support groups. Supervised Consumption Site e.g. safe and confidential spot, drug check, overdose response team, naloxone and harm reduction kits, and education on harm reduction.

	 Education and Prevention in Whitehorse and Yukon Rural Communities e.g.: Prevention education in HIV, Hepatitis C, STI's and Harm Reduction Sexual Health Education Harm Reduction, HIV and Hepatitis C education for health and social service providers Overdose Prevention Education Capacity building prevention programs to service providers across Yukon Safer Sex education and supply distribution (condoms, dental dams, lube) Harm Reduction Program e.g. safer injection and/or snorting kits, needle disposal and pickup, drug checking programs, Naloxone kits and overdose prevention education
Access method:	 Support Programs: Drop-in program (8:30am-12:00pm and 1:00pm-4:30pm) Wednesday movie and popcorn (from 1:00pm-3:00pm) Outreach nurse every second Wednesday afternoon (from 1:00pm-3:00pm) Drug User Support Group on Tuesday (1:00pm-2:30pm) Supervised Consumption Site: 6189 6th Avenue (entrance off of 5th Avenue) - Monday to Friday, 12:00pm-9:00pm. Harm Reduction Program: 6189 6th Avenue (Cook St. Window) Monday to Friday, 8:30am-5:30pm. For more information on programs and services click here
What to show / bring with you:	N/A
Website:	https://bloodties.ca/contact-us/

CYFN - Jordan's Principle

Address:	2166-2nd Avenue Whitehorse, Yukon Y1A 4P1
Service hours:	
Contact:	 Call: 867-393-9200 Receptionist - Anna Fraser: 867-393-9200 Toll Free: 1-833-364-0509 Jordan's Principle Toll Free: 1 833-393-9200 Email: jordans.principle@cyfn.net
When to access service:	 First, email or call the CYFN services Coordinator at jordans.principle@cyfn.net or Toll Free at 1-833-393-9200. They will assist you through the referral process and help you understand the scope of services eligible through Jordan's Principle. Second, provide information, all requests for services will require: Name, date of birth, and status number of the child Service requested Estimated cost Lastly, submit the Request: The CYFN service coordinator will submit the request on your behalf to Indigenous Services Canada, and help you navigate the process upon approval.
Access method:	 Support in accessing a health service For Medical transportation, and medical equipment Access to therapies (e.g. occupational, speech, physio, and audiology) For culture and language supports and programs Support in accessing recreational activities Support in education (e.g. cultural and emotional supports, assessments, one-on-one supports, and transportation) For access to social supports (e.g. respite, counselling, support for children in care, and family treatment)
What to show / bring with you:	Name, date of birth and status number of the child
Website:	https://cyfn.ca/

Addiction Services (Substance Use Health Emergency)

Address:	Shara Steele Building, 609 Steele Street, Whitehorse
Service hours:	 Monday to Friday, 8:30am-4:30pm Wheelchair accessible
Contact:	 Main Telephone: 867-456-3838 or 1-866-456-3838 After 4:30pm or on weekends: 867-667-8473
When to access service:	 Withdrawal management services Counseling Services; provides screening, assessments and counseling support to clients for a wide range of mental wellness and substance use challenges; individuals and group counseling - appointment within 72 hours of your call. Child, youth and family services; include early interventions, crisis management, assessment, counseling, outreach, family therapy, and case management. Intensive Treatment programs: Provides addictions treatment and mental wellness support to people who require a live-in environment or to people who like living at home and access group-based treatment. Psychiatric Outreach Program; provides assessment, treatment, case management, and outreach support to clients with a mental illness such as SCHIZOPHRENIA, bi-polar and psychosis- services; Early Psychosis interventions for people the ages of 15 and 30 who have recieved a new disgnosis of psychosis, schizophernia or bi-polar The mental health transitional treatment residence that provides a supported living environment to help people regain their ability to live independently.
Access method:	 Call the main number to book an appointment Drop in
What to show / bring with you:	If applicable, any information on past diagnosisID
Website:	https://yukon.ca/en/places/mental-wellness-and- substance-use-services

NHIB (Non-Insured Health Benefits) - Whitehorse

Address:	100-300 Main ST whitehorse Y.T Y1A 2B5
Service hours:	N/A
Contact:	 Phone number: 867-393-3800 Toll free: 1-866-362-6717
When to access service:	Medical transportation and mental health counseling
Access method:	• Call
What to show / bring with you:	Status number and maybe Health card
Website:	https://www.sac- isc.gc.ca/eng/1579274812116/1579708265237#a9

CRISIS RESPONSE

National Overdose Response Service

- NORS is an overdose prevention hotline for Canadians providing confidential, loving, non-judgemental support for you whenever and wherever you use drugs.
- Available 24/7
- Phone: 1-888-688-6677(NORS)
- Mobile App: The Brave App

First Nations and Inuit Hope for Wellness

- 24/7 helpline
- Phone: 1-855-242-3310

Canadian Indian Residential Schools Crisis Line

- Emotional and crisis referral service 24 hour
- Phone: 1-866-925-4419

Kids Help Phone

- Youth Crisis Support 24/2
- Phone: 1-800-668-6868
- Text: TALK to 686868 for English or TALK to 686868 for French

Canada Suicide Prevention Service

- Crisis line 24/7 French or English
- Phone: 1-833-456-4566
- Text: 45645

Canadian Resource Centre for Victims of Crime

- · Victim support and legal information line
- Phone: 1-877-232-2610
- Text: 613-203-0747

Trans LifeLine

- All ages crises support for Trans folks
- Peer Support
- Phone: 1-877-330-6366

Canadian Human Trafficking Hotline

- 24/7 confidential
- Help if you or someone you know is being exploited to provide sexual services or labor
- Phone: 1-833-900-1010

Chrysalis Anti-Human Trafficking Network

- Free and confidential 24/7
- Counseling service for people, adults or youth who have been exploited to or trafficked into sex or labor.
- Services for people who identify as sex workers but do not identify as being trafficked.
- Phone: 1-865-528-7109

Reach Out Support Line

- All ages Yukon
- 10:00am-10:00pm, 7 days a week
- Phone: 1-844-533-3030

British Columbia Crisis Line

• 24/7 crisis support

British Columbia Youth Online Chat

• 4pm-10pm 7 days a week

British Columbia Crisis Texting

- 4:00pm-10:00pm, 7 days a week
 (Northern BC residents, BC phone number)
- Text: 250-564-8336

Health Link 811

- 24 hours health advice, talk to a nurse (for non-emergencies)
- Phone: 811

Family and Children Services - Intake and Afterhours

- After hours line to report child welfare issues
- Can be used to get a social worker in the daytime as well
- Phone: 867-667-3002 or 1-800-661-0408 EXT 3002
- For BC: 1-800-663-9122

Victim Link

- 24/7 Information and referral services to victims of crime and immediate crisis support to victims of family and/or sexual violence, including victims of human trafficking exploited for labour or sexual services
- Call or text: 1-800-563-0808

Yukon Senior Services and Adult Protection

- To report adult protection concerns e.g. Elder abuse etc. 8:30am-4:30pm
- Phone: 1-800-661-0408 ext 3946 ir 867-456-3946
- For emergencies contact Victims Services:
 - Toll free: 1-800-661-0408 ext 8500 or 867-667-8500
- Victim line 24 hours crisis line
 - Toll free: 1-800-563-0808

British Columbia Seniors Abuse and Information Line

- 8:00am to 8:00pm PST, 7 days a week
- Confidential place to talk to about concerns of abuse
- Phone: 1-866-437-1940

Talk for Healing

- 24/7 services for Indigenous Women by Indigenous Women across Canada.
- Line Chat: talk4healing.com
- Phone or text: 1-855-554-4325(HEAL)

First Nations and Aboriginal Specific Crisis Line

• 24/7

• Phone: 1-800-588-8717

Native Youth Crisis Hotline

• 24/7

• Phone: 1-877-209-1266

Help and Hope for Families

• Women's Shelter, Watson Lake YT

• Phone: 867-536-7233

Kaushee's

- · Women's Shelter, Whitehorse
- Accepts 24/7
- Phone: 1-867-668-5722

Out-of-Territory Services

- 1. Recovery Clinics to provide support from substance abuse
- 2. Family Support
- 3. Cancer Treatments
- 4. Emergency Surgery

Disclaimer: This list is not exhaustive of all the health services available in the Yukon or Whitehorse. The services outlined on this list are simply to assist community members to asses their options and provide some guidance on why and how to access specific health services.

If you would like to add a health service in Whitehorse or Watson Lake to the list please fill out the information on <u>this link</u>.

^{**}If you require any of these services please contact the LFN Health & Social office.**