

Individual & Family Supports – District of North Cowichan

Available programs and resources for those impacted by economic disruption in a rural community.



Last Update: February 2026

Local Agencies	Description
Cowichan Valley Basket Society	<p>Ensuring no individual or family in the Cowichan Valley goes hungry either physically, spiritually or emotionally.</p> <p>https://cvbs.ca/</p> <p>The Duncan Foodbank & Lunch Kitchen provide Coffee, Lunch and Friendship. Dining room is open Monday to Friday 8:30am to 3:50pm, Saturday 8:30am to 3:00pm. https://cvbs.ca/foodhouse/</p> <p>Food hampers are available Monday to Friday 9:50 am - 12:30 pm by appointment or drop-in. https://cvbs.ca/food-basket/</p> <p>Location: 5810 Garden Street, Duncan BC</p>
Harvest House Foodbank	<p>Mission is to help those in need; to feed the hungry and facilitate self-sufficiency. To share our abundance to feed the hungry; To be good stewards of the money, goods and services donated; To be accountable to the donors; To facilitate self-sufficiency; To create public awareness of the need of those we serve</p> <p>https://chemainusharvesthouse.com/</p> <p>Location: 9814 Willow Street, Chemainus BC</p>
310 Mental Health Support	<p>310 Mental Health Support (310-6789, no area code required) is a toll-free number connecting callers to a BC crisis line. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health concerns.</p> <p>www.helpstartshere.gov.bc.ca/resource/310-mental-health-support</p>
HelpStartsHere Mental Health support	<p>HelpStartsHere is a website that has over 2,600 service listings publicly funded or not-for-profit mental health and substance use supports.</p> <p>https://helpstartshere.gov.bc.ca/blog/virtual-mental-health-and-substance-use-supports</p>
Health Link BC	<p>Health Link BC (8-1-1), available 24 hours a day, seven days a week for non-emergency health advice and to talk to a health services navigator or a registered nurse.</p> <p>www.healthlinkbc.ca/</p>
Island Health Service Link / Vancouver Island Crisis Line	<p>This page provides information and resources that can help you and your loved ones through your mental health and substance use journey.</p> <p>https://www.islandhealth.ca/learn-about-health/mental-health</p> <p>The Vancouver Island Crisis Line is available 24/7 by calling 1-888-494-3888.</p>
Credit Counselling Society	<p>Provides free, confidential credit counseling, educational resources on personal finance, and low-cost debt solutions to help people achieve financial well-being.</p> <p>www.nomoredebts.org/</p>