



HELP Locations – Thompson/Nicola/Cariboo

These volunteer-operated sites are normally open at the posted hours except on statutory holidays and long weekends.

Location	Contact	Hours of Operation
Ashcroft Ashcroft Hospital 700 Elm Street Ashcroft, BC V0K 1A0 Map & driving directions	T: 250-453-2244 F: 250-453-2531	On Call
Kamloops Canadian Red Cross Unit C, 1365 Dalhousie Drive Kamloops, BC, V2C 5P6 Map & driving directions	T: 250-372-2334 F: 250-372-0869	Mon – Fri 9:30 am – 4:00 pm
Merritt Nicola Valley Hospital 3451 Voght St. Merritt, BC V1K 1C6 Map & driving directions	T: 250-378-3269 F: 250-378-3287	Tues/Thurs 10:00 am – 12:00 pm
100 Mile House Canadian Red Cross 215-4th Street	T: 250-395-9092 F: 250-395-9094	Tue/Wed/Fri 10:00 am – 2:00 pm

Location	Contact	Hours of Operation
<p>100 Mile House, BC V0K 2E0 Map & driving directions</p> <p>Williams Lake Deni House 517 North 6th Avenue. Williams Lake, BC V2G 2G8 Map & driving directions</p>	<p>T: 250-398-6803 F: 250-398-6843</p>	<p>Tue/Thurs/Fri 10:00 am-1:00pm</p>