



Who are you walking for?

NIGHTWALK

For Hope

Walk with us to support Mental Health in Whistler!

As we walk we will cover key topics at each kilometre that interact with our Mental Health. Learn more about how WCSS can help below!

Kilometre 1. Basic Needs

Sponsor: Jack Murray Personal Training

Mental health is impacted by access to basic needs, like shelter, food, and clothing. If you need help, [book with Outreach TODAY!](#)

Shelter



WCSS provides shelter in cases of extreme weather and for those fleeing unsafe relationships or living situations. We can help you access FREE legal advice and care for your mental health while navigating your options if your shelter is threatened.

161 people used our extreme weather shelter in 2024

161

86

86 nights of temporary emergency housing in 2024

21,000 Food Bank clients served in 2024

21k

Are you worried about your next meal?

At WCSS we provide food for anyone who is unable to work, those who are injured or living with disabilities, for caregivers, for those who are underemployed, among many other reasons.

Food



Clothing



In cases of unforeseen circumstances, emergency, or extreme need Outreach workers can provide Re-Use-It and Re-Build-It store vouchers so financially restricted clients can shop for essentials with dignity and choose clothing items that suit their needs.

We can also help you access the toiletry items (toothbrush, toothpaste, deodorant, razor, soap, etc.) you need to feel your best. Stop by and see an Outreach worker!

Kilometre 2. Harm Reduction

Sponsor: Smartwool Whistler

Mental health is impacted by access to harm reduction supplies for safer substance use, overdose prevention, and safe sex.

WCSS can help you access harm reduction supplies and resources for FREE! WCSS provides:

- take home Naloxone Kits and training
- condoms and safe sex supplies
- safer smoking/injection kits and disposal bins
- drop-in drug checking using spectrometer and test strips
- take home fentanyl test strips
- information and referrals to VCH Mental Health and Substance Use, detox and treatment programs

Suspect an Overdose? Stay and CALL 911

285 Naloxone Kits given out in 2024

285



450

450 Fentanyl test strips given out in 2024

250 drug samples tested in 2024

250

Kilometre 3. Rehabilitation Programs

Sponsors: Back in Action Physiotherapy and Whistler Health Care Foundation

Mental health is negatively impacted by injury and illness. People may experience a lowered or limited quality of life due to pain and other symptoms which can lead to low mood, depression, anxiety, and other mental health challenges.

In addition, accessing support for physical rehabilitation (like gyms, physiotherapy, RMT, etc.) can be costly.

Combined with the burden of losing work opportunities (which can affect access to basic needs like food and shelter) this cost is both financial and mental.



195 clients accessed counselling assistance in 2024

158 clients accessed subsidized physio in 2024



WCSS offers support for those affected by illness or injury:

- access to subsidized [physiotherapy sessions](#)
- access to subsidized [counselling assistance](#)
- [Concussion Support Group](#): heal from your concussion
- [Drop-In Concussion Support](#)
- [Making Sense of Pain group](#): cope with chronic pain
- support accessing resources for your mental and physical health, [BOOK with Outreach today!](#)

Kilometre 4. Age-Specific Support Services

Sponsor: Quattro at Whistler

WCSS supports clients of all ages and stages! Our mental health is best when we feel connected and supported! We offer social programs, funding for kids to access sport, camp, and art programs, FREE Outreach services, workshops, and MORE!

Support for EVERYONE!

- [Activate and Connect \(55+\)](#)
- [Birth, Baby, and Beyond](#)
- [Counselling Assistance](#)
- [Drop-In Grief and Loss Conversations](#)
- [Holiday Helpers](#)
- [Kids Art, Kids Camp and Kids Sport](#)
- [Supporting Today's Teens](#)
- [Whistler Rainbow Connection \(2SLGBTQIA+\)](#)
- **Outreach Services: Need a chat? 604-932-0113 or [book online!](#)**

140 kids received funds for sports, art, and camp in 2024!



42 caregivers learned how to support their teens in 2024

212 total Activate and Connect participants in 2024



NIGHTWALK

Do you want to support mental health?

Questions?
imogen@mywcsc.org

DONATE TODAY