

# OKANAGAN REGION RESOURCES / SERVICES



**Youth in BC Crisis Center**

<https://youthinbc.com/>

**Crisis Centre Chat**

[www.crisiscentrechat.ca](http://www.crisiscentrechat.ca)

**Province of BC – Child & Youth Suicide Prevention**

<https://bit.ly/2CSD4j9>

**Interior Crisis Line Network**

**1-888-353-2273**

**Interior Suicide Hotline**

**1-800-7842433**

**Kids Help Line**

**1-800-668-6868**

**310 Mental Health Support Line**

**310-6789 (no area code)**

**Youth Crisis Hotline**

**1-866-661-3311**

Alcohol and Drug (Substance Use-24 hour line)

1-800-663-1441

BC Problem Gambling Help Line (24 hrs.)

1-888-795-6111

BC Nurse Line

811

Min. Child Family Development  
Child and Youth Mental Health

Kelowna

1-250 861-7301

Penticton

1-250 487-4422

Vernon

1-250 549-5404

Outreach Urban Health Centre

Kelowna

1-250 868-2230

Street Nurse

Vernon

1-250 545-3572

Okanagan Nation Response Team

Local Band Office

Victim Assistance Services

Kelowna

1-250 470-6242

Penticton

1-250 493-0800

Vernon

1-250 542-3322

Women's Transition House

Kelowna

1-250 763-1040

Okanagan Nation Transition Emergency

Penticton

1-877-493-4909

Women's Transition House

Vernon

1-250 542-1122

Round Lake Treatment Centre

Vernon

1-250 546-3077

Ashnola at the Crossing

Keremeos

1-250 499-0231

BC Wide 1-800 Suicide

1-800 784-2433