

Resource List MH-Addictions BC

Mental wellness resources that are available to First Nations people, Métis and Inuit include:

Hope for Wellness: Help Line: 1-855-242-3310

Live chat: www.hopeforwellness.ca

Kamatsiaqtut Help Line

Toll Free 1-800-265-3333

In Iqaluit 1-867-979-3333

Kids Help Phone

Toll Free 1-800-668-6868

Text 686868 (no data plan, internet connection, or app required)

Live chat: www.kidshelpphone.ca

Indian Residential Schools Crisis Line: 1-866-925-4419

Additional resources: Suicide prevention www.canada.ca/en/public-health/services/suicide-prevention.html

- First Nations Health Authority: Mental Wellness and Substance Use
- Fraser Health: Mental Health and Substance Use
- Interior Health: Mental Health and Substance Use
- Island Health: Mental Health and Substance Use
- Northern Health: Mental Health & Substance Use
- Provincial Health Services Authority: BC Mental Health & Substance Use Services
- Vancouver Coastal Health: Mental Health and Substance Use

BC Mental Health:

<http://www.bcmhsus.ca/Pages/Referrals.aspx>

CMHA

<https://cmha.bc.ca/document-category/alcohol-and-other-drugs/>

PENTICTON

Penticton Indian Band

Wellbriety

Offers a weekly support group to help people work towards sobriety and abstinence from substance use. The group provides an opportunity to begin a journey of healing and balance through traditional cultural practice.

Organization: PIB

City: Penticton Please contact Elaine Kruger at: Phone: (250) 493-0048 ext: 123 Cell: (250) 809-6766 or Email: emkruger@pib.ca

Website: <http://www.pib.ca>

For any Clinic and Professional services or questions: Please contact Elaine Kruger at: Phone: (250) 493-0048 ext: 123 Cell: (250) 809-6766 or Email: emkruger@pib.ca

ALCOHOL AND DRUG PROGRAM SUPPORTS

- On site A&D counselling, outreach also
- AA and NA program support
- Pre-Treatment Center application processing
- Detox referrals
- Pre & Post treatment counseling
- Other support services
- Referrals to Health Clerk for transportation subsidy for Treatment Center Travel
- Processing of Prior approval for medical exam tests for Treatment Center applications

CRISIS SERVICES

- Outreach and on Call
- Social Development and Health department have four staff trained at all times in suicide prevention/intervention
- PIB Health department ensure that there are staff as team members on the Okanagan Nation Crisis Response Team.

RESOURCES AND EVENTS

- Extensive library of books, VHS, information for clients to reference
- Lead support for National Addictions Awareness Month Campaign
- Around the Kitchen Table (ATKT) HIV/AIDS awareness workshops monthly

INTER-DEPARTMENTAL AND EXTERNAL LINKAGES

Okanagan Nation Alliance Crisis Response Team

IHA Health Unit

Team Lead Debra Salverda MHSU Martin ST Outreach Centre

117-437 Martin St. Penticton BC

250-770-3696 cell 250 490 6967

Organization: [Ooknakane Friendship Centre](#)

Dual Recovery Anonymous

Offers a support group based on the Twelve Steps, for adults with a drug or alcohol addiction and a psychiatric or mental illness. Members come together to share personal experiences, and help each other focus on relapse prevention, recovery, and reducing

City: Penticton

Phone: 250-490-3504

Website: <http://www.friendshipcentre.ca/adult.html>

Aboriginal Child and Youth Wellness Program

Provides mental health assessments and counselling to Aboriginal children and youth struggling with mental wellness concerns. Program goal is to improve the quality of life of children through delivery of holistically oriented supports and services.

City: Penticton

Phone: 250-490-3504

Website: <http://www.friendshipcentre.ca/youth.html>

Organization: **Interior Health Authority**

Mental Health and Substance Use Services

Provides a wide range of mental health and substance use services including central intake, short-term assessment and treatment, long-term programs for those with a serious and persistent mental illness, as well as substance use prevention and treatment

City: Penticton

Phone: 250-770-3555

Phone: 250-770-3696

Website: [https://www.interiorhealth.ca/\[...\]/Pages/default.aspx](https://www.interiorhealth.ca/[...]/Pages/default.aspx)

City: Penticton

Primary Care Mental Health

Offers physician support and intensive case management for those in the community who have complex mental health and substance use issues, and have challenges accessing primary care and other services. Health professionals meet with patients to discuss mental Health Concerns

Phone: 250-770-3696

Website: [https://www.interiorhealth.ca/FindUs\[...\]/Care%20Mental%20Health&ploc=](https://www.interiorhealth.ca/FindUs[...]/Care%20Mental%20Health&ploc=)

Acute Psychiatric Services

Provides short-term psychiatric assessment and follow-up for individuals presenting to the emergency department or from community practitioner offices. On admission, treatment is provided by an interdisciplinary team of psychiatrists, nurses, social workers.

Organization: Interior Health Authority

City: Penticton

Phone: 250-492-4000

Website: [https://www.interiorhealth.ca/FindUs\[...\]/Psychiatric%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]/Psychiatric%20Services&ploc=)

Adult Short-term Assessment and Treatment

Provides short-term counselling on an individual or group basis for persons with serious mental illness with or without concurrent substance use issue. Problems addressed include severe depression or anxiety, eating disorders, severe adjustment problems o

Organization: Interior Health Authority

City: Penticton

Phone: 250-770-3555

Website: [https://www.interiorhealth.ca/FindUs\[...\]/Counselling%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]/Counselling%20Services&ploc=)

Mental Health Urgent Response and Emergency Services

Provides urgent response and mental health emergency services including access to mental health and substance use programs, linking to community programs, crisis intervention, and 24-hour crisis line services.

Organization: Interior Health Authority

City: Penticton

Phone: 250-770-3696

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Emergency%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]20Emergency%20Services&ploc=)

Child and Youth Mental Health - Interior Region

Provides a range of mental health services to infants, children and youth who are experiencing mental health challenges. Services offered may either be direct clinical services or targeted community support. Services include assessment, intake services, c

Organization: Ministry of Children and Family Development

City: Penticton

Phone: 250-487-4422

Website: [https://www2.gov.bc.ca/\[...\]/child-teen-mental-health](https://www2.gov.bc.ca/[...]/child-teen-mental-health)

Early Psychosis Intervention

Provides clinical services and education for individuals with early psychosis, and their families. The goal of the program is to recognize the signs and symptoms of psychosis early so that effective treatment can be started as soon as possible. Services m

Organization: Interior Health Authority

City: Penticton

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Intervention%20\(EPI\)&ploc=](https://www.interiorhealth.ca/FindUs[...]20Intervention%20(EPI)&ploc=)

Organization: Okanagan Boys and Girls Clubs

Integrated Family Development Program

Provides flexible support and counselling to children, youth and families with a variety of issues or concerns such as crisis, family conflict, difficult behaviors, as well as supporting families with a special needs child. Services include outreach, con

City: Penticton

Phone: 250-493-0512

Website: [http://www.boysandgirlsclubs.ca/\[...\]/family-resources/south-okanagan](http://www.boysandgirlsclubs.ca/[...]/family-resources/south-okanagan)

Organization: Penticton and District Community Resources Society (One SKY)

Integrated Family Development Program

Provides counselling, support, and community connections to children, youth, and families.

City: Penticton

Phone: 250-492-5814

Website: <http://pdcrs.com/child-youth-family/integrated-family-development/>

Harm Reduction Supplies and Services

Provides harm reduction supplies including safer injection, inhalation and sex supplies along with education, counselling, testing, treatment, referrals, and general health care.

Organization: Interior Health Authority

City: Penticton

Phone: 250-770-3434

Website: [http://www.interiorhealth.ca/FindUs/_la\[...\]tion Supplies and Services&ploc=](http://www.interiorhealth.ca/FindUs/_la[...]tion Supplies and Services&ploc=)

Mental Illness Family and Caregiver Information, Education and Support

Provides support to persons with chronic and persistent mental illness and their family and friends in locations around British Columbia. Offers help finding mental health and illness information, one-to-one chats, family support, educational awareness

Organization: BC Schizophrenia Society

City: Penticton

Phone: 250-493-7338

Website: <http://www.bcscs.org/category/branches/interior/penticton-2/>

Adult Community Support Services

Offers community-based services for adults with a serious and persistent mental illness. Provides support services and residential care, and assessment through case management, rehabilitation, and psychiatric consultations to help clients achieve independence

Organization: **Interior Health Authority**

City: Penticton

Phone: 250-770-3696

Website: [https://www.interiorhealth.ca/FindUs\[...\]0Services%20%28ACSS%29&ploc=](https://www.interiorhealth.ca/FindUs[...]0Services%20%28ACSS%29&ploc=)

Pathways

Addiction counselling

Address: 996 Main St #1, Penticton, BC V2A 5E4: Columbia Británica

Teléfono: (250) 492-0400

KEREMEOS

Organization: Lower Similkameen Community Services Society

Child and Youth Mental Health

Provides direct one-on-one clinical therapy with a clinician for school aged children and youth for emotional and mental health issues. These services include intake, screening and referral, assessment and planning, treatment, case management, and clinical

City: Keremeos

Phone: 250-499-2352

Organization: Interior Health Authority

Adult Short-term Assessment and Treatment

Provides short-term counselling on an individual or group basis for persons with serious mental illness with or without concurrent substance use issue. Problems addressed include severe depression or anxiety, eating disorders, severe adjustment problems o

City: Keremeos

Phone: 250-499-3029

Website: [https://www.interiorhealth.ca/FindUs\[...\]Counselling%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]Counselling%20Services&ploc=)

Mental Health Urgent Response and Emergency Services

Provides urgent response and mental health emergency services including access to mental health and substance use programs, linking to community programs, crisis intervention, and 24-hour crisis line services.

Organization: Interior Health Authority

City: Keremeos

Phone: 250-499-3029

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Emergency%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]20Emergency%20Services&ploc=)

Early Psychosis Intervention

Provides clinical services and education for individuals with early psychosis, and their families. The goal of the program is to recognize the signs and symptoms of psychosis early so that effective treatment can be started as soon as possible. Services m

Organization: Interior Health Authority

City: Keremeos

Phone: 250-499-3029

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Intervention%20\(EPI\)&ploc=](https://www.interiorhealth.ca/FindUs[...]20Intervention%20(EPI)&ploc=)

Mental Health and Substance Use Services

Provides a wide range of mental health and substance use services including central intake, short-term assessment and treatment, long-term programs for those with a serious and persistent mental illness, as well as substance use prevention and treatment p

Organization: Interior Health Authority

City: Keremeos

Phone: 250-499-3029

Website: [https://www.interiorhealth.ca/\[...\]/Pages/default.aspx](https://www.interiorhealth.ca/[...]/Pages/default.aspx)

Early Psychosis Intervention

Provides clinical services and education for individuals with early psychosis, and their families. The goal of the program is to recognize the signs and symptoms of psychosis early so that effective treatment can be started as soon as possible. Services m

Organization: Interior Health Authority

City: Keremeos

Phone: 250-499-3029

Website: [https://www.interiorhealth.ca/FindUs\[...\]" data-bbox="111 269 718 286">20Intervention%20\(EPI\)&ploc=](https://www.interiorhealth.ca/FindUs[...])

Adult Mental Health Drop-In

Offers a drop-in program for adults with serious and persistent mental illness to increase their quality of life through peer support, access to relevant information, and opportunities to gain new skills, interests and friendship. The group meets each wee

Organization: Lower Similkameen Community Services Society

City: Keremeos

Phone: 250-499-2352 ext 120

Lower Similkameen Indian Band

Alcoholics Anonymous – T: 250. 499 0222

Children & Teen Lines – T: 250. 310 1234

Children Who Witness Abuse Counselling – T: 250. 499 2352

Crisis Lin – T: 250. 493 6622 (call collect)

Grief & Loss after Death Group – T: 250. 499 3020 (**IHA Social Work**)

Narcotics Anonymou – T: 250. 499 8804

Okanagan Nation Transition Emergency House – T: 250. 493 4902

Stop the Violence Women's Counselling – T: 250. 499 3018

Transition House – T: 250. 498 5000

Princeton Hospital – T: 250. 493 7233

MCFD Aboriginal Unit – T: 250. 492 1261

Interior Crisis Line 1 888 353-CARE (2273)

For More Information Contact:

Sheila Mar stain, Family Support Worker

Phone: 250.499.5528 ext 108

Email: familysupport@lsib.net

KAMLOOPS

Organization: [White Buffalo Aboriginal and Mtis Health Society](#)

Gift Givers Addiction Program - Recovery

Provides programs with a focus on holistic and traditional health care including assessment / treatment planning resources, one-to-one counselling, addiction pre-counselling sessions to support access into a recovery treatment centre, and a 16-week outpatient program

City: Kamloops

Phone: 250-554-1176

Website: <http://whitebuffalosociety.ca/>

Organization: Kamloops Society for Alcohol and Drug Services

Osprey Place

Full-time attendance program for adjudicated youth ages 13 - 18 who have problematic substance use issues. Treatment includes counselling in the areas of relapse prevention strategies, family dynamics, stress management, health and nutrition, communication

City: Kamloops

Phone: 250-374-4899

Website: <http://www.phoenixcentre.org/osprey>

Organization: **Interior Health Authority**

Addictions Residential Treatment Coordinators

Provides coordination for people recovering from addiction with their counsellors, case managers, and other partners to determine the most appropriate short-term residential support. Program offers intensive short-term therapy designed for clients ready t

City: Kamloops

Phone: 250-377-6500

Website: [http://www.interiorhealth.ca/\[...\]/SubstanceUse/Pages/default.aspx](http://www.interiorhealth.ca/[...]/SubstanceUse/Pages/default.aspx)

Withdrawal Management

Provides programs that include medical and non-medical support and supervision to help minimize the negative physical and psychological effects of withdrawal from alcohol and other drugs. Services are offered in the community and physician supported, in a

Organization: Interior Health Authority

City: Kamloops

Phone: 250-376-7855

Website: [https://www.interiorhealth.ca/\[...\]/SubstanceUse/Pages/default.aspx](https://www.interiorhealth.ca/[...]/SubstanceUse/Pages/default.aspx)

FORT ST JAMES

Organization: **Tl'azt'en Nation**

Alcohol and Drug Counselling Program

Provides individual and group counselling, referral, and self-help groups regarding alcohol and drug addiction. Also offers counselling for those affected by another person's substance misuse. Culturally influenced treatment tailored to the needs of indiv

City: Fort St James

Phone: 250-648-3350

Website: [http://www.tlaztensation.ca/\[...\]/departments/culture1/community-wellness/](http://www.tlaztensation.ca/[...]/departments/culture1/community-wellness/)

Smithers

Organization: Moricetown Band

Substance Use Counselling

Provides counselling to adults with drug and alcohol addictions. Services include individual counselling, support groups, traditional healing, residential treatment referrals and after care, trauma counselling, and community healing activities.

City: Smithers

Phone: 250-847-9328 ext 34

Website: [http://www.moricetown.ca.php56-6.ord1-1.websitetestlink.com/\[...\]/](http://www.moricetown.ca.php56-6.ord1-1.websitetestlink.com/[...]/)

Organization: Dze L K'ant Friendship Centre Society

Alcohol and Drug Program

Provides outpatient addiction treatment, including screening and assessment, counselling (individual, family, and group), and referral. Also offers counselling for those affected by another person's substance misuse.

City: Smithers

Phone: 250-847-5211

Website: <http://www.dzelkant.com/alcohol-and-drug-counseling/>

KELOWNA

Organization: Ki-Low-Na Friendship Society

Addiction Counselling

Offers Individual, group and family counselling for individuals with alcohol and drug addiction issues. Provides workshops and educational materials, prevention and intervention, referrals to residential treatment, detox aftercare, and follow-up. Narcotic

City: Kelowna

Phone: 250-763-4905

Website: <http://www.kfs.bc.ca>

Organization: Interior Health Authority

Drug and Alcohol Resource Team

Hospital-based program that identifies and supports people with addictions, allowing them access to the treatment they need while in hospital and on their return to the community. Provides early identification, assessment, intervention, and referrals to c

City: Kelowna

Phone: 250-862-4000

Website: [http://www.interiorhealth.ca/FindUs/_la\[...\]](http://www.interiorhealth.ca/FindUs/_la[...]) and Alcohol Resource Team&ploc=

Organization: Resurrection Recovery Resource Society

Freedom's Door Recovery House

Provides rehabilitation services to men struggling with alcohol and drug addiction. Offers a 90-day program with optional aftercare. Program is built in three phases of ongoing support which includes various forms of therapy and counselling (individual an

City: Kelowna

Phone: 250-717-0472

Website: <http://www.freedomsdoorkelowna.com>

Organization: Interior Health Authority

Withdrawal Management

Provides programs that include medical and non-medical support and supervision to help minimize the negative physical and psychological effects of withdrawal from alcohol and other drugs. Services are offered in the community and physician supported, in a

City: Kelowna

Phone: 250-868-2230

Website: [https://www.interiorhealth.ca/\[...\]/SubstanceUse/Pages/default.aspx](https://www.interiorhealth.ca/[...]/SubstanceUse/Pages/default.aspx)

Organization: ARC Programs Ltd.

Changes

Provides alcohol and drug services, including prevention, early intervention and outpatient treatment. Services may include primary prevention activities, community awareness presentations, peer-support development programs, substance misuse assessment; b

City: Kelowna

Phone: 250-763-2977

Website: <http://www.arcprograms.com/community/cits/adts.htm>

Organization: Interior Health Authority**Addictions Residential Treatment Coordinators**

Provides coordination for people recovering from addiction with their counsellors, case managers, and other partners to determine the most appropriate short-term residential support. Program offers intensive short-term therapy designed for clients ready t

City: Kelowna

Phone: 250-868-2230

Website: [http://www.interiorhealth.ca/\[...\]/SubstanceUse/Pages/default.aspx](http://www.interiorhealth.ca/[...]/SubstanceUse/Pages/default.aspx)

Community Substance Use Services

Provides a range of substance use services for people wishing to reduce or quit their use of substances, and improve their health and well-being. Services include prevention programs, outpatient counselling, day treatment, opioid substitution therapy, res

Organization: Interior Health Authority

City: Kelowna

Phone: 250-868-7788

Website: [https://www.interiorhealth.ca/\[...\]/SubstanceUse/Pages/default.aspx](https://www.interiorhealth.ca/[...]/SubstanceUse/Pages/default.aspx)

Cedar Sage Health and Wellness Centre

Provides trauma-informed short-term, team-based care including assessments, counselling and support to higher functioning individuals with mental health and or substance use challenges.

Organization: Interior Health Authority

City: Kelowna

Phone: 250-469-7070 ext 13555

Website: [https://www.interiorhealth.ca/FindUs\[...\]/Wellness%20Centre&svc=&ploc=](https://www.interiorhealth.ca/FindUs[...]/Wellness%20Centre&svc=&ploc=)

Mental Health and Substance Use Services

Provides a wide range of mental health and substance use services including central intake, short-term assessment and treatment, long-term programs for those with a serious and persistent mental illness, as well as substance use prevention and treatment p

Organization: Interior Health Authority

City: Kelowna

Phone: 250-469-7070

Website: [https://www.interiorhealth.ca/\[...\]/Pages/default.aspx](https://www.interiorhealth.ca/[...]/Pages/default.aspx)

Mental Health and Substance Use Services

Provides a wide range of mental health and substance use services including central intake, short-term assessment and treatment, long-term programs for those with a serious and persistent mental illness, as well as substance use prevention and treatment p

Organization: Interior Health Authority

City: Kelowna

Phone: 250-868-2230

Website: [https://www.interiorhealth.ca/\[...\]/Pages/default.aspx](https://www.interiorhealth.ca/[...]/Pages/default.aspx)

Overdose Prevention Sites

Provides emergency response to drug overdose victims. The sites allow people to inject illicit drugs while monitored by trained professionals equipped with naloxone, which reverses the effects of opioid overdoses. Fentanyl test strips are available.

Organization: Interior Health Authority

City: Kelowna

Website: [https://www.interiorhealth.ca/\[...\]/PHEmergency/Pages/Mobile-ODPS.aspx](https://www.interiorhealth.ca/[...]/PHEmergency/Pages/Mobile-ODPS.aspx)

Primary Care Mental Health

Offers physician support and intensive case management for those in the community who have complex mental health and substance use issues, and have challenges accessing primary care and other services. Health professionals meet with patients to discuss me

Organization: Interior Health Authority

City: Kelowna

Phone: 250-868-2230

Website: [https://www.interiorhealth.ca/FindUs\[...\]/Care%20Mental%20Health&ploc=](https://www.interiorhealth.ca/FindUs[...]/Care%20Mental%20Health&ploc=)

Mental Health Program

Provides education on and understanding of mental health issues, assist mental health consumers with access and referrals to appropriate resources, and facilitate healthy collaborations of services between agencies and/or communities. This program strives

Organization: Ki-Low-Na Friendship Society

City: Kelowna

Phone: 250-763-4905

Website: <http://www.kfs.bc.ca>

Early Psychosis Intervention

Provides clinical services and education for individuals with early psychosis, and their families. The goal of the program is to recognize the signs and symptoms of psychosis early so that effective treatment can be started as soon as possible. Services m

Organization: Interior Health Authority

City: Kelowna

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Intervention%20\(EPI\)&ploc=](https://www.interiorhealth.ca/FindUs[...]20Intervention%20(EPI)&ploc=)

Organization: Okanagan Boys and Girls Clubs

Reconnect Youth Services

Provides outreach, support, referral, and advocacy for high-risk youth that are homeless or at-risk of homelessness in the Kelowna area. Support may include parent-teen mediation, housing assistance, alcohol and drug referrals, individual counselling, str

City: Kelowna

Phone: 250-868-8541 ext 4

Website: [http://www.boysandgirlsclubs.ca/\[...\]/counselling-services](http://www.boysandgirlsclubs.ca/[...]/counselling-services)

Organization: NOW Canada Society

Essentials Program

Provides safe housing, group life skills sessions, and individualized support for women and female youth looking to leave a life of addiction and abuse. Offers a full-time day program with access to essential life skills sessions, as well as individual su

City: Kelowna

Phone: 250-763-3876

Website: https://www.nowcanada.ca/programs/essentials_program/

Organization: ARC Programs Ltd.

Community Intervention and Treatment Services

Provides non-residential programs and services designed to meet the needs of youth at-risk who have alcohol and/or drug problems, street-life involvement, on probation, or are homeless. A primary counsellor will work with the youth, family, and the refer

City: Kelowna

Phone: 250-763-2977

Website: <http://www.arcprograms.com/community/cits/index.htm>

Organization: Interior Health Authority

Concurrent Disorders Services

Offers support to individuals experiencing both a mental illness and substance use issue, to stabilize their health and establish a path toward long-term improvements in functioning. Treatment includes assessment, education, counselling, psychosocial reha

City: Kelowna

Phone: 250-469-7070

Website:

[https://www.interiorhealth.ca/FindUs\[...\]20Emergency%20Services&ploc=_____](https://www.interiorhealth.ca/FindUs[...]20Emergency%20Services&ploc=_____)

Organization: Ministry of Children and Family Development

Child and Youth Mental Health - Interior Region

Provides a range of mental health services to infants, children and youth who are experiencing mental health challenges. Services offered may either be direct clinical services or targeted community support. Services include assessment, intake services, c

City: Kelowna

Phone: 250-861-7301

Website: [https://www2.gov.bc.ca/\[...\]/child-teen-mental-health_____](https://www2.gov.bc.ca/[...]/child-teen-mental-health_____)

Organization: The Bridge Youth & Family Services

Youth Services Offers support services to youth referred by the Ministry of Children and Family Development. Services include counselling, mentor support for independent living, housing assistance, cultural and recreational activities, employment assistance, community.

City: Kelowna

Phone: 250-763-0456

Website: [http://www.thebridgeservices.ca/\[...\]/youth-outreach-wellness-centre/](http://www.thebridgeservices.ca/[...]/youth-outreach-wellness-centre/)

Organization: Kelowna Community Resources

Family and Community Services

Offers a variety of support programs for individuals and families in the Central Okanagan. Programs include peer support for single parents, adoption support services, family group conferences for child protection planning, employment services.

City: Kelowna

Phone: 250-763-8008

Website: <https://kcr.ca/about-us/general-info/services-overview/>

Foundry Centres

Offers health and social services for young people to access mental health care, substance use services, youth and family peer supports, primary care, and social services. Services are provided together in a single place to make it easier for young people

Organization: Foundry

City: Kelowna

Website: <https://foundrybc.ca/find-a-centre/>

Organization: The Bridge Youth & Family Services**Kelowna Youth in Care Network**

Provides a support group for youth who are in government care. Youth are able to form friendships, discuss matters of concern that affect their everyday lives, learn about healthy living, and participate in fun outings and activities.

City: Kelowna

Phone: 250-763-0456

Website: [http://www.thebridgeservices.ca/\[...\]/kelowna-youth-in-care-network/](http://www.thebridgeservices.ca/[...]/kelowna-youth-in-care-network/)

Organization: Ki-Low-Na Friendship Society

Aboriginal Healing Foundation

To reclaim the cultural identity of residential school survivors & their families and promote healthy lifestyle choices through individual, group and family counselling; life skills training and support activities using traditional knowledge and healing m

City: Kelowna

Phone: 250-763-4905

Website: <http://www.kfs.bc.ca>

Organization: The Bridge Youth & Family Services

Family Services

Offers counselling and support to families and caregivers experiencing challenges that may be impacting their children. Programs include: training, support and education for foster parents; family counselling provided both in-home and in office based meet

City: Kelowna

Phone: 250-763-0456

Website: <http://www.thebridgeservices.ca/index.php/services/family-services/>

Organization: Seniors Outreach Services Society

Senior's Outreach Services

Promotes the enhancement of life of isolated and lonely seniors; volunteer visitors program; information/referral and resource centre; lending library; senior peer counsellors.

City: Kelowna

Phone: 250-861-6180

Website: <http://seniorsoutreach.ca/programs/>

Organization: Interior Health Authority

Adolescent Psychiatry Unit

Provides acute psychiatric care to adolescent inpatients managing mental health issues. Services include assessment, stabilization and initial treatment for youth between 12 and 17 years of age who live within Interior Health.

City: Kelowna

Phone: 250-862-4346

Website: [http://www.interiorhealth.ca/FindUs/_la\[...\].cent Psychiatry Unit \(APU\)&ploc=](http://www.interiorhealth.ca/FindUs/_la[...].cent%20Psychiatry%20Unit%20(APU)&ploc=)

Organization: Canadian Mental Health Association - Kelowna Branch

Family Navigator

Offers assistance to parents and caregivers caring for children, youth, or dependent adults experiencing or recovering from mental illness, in the central Okanagan. Support includes mental health and substance use education and information, access to comm

City: Kelowna

Phone: 250-861-3644

Website: <http://cmhakelowna.com/for-families/>

Organization: ARC Programs Ltd.

Support Services for Families with FASD Program

Offers a community based outreach service designed to enhance protective factors and reduce risk factors for a young person with Fetal Alcohol Syndrome, and build the capacity of their families to provide ongoing nurturing care for their children. Keyword

City: Kelowna

Phone: 250-763-2977

Website: <http://www.arcprograms.com/community/mhs/sbmhs.htm>

Organization: Interior Health Authority

Adult Short-term Assessment and Treatment

Provides short-term counselling on an individual or group basis for persons with serious mental illness with or without concurrent substance use issue. Problems addressed include severe depression or anxiety, eating disorders, severe adjustment problems o

City: Kelowna

Phone: 250-469-7070

Website: [https://www.interiorhealth.ca/FindUs\[...\].Counselling%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...].Counselling%20Services&ploc=)

Mental Health Urgent Response and Emergency Services

Provides urgent response and mental health emergency services including access to mental health and substance use programs, linking to community programs, crisis intervention, and 24-hour crisis line services.

Organization: Interior Health Authority

City: Kelowna

Phone: 250-469-7070

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Emergency%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]20Emergency%20Services&ploc=)

Overdose Prevention Sites

Provides emergency response to drug overdose victims. The sites allow people to inject illicit drugs while monitored by trained professionals equipped with naloxone, which reverses the effects of opioid overdoses. Fentanyl test strips are available. Addit

Organization: Interior Health Authority

City: Kelowna

Website: [https://www.interiorhealth.ca/\[...\]/PHEmergency/Pages/Mobile-ODPS.aspx](https://www.interiorhealth.ca/[...]/PHEmergency/Pages/Mobile-ODPS.aspx)

Mental Health First Aid

Organization: Canadian Mental Health Association - Kelowna Branch

Offers a training course to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, friend or colleague. Teaches to recognize the sign

City: Kelowna

Phone: 250-861-3644

Website: <http://cmhakelowna.com/workshops/>

Organization: UBC Okanagan

Student Health and Counselling Services

Provides support for the well-being of students on campus and in residence. Services include health assessment and treatment, prescriptions, lab tests, sexual health management, vaccinations, individual counselling, and referrals to other health care prof

City: Kelowna

Website: <http://students.ok.ubc.ca/health-wellness/welcome.html>

Organization: Canadian Mental Health Association - Kelowna Branch

Peer Support Services

Provides support services for people coping with the isolating effects of mental health issues and stigma. Service is available to individuals who wish to connect with other individuals with lived experience in a wellness-based environment. Offers: weekly

City: Kelowna

Phone: 250-861-3644 ext 123

Website: <http://cmhakelowna.com/wellness-initiatives/peer-support-services/>

Organization: BC Schizophrenia Society

Mental Illness Family and Caregiver Information, Education and Support

Provides support to persons with chronic and persistent mental illness and their family and friends in locations around British Columbia. Offers help finding mental health and illness information, one-to-one chats, family support, educational awareness pr

City: Kelowna

Phone: 250-868-3119

Website: [http://www.bcss.org/\[...\]/kelowna-2/2008/07/about-bcss-kelowna/](http://www.bcss.org/[...]/kelowna-2/2008/07/about-bcss-kelowna/)

Senior Citizens Counsellor Program

Offers volunteer peer counsellors to assist fellow seniors with problems or concerns, promote active involvement in the community, and offer knowledge about services and resources. Assistance may include completing government related forms, income assista

Organization: Interior Health Authority

City: Kelowna

Phone: 250-980-1558

Organization: Okanagan Boys and Girls Clubs

Youth Mental Health Outreach

Provides short-term mental health services to high-risk youth with psychiatric issues who are not willing or not able to access mainstream mental health services. Mental health workers develop treatment plans, offer crisis intervention, provide assistance

City: Kelowna

Phone: 250-868-8541 ext 7

Website: [http://www.boysandgirlsclubs.ca/\[...\]/counselling-services](http://www.boysandgirlsclubs.ca/[...]/counselling-services)

Organization: Kelowna Family Services Centre Society

Counselling Services (Kelowna Family Services Centre)

Provides counselling services to families and individuals in many areas such as grief and loss, life transitions, abuse, sexual intrusive behaviour and more.

City: Kelowna

Phone: 250-860-3181

Website: <http://www.kfscs.com>

The Zone

Organization: Building Healthy Families Society

Helps families with children and youth reduce anger and conflict and begin to build healthy relationships. Topics include: personal awareness, what triggers anger, the effect of choices and decisions, conflict style, and communication strategies.

City: Kelowna

Phone: 250-861-4933

Website: <http://www.buildinghealthyfamilies.ca/programs/the-zone/>

Organization: ARC Programs Ltd.

Family-Based Treatment Program

Offers in-home family treatment and support for children/youth and their families to reduce or overcome the negative effects and impact of a serious mental health disorder. Services may include interpersonal/life skills, community resources, and counselling

City: Kelowna

Phone: 250-763-2977

Website: <http://www.arcprograms.com/community/mental/fbtp.htm>

Stroke Recovery Branches

Offers social, emotional, mental, and physical support for stroke survivors and their families. Program activities include exercise sessions, physical games designed to maintain coordination and mental fitness, speech therapies, health and wellness lectures

Organization: Stroke Recovery Association of BC

City: Kelowna

Phone: 250-763-0556

Website: <https://strokerecoverybc.ca/programs-locations/all-branches/>

Peer Counselling

Provides peer counseling via telephone to individuals newly experiencing vision loss. These peer counselors are trained to be empathetic listeners and to help clients adjust to their new circumstances. Contact the local Canadian National Institute for the

Organization: Canadian National Institute for the Blind BC-Yukon Division

City: Kelowna

Phone: 250-763-1191

Website: <http://www.cnib.ca/en/bc-yukon/Pages/default.aspx>

Patient and Family Counselling

Offers support programs and individual, couple, and family counselling for cancer patients and their families, caregivers, and friends. Counsellors help to clarify concerns, express emotions, and increase coping skills, as well as provide assistance and information

Organization: BC Cancer Agency

City: Kelowna Website: [http://www.bccancer.bc.ca/\[...\]/support-programs](http://www.bccancer.bc.ca/[...]/support-programs)

Organization: Ki-Low-Na Friendship Society

Youth Centre

Youth workers provide one-on-one, group, and family counselling, referral services, talking circles, and workshops on boundaries, communications, self-esteem, stress management, and anger management. Recreation and cultural activities are offered as well.

City: Kelowna

Phone: 250-763-4905

Website: <http://www.kfs.bc.ca>

Acute Psychiatric Services

Provides short-term psychiatric assessment and follow-up for individuals presenting to the emergency department or from community practitioner offices. On admission, treatment is provided by an interdisciplinary team of psychiatrists, nurses, social workers

Organization: Interior Health Authority

City: Kelowna

Phone: 250-862-4478

Website: [https://www.interiorhealth.ca/FindUs\[...\].Psychiatric%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...].Psychiatric%20Services&ploc=)

Adult Community Support Services

Offers community-based services for adults with a serious and persistent mental illness. Provides support services and residential care, and assessment through case management, rehabilitation, and psychiatric consultations to help clients achieve independ

Organization: Interior Health Authority

City: Kelowna

Phone: 250-469-7070

Website: [https://www.interiorhealth.ca/FindUs\[...\].Services%20%28ACSS%29&ploc=](https://www.interiorhealth.ca/FindUs[...].Services%20%28ACSS%29&ploc=)

Counselling Services (Kelowna Family Services Centre)

Provides counselling services to families and individuals in many areas such as grief and loss, life transitions, abuse, sexual intrusive behaviour and more.

Organization: Kelowna Family Services Centre Society

City: Kelowna

Phone: 250-860-3181

Website: <http://www.kfscs.com>

Men's drop in programs

Family-Based Treatment Program

Offers in-home family treatment and support for children/youth and their families to reduce or overcome the negative effects and impact of a serious mental health disorder. Services may include interpersonal/life skills, community resources, and counselling

Organization: ARC Programs Ltd.

City: Kelowna

Phone: 250-763-2977

Website: <http://www.arcprograms.com/community/mental/fbtp.htm>

Stroke Recovery Branches

Offers social, emotional, mental, and physical support for stroke survivors and their families. Program activities include exercise sessions, physical games designed to maintain coordination and mental fitness, speech therapies, health and wellness lectures

Organization: Stroke Recovery Association of BC

City: Kelowna

Phone: 250-763-0556

Website: <https://strokerecoverybc.ca/programs-locations/all-branches/>

Peer Counselling

Provides peer counseling via telephone to individuals newly experiencing vision loss. These peer counselors are trained to be empathetic listeners and to help clients adjust to their new circumstances. Contact the local Canadian National Institute for the

Organization: Canadian National Institute for the Blind BC-Yukon Division

City: Kelowna

Phone: 250-763-1191

Website: <http://www.cnib.ca/en/bc-yukon/Pages/default.aspx>

Patient and Family Counselling

Offers support programs and individual, couple, and family counselling for cancer patients and their families, caregivers, and friends. Counsellors help to clarify concerns, express emotions, and increase coping skills, as well as provide assistance and i

Organization: BC Cancer Agency

City: Kelowna

Website: [http://www.bccancer.bc.ca/\[...\]/support-programs](http://www.bccancer.bc.ca/[...]/support-programs)

Youth Centre

Youth workers provide one-on-one, group, and family counselling, referral services, talking circles, and workshops on boundaries, communications, self-esteem, stress management, and anger management. Recreation and cultural activities are offered as well.

Organization: Ki-Low-Na Friendship Society

City: Kelowna

Phone: 250-763-4905

Website: <http://www.kfs.bc.ca>

Acute Psychiatric Services

Provides short-term psychiatric assessment and follow-up for individuals presenting to the emergency department or from community practitioner offices. On admission, treatment is provided by an interdisciplinary team of psychiatrists, nurses, social worke

Organization: Interior Health Authority

City: Kelowna

Phone: 250-862-4478

Website: [https://www.interiorhealth.ca/FindUs\[...\]/Psychiatric%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]/Psychiatric%20Services&ploc=)

Harm Reduction Supplies and Services

Provides harm reduction supplies including safer injection, inhalation and sex supplies along with education, counselling, testing, treatment, referrals, and general health care.

Organization: Interior Health Authority

City: Kelowna

Phone: 250-868-2230

Website: [http://www.interiorhealth.ca/FindUs/_la\[...\]tion Supplies and Services&ploc=](http://www.interiorhealth.ca/FindUs/_la[...]tion%20Supplies%20and%20Services&ploc=)

Adult Community Support Services

Offers community-based services for adults with a serious and persistent mental illness. Provides support services and residential care, and assessment through case management, rehabilitation, and psychiatric consultations to help clients achieve independ

Organization: Interior Health Authority

City: Kelowna

Phone: 250-469-7070

Website: [https://www.interiorhealth.ca/FindUs\[...\]0Services%20%28ACSS%29&ploc=](https://www.interiorhealth.ca/FindUs[...]0Services%20%28ACSS%29&ploc=)

MERRIT

Organization: [Conayt Friendship Society](#)

Alcohol and Drug Program

Provides culturally appropriate, interactive and community sensitive mental health and substance use services. Services include counselling for individuals, groups, couples, youth and families; client support and advocacy; screening and referrals; assessments

City: Merritt

Phone: 250-378-5107 ext 8512

Website: http://www.conayt.com/main/page_programs.html

Drug and Alcohol Resource Team

Hospital-based program that identifies and supports people with addictions, allowing them access to the treatment they need while in hospital and on their return to the community. Provides early identification, assessment, intervention, and referrals to c

Organization: Interior Health Authority

City: Merritt

Phone: 250-378-2242

Website: [http://www.interiorhealth.ca/FindUs/_la\[...\] and Alcohol Resource Team&ploc=](http://www.interiorhealth.ca/FindUs/_la[...] and Alcohol Resource Team&ploc=)

Organization: Upper Nicola Band

Mental Health and Addictions

Provides assessment, treatment and referrals for youth and adults with mental health and/or addiction services. Services include short term counselling (individual, family and group), youth counselling and referral, medication management, and referral for

City: Merritt

Phone Patrick: 250-378-5058 ext 308

Website: <http://uppernicola.com/programs-services/health/>

Mental Health and Substance Use Services

Offers alcohol and drug abuse counselling, mental health services, and support groups for the health and well-being of community members.

Organization: Lower Nicola Indian Band

City: Merritt

Phone: 250-378-4089

Website: <http://lnib.net/community-services/community-programs/>

Community Substance Use Services

Provides a range of substance use services for people wishing to reduce or quit their use of substances, and improve their health and well-being. Services include prevention programs, outpatient counselling, day treatment, opioid substitution therapy, res

Organization: Interior Health Authority

City: Merritt

Phone: 250-378-3401

Website: [https://www.interiorhealth.ca/\[...\]/SubstanceUse/Pages/default.aspx](https://www.interiorhealth.ca/[...]/SubstanceUse/Pages/default.aspx)

Mental Health and Substance Use Services

Provides a wide range of mental health and substance use services including central intake, short-term assessment and treatment, long-term programs for those with a serious and persistent mental illness, as well as substance use prevention and treatment p

Organization: Interior Health Authority

City: Merritt

Phone: 250-378-3401

Website: [https://www.interiorhealth.ca/\[...\]/Pages/default.aspx](https://www.interiorhealth.ca/[...]/Pages/default.aspx)

Concurrent Disorders Services

Offers support to individuals experiencing both a mental illness and substance use issue, to stabilize their health and establish a path toward long-term improvements in functioning. Treatment includes assessment, education, counselling, psychosocial reha

Organization: Interior Health Authority

City: Merritt

Phone: 250-378-3401

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Emergency%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]20Emergency%20Services&ploc=)

Adult Short-term Assessment and Treatment

Provides short-term counselling on an individual or group basis for persons with serious mental illness with or without concurrent substance use issue. Problems addressed include severe depression or anxiety, eating disorders, severe adjustment problems o

Organization: Interior Health Authority

City: Merritt

Phone: 250-378-3401

Website: [https://www.interiorhealth.ca/FindUs\[...\].Counselling%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...].Counselling%20Services&ploc=)

Palliative Care Support

Provides comfort to individuals living with a terminal illness and support to their loved ones. Trained hospice volunteers offer practical, emotional and spiritual support through the stages of dying, death and bereavement. Volunteers visit in the home, h

Organization: Merritt and District Hospice Society

City: Merritt

Website: <http://www.merritthospice.org/palliative-care-support>

Housing Assistance

Offers support and housing assistance to homeless individuals or to those at risk of becoming homeless, to individuals struggling with mental health and or substance use issues, and to the disabled in finding, securing and maintaining suitable housing.

Organization: ASK Wellness Society

City: Merritt

Phone: 250-315-0098

Website: <http://www.askwellness.ca/programs/homes/>

VERNON

Mental Health and Addictions Program

Provides outpatient counselling to Aboriginal people of the North Okanagan area who are seeking help or information regarding their own, or someone else's, alcohol and drug misuse and their harmful effects. Services are culturally appropriate and include

Organization: First Nations Friendship Centre Society

City: Vernon

Phone: 250-542-5311

Website: [http://www.vernonfirstnationsfriendshipcentre.com/\[...\]/](http://www.vernonfirstnationsfriendshipcentre.com/[...]/)

Withdrawal Management

Provides programs that include medical and non-medical support and supervision to help minimize the negative physical and psychological effects of withdrawal from alcohol and other drugs. Services are offered in the community and physician supported, in a

Organization: Interior Health Authority

City: Vernon

Phone: 250-549-5737

Website: [https://www.interiorhealth.ca/\[...\]/SubstanceUse/Pages/default.aspx](https://www.interiorhealth.ca/[...]/SubstanceUse/Pages/default.aspx)

Wellbriety

Offers a weekly support group to help people work towards sobriety and abstinence from substance use. The group provides an opportunity to begin a journey of healing and balance through traditional cultural practice.

Organization: First Nations Friendship Centre Society

City: Vernon

Phone: 250-542-1247

Website: <http://www.vernonfirstnationsfriendshipcentre.com/wellbriety/>

Community Substance Use Services

Provides a range of substance use services for people wishing to reduce or quit their use of substances, and improve their health and well-being. Services include prevention programs, outpatient counselling, day treatment, opioid substitution therapy, res

Organization: Interior Health Authority

City: Vernon

Phone: 250-549-5737

Website: [https://www.interiorhealth.ca/\[...\]/SubstanceUse/Pages/default.aspx](https://www.interiorhealth.ca/[...]/SubstanceUse/Pages/default.aspx)

Re-Direct Program

Provides court-ordered counselling for youth on probation who have been referred to the program by the courts. Counsellors work to reduce criminal behaviours and increase pro-social behaviours. Services focus on individual support, community integration a

Organization: North Okanagan Youth and Family Services Society

City: Vernon

Phone: 250-545-3572

Website: <http://www.noyfss.org/programs/youth-services-justice>

Community Counselling

Provides short-term counselling services for individuals, couples and families with concerns around issues such as depression, anxiety, childhood trauma, relationship challenges, communication, self-esteem, and post-partum depression.

Organization: Family Resource Centre Society for the North Okanagan

City: Vernon

Phone: 250-545-3390

Website: http://vernonfrc.ca/?page_id=16

Independent Living Program

Provides support to youth transitioning from the Ministry of Children and Family Development to independent living. Counsellors assist youth with developing independent living skills such as finding appropriate housing, life skills, employment, and budget

Organization: North Okanagan Youth and Family Services Society

City: Vernon

Phone: 250-545-3572

Website: <http://www.noyfss.org/programs/youth-services-justice>

Adult Short-term Assessment and Treatment

Provides short-term counselling on an individual or group basis for persons with serious mental illness with or without concurrent substance use issue. Problems addressed include severe depression or anxiety, eating disorders, severe adjustment problems o

Organization: Interior Health Authority

City: Vernon

Phone: 250-549-5737

Website: [https://www.interiorhealth.ca/FindUs\[...\]Counselling%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]Counselling%20Services&ploc=)

Acute Psychiatric Services

Provides short-term psychiatric assessment and follow-up for individuals presenting to the emergency department or from community practitioner offices. On admission, treatment is provided by an interdisciplinary team of psychiatrists, nurses, social worke

Organization: Interior Health Authority

City: Vernon

Phone: 250-545-2211

Website: [https://www.interiorhealth.ca/FindUs\[...\]/Psychiatric%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]/Psychiatric%20Services&ploc=)

Child and Youth Mental Health - Interior Region

Provides a range of mental health services to infants, children and youth who are experiencing mental health challenges. Services offered may either be direct clinical services or targeted community support. Services include assessment, intake services, c

Organization: Ministry of Children and Family Development

City: Vernon

Phone: 250-549-5404

Website: [https://www2.gov.bc.ca/\[...\]/child-teen-mental-health](https://www2.gov.bc.ca/[...]/child-teen-mental-health)

Early Psychosis Intervention

Provides clinical services and education for individuals with early psychosis, and their families. The goal of the program is to recognize the signs and symptoms of psychosis early so that effective treatment can be started as soon as possible. Services m

Organization: Interior Health Authority

City: Vernon

Website: [https://www.interiorhealth.ca/FindUs\[...\]/20Intervention%20\(EPI\)&ploc=](https://www.interiorhealth.ca/FindUs[...]/20Intervention%20(EPI)&ploc=)

Parent-Teen Conflict

Providessupport to families experiencing a high degree of conflict in parent-teen relationships. Counsellors provide consultation, education, mediation and support to both parents and teens. Also offers a parenting group with a focus on communication, bo

Organization: North Okanagan Youth and Family Services Society

City: Vernon

Phone: 250-545-3572

Website: <http://www.noyfss.org/programs/youth-services-justice>

Health Outreach Nurse

Provides safe and confidential screening, treatment and support services for individuals at risk for, or living with HIV. The health outreach team offer HIV and hepatitis information and education, prevention and harm reduction services, HIV and hepatitis

Organization: Interior Health Authority

City: Vernon

Website: <http://www.myhealthissexy.com>

Adult Community Support Services

Offers community-based services for adults with a serious and persistent mental illness. Provides support services and residential care, and assessment through case management, rehabilitation, and psychiatric consultations to help clients achieve independ

Organization: Interior Health Authority

City: Vernon

Phone: 250-549-5737

Website: [https://www.interiorhealth.ca/FindUs\[...\]0Services%20%28ACSS%29&ploc=](https://www.interiorhealth.ca/FindUs[...]0Services%20%28ACSS%29&ploc=)

Family Support Program

Offers culturally appropriate support and counselling to families and children to help create a safe and healthy environment. Support workers provide on-going support in the areas of child protection, health, communication and conflict resolution skills,

Organization: First Nations Friendship Centre Society

City: Vernon

Phone: 250-542-1247

Website: [http://www.vernonfirstnationsfriendshipcentre.com/\[...\]/](http://www.vernonfirstnationsfriendshipcentre.com/[...]/)

Needle Distribution

Provides safer injection supplies, brief intervention, consultation, and referral for injection drug users including disposal of used syringes. Education, basic health information, safer smoking supplies, condoms and immunizations may also be available.P

Organization: Interior Health Authority

City: Vernon

Phone: 250-541-1097

Website: [http://www.interiorhealth.ca/FindUs/_la\[...\]=&svc=Needle Distribution&ploc=](http://www.interiorhealth.ca/FindUs/_la[...]=&svc=Needle Distribution&ploc=)

Living Life to the Full for Youth

Offers an eight-week community-based course that provides youth practical skills for coping with stress, problem solving, reducing anxiety, and improving mood and well-being. Each week a topic is presented through booklets, worksheets, group activities an

Organization: Canadian Mental Health Association - Vernon Branch

City: Vernon

Website: [https://vernon.cmha.bc.ca/\[...\]/living-life-to-the-full-for-youth/](https://vernon.cmha.bc.ca/[...]/living-life-to-the-full-for-youth/)

Family Support Program

Offers culturally appropriate support and counselling to families and children to help create a safe and healthy environment. Support workers provide on-going support in the areas of child protection, health, communication and conflict resolution skills,

Organization: First Nations Friendship Centre Society

City: Vernon

Phone: 250-542-1247

Website: [http://www.vernonfirstnationsfriendshipcentre.com/\[...\]/](http://www.vernonfirstnationsfriendshipcentre.com/[...]/)

Harm Reduction Supplies and Services

Provides harm reduction supplies including safer injection, inhalation and sex supplies along with education, counselling, testing, treatment, referrals, and general health care.

Organization: Interior Health Authority

City: Vernon

Phone: 250-549-5700

Website: [http://www.interiorhealth.ca/FindUs/_la\[...\]tion Supplies and Services&ploc=](http://www.interiorhealth.ca/FindUs/_la[...]tion Supplies and Services&ploc=)

Living Life to the Full for Youth

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Organization: Canadian Mental Health Association - Vernon Branch

City: Vernon

Website: [https://vernon.cmha.bc.ca/\[...\]/living-life-to-the-full-for-youth/](https://vernon.cmha.bc.ca/[...]/living-life-to-the-full-for-youth/)

Wellness Programs

Offers mental illness recovery-focused programs and services for people of all ages and their families, to help prevent, maintain and improve overall health and well-being. Programs include anger management, mindfulness, boundaries workshop, anxiety manag

Organization: Canadian Mental Health Association - Vernon Branch

City: Vernon

Phone: 250-542-3114

Website: <https://vernon.cmha.bc.ca/programs-and-services/>

Emotional Regulation

Provides group therapy to youth who are having difficulty controlling their emotions or behaviours. The group focuses on interpersonal effectiveness, distress tolerance, emotional regulation, and mindfulness with a goal to replace problem.

Organization: North Okanagan Youth and Family Services Society

City: Vernon

Phone: 250-545-3572

Website: <http://www.noyfss.org/index.php/groups/children-and-youth-groups/>

Mental Illness Family and Caregiver Information, Education and Support

Provides support to persons with chronic and persistent mental illness and their family and friends in locations around British Columbia. Offers help finding mental health and illness information, one-to-one chats, family support, educational awareness pr

Organization: BC Schizophrenia Society

City: Vernon

Phone: 250-260-3233

Website: [http://www.bcss.org/\[...\]/](http://www.bcss.org/[...]/)

Peer Support Services

Offers peer support to help adults with mental illness achieve a higher quality of life. Trained volunteers with lived experience of a mental illness, provide support and education, one-on-one social activities, friendship and empathy, hospital visitation

Organization: Canadian Mental Health Association - Vernon Branch

City: Vernon

Website: <https://vernon.cmha.bc.ca/our-services/peer-support/>

Youth at Risk

Supports youth to reduce high-risk behaviours and increase positive youth engagement. Services may include skill building, short-term intervention, and referrals to appropriate resources such as mental health services.

Organization: North Okanagan Youth and Family Services Society

City: Vernon

Phone: 250-545-3572

Website: <http://www.noyfss.org/programs/youth-services-justice>

Osoyoos

Mental Health Services

Offers mental health counselling and psychiatric services to band members, by appointment.

Organization: Osoyoos Indian Band

City: Oliver

Phone: 250-498-6935

Adult Short-term Assessment and Treatment

Provides short-term counselling on an individual or group basis for persons with serious mental illness with or without concurrent substance use issue. Problems addressed include severe depression or anxiety, eating disorders, severe adjustment problems o

Organization: Interior Health Authority

City: Osoyoos

Phone: 250-495-6433

Website: [https://www.interiorhealth.ca/FindUs\[...\]Counselling%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]Counselling%20Services&ploc=)

Mental Health Urgent Response and Emergency Services

Provides urgent response and mental health emergency services including access to mental health and substance use programs, linking to community programs, crisis intervention, and 24-hour crisis line services.

Organization: Interior Health Authority

City: Osoyoos

Phone: 250-495-6433

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Emergency%20Services&ploc=](https://www.interiorhealth.ca/FindUs[...]20Emergency%20Services&ploc=)

Early Psychosis Intervention

Provides clinical services and education for individuals with early psychosis, and their families. The goal of the program is to recognize the signs and symptoms of psychosis early so that effective treatment can be started as soon as possible. Services m

Organization: Interior Health Authority

City: Osoyoos

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Intervention%20\(EPI\)&ploc=](https://www.interiorhealth.ca/FindUs[...]20Intervention%20(EPI)&ploc=)

Early Psychosis Intervention

Provides clinical services and education for individuals with early psychosis, and their families. The goal of the program is to recognize the signs and symptoms of psychosis early so that effective treatment can be started as soon as possible. Services m

Organization: Interior Health Authority

City: Osoyoos

Website: [https://www.interiorhealth.ca/FindUs\[...\]20Intervention%20\(EPI\)&ploc=](https://www.interiorhealth.ca/FindUs[...]20Intervention%20(EPI)&ploc=)

Integrated Family Development Program

Provides flexible support and counselling to children, youth and families with a variety of issues or concerns such as crisis, family conflict, difficult behaviours, as well as supporting families with a special needs child. Services include outreach, con

Organization: Okanagan Boys and Girls Clubs

City: Osoyoos

Phone: 250-485-2752

Website: [http://www.boysandgirlsclubs.ca/\[...\]/family-resources/south-okanagan](http://www.boysandgirlsclubs.ca/[...]/family-resources/south-okanagan)

Stroke Recovery Branches

Offers social, emotional, mental, and physical support for stroke survivors and their families. Program activities include exercise sessions, physical games designed to maintain coordination and mental fitness, speech therapies, health and wellness lectur

Organization: Stroke Recovery Association of BC

City: Osoyoos

Phone: 250-487-0236

Website: <https://strokerecoverybc.ca/programs-locations/all-branches/>

Oliver

Men's Counselling

Provides individual and group counselling based on the needs of men who like to improve their relationships, reduce stress, and manage conflict.

Organization: Desert Sun Counselling and Resource Centre

City: Oliver

Website: <http://desertsuncounselling.ca/resources/mens-counselling/>

Child and Youth Mental Health - Interior Region

Provides a range of mental health services to infants, children and youth who are experiencing mental health challenges. Services offered may either be direct clinical services or targeted community support. Services include assessment, intake services, c

Organization: Ministry of Children and Family Development

City: Oliver

Phone: 250-485-6001

Website: [https://www2.gov.bc.ca/\[...\]/child-teen-mental-health](https://www2.gov.bc.ca/[...]/child-teen-mental-health)

Children and Youth Counselling

Provides individual and group counselling for children who have been exposed to intense family conflict and/or abuse. The program helps children and youth learn new skills, develop a safety plan, learn to express feelings in a healthy way, and increase th

Organization: Desert Sun Counselling and Resource Centre

City: Oliver

Website: <http://desertsuncounselling.ca/resources/children-youth-counselling/>

Integrated Family Development Program

Provides flexible support and counselling to children, youth and families with a variety of issues or concerns such as crisis, family conflict, difficult behaviours, as well as supporting families with a special needs child. Services include outreach, con

Organization: Okanagan Boys and Girls Clubs

City: Oliver

Phone: 250-498-8844

Website: [http://www.boysandgirlsclubs.ca/\[...\]/family-resources/south-okanagan](http://www.boysandgirlsclubs.ca/[...]/family-resources/south-okanagan)

Mental Health Services

Offers mental health counselling and psychiatric services to band members, by appointment.

Organization: Osoyoos Indian Band

City: Oliver

Phone: 250-498-6935

Parking Lot

First Nations Health Authority: Mental Wellness and Substance Use

- Fraser Health: Mental Health and Substance Use
- Interior Health: Mental Health and Substance Use
- Island Health: Mental Health and Substance Use
- Northern Health: Mental Health & Substance Use
- Provincial Health Services Authority: BC Mental Health & Substance Use Services
- Vancouver Coastal Health: Mental Health and Substance Use

