



Mental Health Services for Children & Youth in Interior Health

We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

Call 310-MHSU (6478) or click here to connect to our Access MHSU Services for entry or referral into a mental health service that best meets your needs. Our goal is to provide person centered, recovery oriented, trauma informed and culturally safe services based on harm reduction principles.

If you have an ongoing mental health concern that is significantly impacting your daily life, **Child & Youth Mental Health (CYMH)** and **Indigenous Child & Youth Mental Health (CYMH) Services** might be able to provide the best support.

Interior Health and partner agencies provide the following mental health services for children and youth under the age of 19.

Get Advice and Support

If you are a young person who is starting to struggle with your mental health, or feeling like something is just not right, these resources may help.

Mental Health Services for Children and Youth

This resource is a complete list of services for children and youth, and includes links to a variety of online resources.

School Health Care / Mental Health Promotion

Find information to protect and promote the health, safety and mental wellbeing of school-aged children.

Foundry BC

Foundry BC offers mental health and wellness supports for young people ages 12-24, both online and in-person.

Kids Help Phone

Call 1-800-668-6868 24 hours a day, seven days a week for free, confidential support and online resources.

First Nations Health Authority (FNHA)

FNHA offers culturally safe and trauma informed mental health and wellness supports.

Kelty Mental Health Resources

This resource includes information on mental health diagnosis, treatment and support.

Wellbeing BC

Wellbeing BC is your pathway for mental health and substance use support across B.C.

Get More Help

If you have an ongoing mental health concern and require support, these services may be available in your community.

Child & Youth Mental Health (CYMH) Services

These mental health services support you when you have problems related to your thoughts, feelings and behaviours. CYMH also helps you and your family find mental health programs and services that could help you in your community.

Indigenous Child & Youth Mental Health (CYMH) Services

These mental health and wellness services are for Indigenous children, youth and families. If you are having problems related to your thoughts, feelings and behaviours, Indigenous CYMH strive to offer services that are respectful of your culture and traditions as well as respecting traditional healing.

Eating Disorders Treatment Services

If you have been diagnosed with an eating disorder, we can help by providing you with individual and group therapy. We also suggest interventions to initiate re-nourishment and promote medical stabilization.

Perinatal Counselling Services

If you're pregnant or a new mother, our services support you if you're at risk of mental health or substance use concerns. Our approaches focus on your safety and that of your infant.

Developmental Disability Mental Health Services

If you're 14 or older and have an intellectual developmental disorder and a mental health disorder, our teams work with you and your circle of care to promote your well-being and quality of life.

Interior Health Children's Assessment Network

We provide assessment and diagnostic services for children and youth with autism spectrum disorder, fetal alcohol spectrum disorder and other complex developmental conditions.

Aboriginal Patient Navigator Services (APNs-MHSU)

Our APNs-MHSU work as part of your care team. They are a resource for Aboriginal individuals and families accessing MHSU services, Aboriginal agencies, and health-care providers to ensure care is culturally safe, relevant and guided by you.

Get Urgent Help

If you are worried about your own safety, or being close to acting on suicidal thoughts, these services can help keep you safe.

Crisis Response

This specialized team provides urgent assessment, intervention and referral at hospitals and community locations.

Parkview Child and Adolescent Mental Health Centre-Kamloops

This specialized team provides urgent assessment, intervention and referral for children and youth ages 6-18 in hospitals and emergency departments.

Integrated Crisis Response Teams

If you've had a mental health or substance use emergency in Kamloops and Kelowna, these teams provide crisis response. Our MHSU clinicians partner with a specially trained RCMP officer to help connect you to the services you need to keep you safe.

Call a crisis line for immediate assistance 24 hours a day, seven days a week

Kids Help Phone

1-800-668-6868

Talk Suicide Chat

Call 1-833-456-4566 (24/7) or Text 45645 4pm to midnight ET to connect to a crisis responder to get help without judgement.

Interior Crisis Line Network

1-888-353-2273

KUU-US (Aboriginal) Crisis Line

1-800-588-8717

Métis Crisis Line

1-833-638-4722

Get Specialized Help

If you require a stay in hospital for assessment and treatment planning, these services offer you specialized help.

Pediatric Inpatient Psychiatric Unit-Kamloops

This hospital unit provides you with a safe space so you can receive the help you need to deal with your crisis. If you are 17 years old or younger, we provide assessment and management of your mental illness on a short-term basis.

Adolescent Psychiatric Unit (APU)-Kelowna

This specialized hospital unit provides you with a safe space so you can receive the help you need to deal with your crisis. If you are 12-17, we provide assessment and management of your mental illness on a longer-term basis.

Neuropsychiatry

Have you had a brain injury or other illness, and are experiencing cognitive, affective and psychotic syndromes? We provide treatment and long-term stabilization in a specialized setting.

Notes

MHSU = Mental Health & Substance Use

A solid outline indicates Interior Health (IH), MHSU or IH contracted service.

A dotted outline indicates non-MHSU or non-Interior Health service.