



Mental Health & Substance Use Services in Interior Health

Interior Health and our partner agencies provide a range of mental health & substance use services for all ages. We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

Call 310-MHSU (6478) to connect to our “Access Services” program for entry into a mental health or substance use service that best meets your needs.

Our services are Person Centered, Recovery Oriented, Trauma Informed, Culturally Safe and based on Harm Reduction Principles. Not all services are available in all centres.

Prevention / Early Intervention

Services available to people who are at risk of or show signs of a mental health or substance use disorder.

Mental Health Resources

Substance Use Resources

Mental Health Services for Youth

Substance Use Services for Youth

Public Health Services

Interior Crisis Line Network

Bounce Back

Kelty’s Key Self Help Courses

PreVenture

Crisis & Hospital Services

Services respond to people experiencing an acute mental health or substance use crisis with the primary focus to engage with and connect clients to service.

Crisis Response

Specialized team who respond to hospital (acute care and emergency departments) and community locations to provide urgent assessment, intervention and referral.

Substance Use Connections

These teams support people who use substances in both hospital and community settings. This priority response is dedicated to patients who present with/or are at risk of overdose.

Addiction Medicine Consultation Services

Provides services for people with substance use disorders while in emergency departments or during a hospital stay. A physician with a specialty in addiction medicine is part of the health care team and guides evidence based treatments.

RCMP Partnership Teams

These teams, consisting of an MHSU clinician and RCMP officer respond to mental health and substance use emergencies in the community.

Aboriginal Patient Navigator Services

The goal of an Aboriginal Patient Navigator is to help make a patient’s care and journey to wellness safe, comfortable, less confusing, less stressful, culturally safe and inclusive.

Community Counselling & Treatment Services

Specific therapy for people with moderate to severe mental health disorders.

Counselling & Treatment Services

Group & individual counselling for people with moderate to severe substance use concerns. Includes assessment & intervention, medical & psychiatric consultation, education & self-management support, referrals and outreach.

Perinatal Counselling Services

Services for pregnant women or new mothers experiencing or at risk of mental health or substance use concerns. All approaches taken are for the safety of the mother and infant.

Specialty Services

Assessment, counselling and treatment services for people with specific moderate to severe mental health disorders.

Seniors Mental Health & Substance Use Services

Specialized assessments, treatment, case management, community support as well as caregiver support for people 65 years and older.

Early Psychosis Intervention

Treatment and support for people who may be experiencing their first episode of psychosis.

Eating Disorders Treatment Services

Individual and group therapy for people diagnosed with a severe/life threatening eating disorder. Referral from a family physician is required.

Developmental Disability Mental Health Services

Team-based mental health services for individuals aged 14 years or older who are diagnosed with developmental disabilities, including challenging behaviours & other complex needs.

Interior Health Children’s Assessment Network

Assessment and diagnostic services for children & youth with autism spectrum disorder, fetal alcohol spectrum disorder and other complex developmental conditions. Referral from medical professional is required.

Treatment, Support & Recovery Services

Ongoing illness management, support and recovery service for people with serious & persistent mental illness.

Treatment, Support & Recovery

Treatment and support to help people with major mental illness and substance use concerns.

Intensive Case Management

Team-based care coordination for people with severe mental health and/or substance use concerns. Services are provided in the community and are tailored to the person’s needs.

Assertive Community Treatment

Team-based care for people with multiple complex needs and mental illness and/or substance use concerns. The teams provide client-directed care, assertive outreach and comprehensive, continuous service delivery.

Therapeutic Volunteer Program

Provides people unable to enter vocational or supported education programs with financial support for volunteer positions.

Supported Employment Services

Provides support for transitions to employment, including assessments & career planning, job skills training, transitional & supported employment services, work experience, consumer-run businesses or co-operatives.

Clubhouse

Membership driven drop-in and rehabilitation program. Individuals and staff work side-by-side to manage the operation of the Clubhouse, including clerical services, food services, program activities and outreach services. Referral from a Mental Health and Substance Use program is needed.

Substance Use Services

Provides support services from prevention to intensive treatment for people with substance use disorder.

Substance Use Outreach Services

Street-outreach and outreach within facilities through text, telephone & face-to-face contact. Links people with substance use concerns to treatment & support systems in the community.

Overdose Prevention Services

These services focus on reducing the risks associated with substance use & connecting individuals to other treatment services.

Overdose Prevention / Supervised Consumption Sites

These sites are physical locations that offer Overdose Prevention Services plus supervised consumption of a substance a person brings with them to the site and overdose emergency response.

Withdrawal Management Services

Services provide support through acute stages of withdrawal from alcohol or other drugs.

Substance Use Counselling & Treatment Services

Group & individual counselling for people with moderate to severe substance use concerns.

Substance Use Day Treatment

A structured group-based substance use treatment & support service for individuals.

Integrated Treatment Teams

Integrated Treatment Teams (ITT) offer flexible and discreet community-based substance use treatment to adults who are 19 years or older. These interdisciplinary teams provide virtual and in-person counselling-based treatments, connection to prescription medications and Peer Support.

Opioid Agonist Treatment (OAT)

A treatment that uses prescribed medications to treat people with opioid use disorders. The primary medications used are Buprenorphine/Naloxone (Suboxone®) and Methadone.

Facility Based Treatment Services

A structured, live-in program for people with substance use disorders. A person’s treatment goals are supported through assessment, individualized evidence-based treatments and skill building.

Substance Use Support Recovery Beds

Time-limited substance-free live-in settings provide a safe, supportive environment for people who are experiencing low to moderate substance use.

