



# Mental Health Services for YOUTH in Interior Health

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

Click on a link below for a description of that service and to find a Mental Health & Substance Use Centre near you.

Please note that the [Ministry of Children & Family Development](#) (MCFD) provides the majority of child & youth mental health services.

Interior Health and our partner agencies provide the following mental health services for youth under 19 years of age (age range is flexible depending on client needs). **Not all services are available in all centres.**

Call 310-MHSU (6478)

or Click here to connect to Interior Health's "Access Services" program for entry or referral to a mental health service that best meet your needs.

Our services are Person Centered, Recovery Oriented, Trauma Informed, Culturally Safe and based on Harm Reduction Principles.

[Click here for Interior Health's Substance Use Services](#)

## Prevention / Early Intervention

### Help Lines

[Kid's Help Line](#)

[Online Chat for Youth](#)

[Indigenous Youth Help Line](#)

[Virtual Foundry](#)

[Public Health Services for Teens](#)

### Online Resources

[Kelty Mental Health Resource Centre](#)

[Mental Health Resources](#)

[Bounce Back](#)

### School Based

[School Based / Youth Outreach Services](#)

## Outpatient Treatment Services

[Perinatal Counselling Services](#)

[Early Psychosis Intervention](#)

[Eating Disorders Treatment Services](#)

[Youth Intensive Case Management](#)

[Developmental Disability Mental Health Services](#)

[Interior Health's Children Assessment Network](#)

[Therapeutic Volunteer Program](#)

[Supported Employment Services](#)

Moderate to High Intensity Services

Long Term Recovery Support

## Crisis & Hospital Services

[Parkview Child & Adolescent Mental Health Centre](#)

[Crisis Response](#)

[RCMP Partnership Teams](#)

[Aboriginal Patient Navigator Services \(APN\)](#)

## Hospital Based Psychiatric Services

[Pediatric Inpatient Psychiatric Unit](#)

[General Psychiatry Services](#)

[Neuropsychiatry](#)

## Tertiary Psychiatric Services

[Adolescent Psychiatric Unit \(APU\)](#)

[Tertiary Psychiatric Services](#)

[Tertiary Rehabilitation & Recovery Program](#)

