



Mental Health Services in Interior Health

Interior Health and our partner agencies provide a range of mental health 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 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

Resources for people who are at risk of or show signs of a mental health disorder.

Mental Health Resources

Contains links to a wide variety of online mental health resources.

Mental Health Services for Youth

The Ministry of Children & Family Development (MCFD) provides the majority of child & youth mental health services.

Public Health Services

Provides specialized programs, services and resources for adults and seniors.

Interior Crisis Line Network

Trained Crisis Line Responders provide emotional support, crisis de-escalation and intervention, 24/7.

Bounce Back

A free skill-building program to help people on their path to mental wellness.

Kelty's Key Self Help Courses

Program is based on cognitive behaviour therapy; designed by a team of psychologists from Vancouver Coastal Health.

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.

Eating Disorders Treatment Services

Individual and group therapy for people diagnosed with a severe/life threatening eating disorder. Includes Counselling & Treatment Services plus, individual & family education and interventions to initiate renourishment, increase body weight and promote medical stabilization.

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.

Outpatient Treatment Services

Early Psychosis Intervention

Treatment and support for people who may be experiencing their first episode of psychosis. Includes Treatment, Support & Recovery services and bridges youth to adult mental health services, links community service with hospital and community education.

Seniors Mental Health & Substance Use Services

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

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.

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.

Treatment, Support and Recovery

Treatment and support to help people with major mental illness and substance use concerns. Includes screening & assessments, medication administration, review & monitoring, counselling, treatment & recovery plans, crisis intervention, life skills support & education, self-management support, relapse prevention, care coordination & referrals.

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 assessment & career planning, job skills training, work experience and consumer-run businesses or cooperatives.

Clubhouse

Membership driven drop-in and rehabilitation program. Referral from a Mental Health and Substance Use program is needed.

Moderate to High Intensity Services

Long Term Recovery Support

Crisis and Hospital Services

Respond to people experiencing an acute mental health crisis.

Crisis Response

Specialized team who respond to the 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.

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.

Hospital Based Psychiatric Services

Facility based programs for people experiencing an acute mental health episode.

Acute Psychiatric Services

Provides short-term psychiatric assessment and follow-up for patients presenting to the emergency department or who have recently been discharged from an inpatient psychiatry unit.

Acute Psychiatry Short Stay

Locked assessment unit provides triage, crisis intervention and stabilization, assessment, and management of acute and severe mental illness.

Adolescent Psychiatric Unit (APU)

Provides assessment and treatment planning for youth (12 to 17 years old) with serious psychiatric symptoms. Adolescent Psychiatric Unit is located in Kelowna.

General Psychiatry Services

Services address the complex psychological needs of children, youth, adults and seniors in both short term and longer term timeframes.

Neuropsychiatry

Services for people with cognitive, affective and psychotic syndromes associated with brain injuries or other illnesses.

Tertiary Psychiatric Services

Specialized mental health services for people with severe mental illness.

Adult Tertiary Psychiatry

Provides high-level care, treatment, and rehabilitation in a flexible and interactive community environment.

Geriatric Psychiatry Program (Hillside Centre)

Provides high-level care, treatment, and rehabilitation services for elderly people with acute illness and/or severely dysfunctional behaviours who cannot be cared for in the psychiatric system in their own area.

Tertiary Psychiatric Services

Provides high-level care, treatment, and rehabilitation in a flexible and interactive community environment.

Tertiary Rehabilitation and Recovery Program

Provides high-level of care, treatment and rehabilitation in a home-like, flexible, and interactive community setting.

