**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.

**Public Health Services**
Provides early childhood screening plus services for teens as well as 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.

**Child & Teen Mental Health Service**
Available through Ministry of Children & Family Development (MCFD).

---

**Treatment, Support and Recovery**
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.

---

**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

---

**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.

---

**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.

---

**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 MHSSU clinician and RCMP officer, respond to mental health and substance use emergencies in the community. Service is available in Kamloops and Kelowna only.

**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.

---

**Outpatient Treatment Services**

**Intensive Care 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. Service is available for both adults and youth. Youth service is available in Kamloops and Kelowna only.

**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. Service is available in Kamloops and Kelowna only.

**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.

---

**Long Term Recovery Support**

**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.