

Local Interior

Community / Region	Child and Youth Referral Resources	Adult Referral Resource
East Kootenays	250.426.1514 (Central Contact)	-----
Cranbrook	-----	250.420.2210
Creston	-----	250.428.8734
Sparwood	-----	250.425.2064
Golden	-----	250.344.3015
Invermere	-----	250.342.2363
Kimberley	-----	250.427.2215
Kamloops and Cariboo	250.377.6500	250.377.6500
Central Okanagan Kelowna and area	250.469.7070 x 13553	250.469.7070 x 13553
Kootenay Boundary	250.505.7252	250.505.7252
Revelstoke	250.837.7612	250.837.7612
Salmon Arm	250.832.1719	250.832.1719
South Okanagan Penticton and area	250.487.4422	250.770.3555
Vernon	250.549.5404	250.549.5404

Crisis Lines

1-888-353-CARE (2273)	1-800-SUICIDE (784-2433)	1-800-588-8747 (Aboriginal)
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Helpful Resources & Websites

Kelty Mental Health	<i>"Connects you with resources and information for every stage of the eating disorder journey"</i>	P: 800.665.1822 www.keltyeatingdisorders.ca
Looking Glass Foundation for Eating Disorders	<i>"A caring community of prevention and support for those suffering from...eating disorders"</i>	P: 604.314.0548 www.lookingglassbc.com
Jessie's Legacy	<i>"Eating disorders prevention and awareness"</i>	P: 604.988.5281, ext. 241 www.jessieslegacy.com
National Eating Disorder Information Centre	<i>"A Canadian non-profit providing resources on eating disorders and weight preoccupation"</i>	P: 866.633.4220 www.nedic.ca
Canadian Mental Health Association	<i>"Access resources to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness."</i>	www.cmha.ca www.cmha.bc.ca Eating Disorders Brochure (printable)
Here to Help	<i>"A project of the BC Partners for Mental Health and Substance Use Information."</i>	www.heretohelp.bc.ca Eating Disorders Brochure (printable)