

Mental Health & Substance Use Services

Interior Health and our partner agencies provide a wide range of mental health and substance use services for all ages.

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

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

For a complete list of mental health and substance use services visit www.interiorhealth.ca

> Your Care

> Mental Health & Substance Use
or scan the code below to go to the Mental Health & Substance Use Services web page.



Scan me

**Not all services
are available in all areas**

Other Help Lines 24 hours/7 days a week

310-Mental Health Support
310-6789

Children's Help Line
310-1234

Kids Help Phone
1-800-668-6868

Emergency Crisis Line
1-888-353-CARE (2273)

Suicide Prevention
1-800-SUICIDE (784-2433)

KUU-US (Aboriginal) Crisis Line
1-800-588-8717

Métis Crisis Line
1-833-MÉTISBC (638-4722)

Online Crisis Chat Center
www.CrisisCentreChat.ca



Aboriginal
Health & Wellness



MENTAL HEALTH
AND SUBSTANCE USE

Place 1" x 2 5/8"

MHSU Centre label here

We acknowledge the work takes place on the traditional, ancestral and unceded First Nations territory.
We acknowledge the contributions of the Métis Nation.

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Interior Health
Every person matters

Mental Health Specialty Services

*Every journey is unique, any step taken
towards recovery is the right step.
- Patient Partner*



Mental Health & Substance Use Services

We invite you to connect with our **Access Services** program at your local Mental Health & Substance Use Centre for more information and links to mental health or substance use services that best meet your needs.

Specialty Services

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

We respect your right to privacy. We will ask you about involving your family in your care. Sharing information and working with your family and care providers will ensure you receive the best care.

Seniors Mental Health & Substance Use Services

Provides specialized assessments, treatment, case management and community support as well as caregiver support for people 65 years and older. Multi-disciplinary teams serve individuals with dementia and other mental health and/or substance use concerns.

Services may include:

- Mental health & competency assessments
- Medication administration, review & monitoring
- Care coordination & referrals
- Self-management supports
- Life skills education & support
- Family education & support



Early Psychosis Intervention

Provides treatment and support for people who may be experiencing their first episode of psychosis. Services may include:

- Screening & assessments
- Medication administration, review & monitoring
- Counselling, treatment & recovery plans
- Crisis intervention
- Life skills education & support
- Self-management support
- Relapse prevention
- Bridging youth and adult mental health services
- Care coordination & referrals
- Linking community services with hospital
- Community education

Eating Disorders Treatment Services

Provides individual and group therapy for people diagnosed with a severe / life threatening eating disorder. Referral from a family physician is required. Services may include:

- Psychological & psychiatric assessment & treatments
- Group counselling & support
- Individual & family counselling & education
- Interventions to:
 - Initiate renourishment
 - Increase body weight
 - Promote medical stabilization

Developmental Disability Mental Health Services

Provides team-based mental health services for individuals aged 14 years or older who are diagnosed with developmental disabilities, including those with challenging behaviours and other complex needs. Services may include:

- Screening & assessment
- Treatment & consultation
- Follow-up services
- Referrals to other community services



Interior Health Children's Assessment Network

Provides assessment and diagnostic services for children and youth with autism spectrum disorder, fetal alcohol spectrum disorder and other complex developmental conditions. A referral from a medical professional is needed.

Assessment services are delivered by a combination of Interior Health staff and contracted services located throughout the Interior Health region.