



Perinatal Counselling Services

Interior Health and our partner agencies provide a range of substance use services for all ages. We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

RESOURCE LIST

Start Here

Call **310-MHSU (6478)** to connect with your [local Mental Health & Substance Use Centre](#).

Call a Crisis line for immediate assistance (24/7):

- **Interior Crisis Line Network**
1-888-353-2273
- **KUU-US (Indigenous) Crisis Line**
1-800-588-8717
- **Métis Crisis Line**
1-833-638-4722

Services

Mental Health Services

One-Pagers:

- [Descriptive Service Overview](#)
- [Descriptive Service Overview - Youth](#)
- [Clickable Linear Diagram](#)
- [Clickable Linear Diagram - Youth](#)

Substance Use Services

One-Pagers:

- [Descriptive Service Overview](#)
- [Descriptive Service Overview - Youth](#)
- [Clickable Linear Diagram](#)
- [Clickable Linear Diagram - Youth](#)
- [Clickable Circular Diagram](#)

[Facility Based Services - Adult & Youth](#)

Includes:

- Withdrawal Management Services
- Facility-Based Treatment Services
- Support Recovery Services

Perinatal Counselling Services are for pregnant women or new mothers experiencing or at risk of mental health or substance use concerns. All approaches take into consideration the safety of the mother and infant.

Service Brochures

- [Crisis & Hospital Services](#)
- [Mental Health Community Counselling & Treatment Services](#)
- [Mental Health Treatment, Support & Recovery Services](#)
- [Mental Health Specialty Services](#)
- [Substance Use Services](#)

Patient Information Sheets

- [Anxiety](#)
- [Depression](#)
- [Suicidal Thoughts](#)
- [Mental Health Act](#)
- [Substance Use](#)
- [Overdose Prevention](#)

Substance Use Fact Sheets

- [Help Lines](#)
- [Addressing Stigma](#)
- [Mobile Apps and Virtual Treatment](#)
- [Opioid Agonist Treatment](#)
- [Overdose Prevention & Harm Reduction](#)
- [Peer Education & Training](#)
- [Resources for Families Affected by Substance Use](#)
- Substance Information - [Alcohol](#)
- Substance Information - [Cannabis](#)
- [Mental Wellness Resources for Aboriginal Partners](#)

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

