



Interior Health

**Child and Youth
Mental Health & Substance Use
Service Directory** (For Public)
Summer 2024



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Crisis

911

Kuu-Us Crisis Line Society

1-800-588-8717

1-833-MÉTIS BC Crisis Line

1-833-638-4722

Kids Help Phone

310-1234

Interior Health Crisis Network

1-888-353-2273

BC Mental Health Support

310-6789

TalkSuicide.ca

1-833-456-4566 / TEXT 456456

PURPOSE OF THIS RESOURCE

- This resource provides an overview of the Child and Youth Mental Health and Substance Use (MHSU) services available in the Interior Health region.
- This resource will help community service providers, children, youth, families and others understand which Child/Youth MHSU Services are broadly available, and how to access those services.

The Spectrum of Child/Youth MHSU Care - Key Service Providers

Interior Health:

- Hospital-based psychiatry services for children and youth
- Youth Substance Use services, Youth Intensive Case Management (YICM), and Early Psychosis Intervention (EPI - for young adults aged 19+). *Note: In some areas Youth Substance Use Services are provided by Interior Health contracted community agencies.*

Other Community Partners:

- Ministry of Children and Family Development (MCFD) provide community Child and Youth Mental Health (CYMH) services
- Foundry provide a range of health and wellness resources, services and supports
- First Nations Community Services; First Nations, Métis & Inuit Governments; First Nations Health Authority offer cultural and mental health support services
- Other community / contracted partners provide a variety of additional services

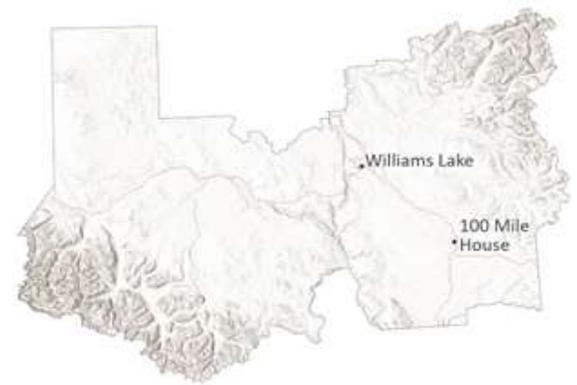
Shared-Care Programs:

- Youth Eating Disorders, offered in partnership with MCFD and Interior Health
- Developmental Disability Mental Health Services, offered in partnership with MCFD and Interior Health
- Foundry, network of integrated health and wellness services for young people
- Integrated Child and Youth Teams, integrated team of professionals providing mental health and substance use supports to children, youth and their families

Every effort is made to ensure this resource contains the most up to date and accurate information. If you notice any information is incorrect and needs updating, please let us know via email:

healthsystemimprovement@interiorhealth.ca

Cariboo Chilcotin



Williams Lake			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-392-1000
Cariboo Friendship Centre www.cariboofriendshipsociety.ca	Indigenous Child and Youth Mental Health	0-18. Program promotes wellness for those suffering from multiple barriers, social, emotional and/or behavioural disorders.	250-267-2377 / 250-398-6831
Denisigi Services Society www.denisigi.org	Indigenous Child and Youth Mental Health	5-19. Serving the following communities: ʔEsdilagh, Xeni Gwet'in, Tsideldel, Yunesit'in, Tl'esqox, Ulkatchot'en, T'exelcemc, and Tsilhqot'in, with a focus on healing that incorporates both cultural and mainstream interventions.	250-392-6500 / 1-877-251-6566
Foundry Cariboo Chilcotin www.foundrybc.ca	Foundry Cariboo Chilcotin	12-24. Health and wellness resources, services and supports. Offered virtually and in-person at integrated service centres.	250-398-2185, or Via the app: foundrybc.ca/virtual/
Interior Health www.interiorhealth.ca	Developmental Disability Mental Health Services	14+. Mental health services for people who have both an intellectual developmental disorder and a mental health disorder.	250-392-1483 / 310-MHSU (6478)
	Substance Use Connections	All ages. Short-term support connecting people at risk of overdose to community substance use services.	
	Youth Intensive Case Management	12-24. Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	
	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	
	Youth Substance Use Day Treatment	14-18. Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns.	
MCFD CYMH www.gov.bc.ca	CYMH Williams Lake	0-18. Child Youth Mental Health community based assessment and treatment service.	250-398-4220

Cariboo Chilcotin



100 Mile House			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-395-3145 / 250-392-1000
Interior Health www.interiorhealth.ca	Youth Substance Use Outreach	12-18. Substance use support and therapeutic counselling to youth in community settings.	250-395-7676 / 310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH 100 Mile House	0-18. Child Youth Mental Health community based assessment and treatment service.	250-395-5633

Thompson South Cariboo



Ashcroft			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-851-2947
Elizabeth Fry Society www.scefry.ca	Mental Health Prevention	School age. Students learn how to cope with different emotions. <i>For Students in Ashcroft, Cache Creek and Clinton.</i>	250-453-9656
	P.E.A.C.E. Program	3-18. For children and youth who have witnessed/experienced abuse. Strength-based psychoeducational support and safety planning.	
MCFD CYMH www.gov.bc.ca	CYMH Ashcroft	0-18. Child Youth Mental Health community based assessment and treatment service.	250-453-2109

Barriere			
Agency & Website	Program Name	Age & Program Information	Phone
MCFD CYMH www.gov.bc.ca	CYMH Barriere	0-18. Child Youth Mental Health community based assessment and treatment service.	250-674-6810 / 250-312-7447
Yellowhead Community Services www.yellowheadcs.ca	Autism Services Program	0-19. Behaviour consultation and intervention services to families with a child diagnosed with Autism Spectrum Disorder (ASD).	250-674-2600
	Substance Use Counselling	All ages. Individual substance use counselling and treatment support.	250-672-9773

Cache Creek			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-851-2947

Thompson South Cariboo



Chase			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-851-2947
Skwix Health Services and Wellness Centre www.islb.ca/health	Child and Youth Mental Health	5-18. Individual counselling, mental health assessment, referral, advocacy, support and information.	250-679-3702

Clinton			
Agency & Website	Program Name	Age & Program Information	Phone
MCFD CYMH www.gov.bc.ca	CYMH Clinton	0-18. Child Youth Mental Health community based assessment and treatment service.	250-453-2109
Interior Health www.interiorhealth.ca	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	250-453-1940 // 310-MHSU (6478)

Clearwater			
Agency & Website	Program Name	Age & Program Information	Phone
MCFD CYMH www.gov.bc.ca	CYMH Clearwater	0-18. Child Youth Mental Health community based assessment and treatment service.	250-674-6810
Yellowhead Community Services www.yellowheadcs.ca	Autism Services Program	0-19. Behaviour consultation and intervention services to families with a child diagnosed with Autism Spectrum Disorder (ASD).	250-674-2600
	Substance Use Counselling	All ages. Individual substance use counselling and treatment support.	250-674-2600

Thompson South Cariboo



Kamloops			
Agency & Website	Program Name	Age & Program Information	Phone
A New Tomorrow www.ournewtomorrow.ca	A New Tomorrow	12-18. Live-in youth substance use treatment program.	250-318-3009
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-851-2947
Cariboo Friendship Society www.cariboofriendshipsociety.ca	Indigenous Child and Youth Mental Health	All ages. Mental health support for children, youth and their families.	250-267-2377
Interior Health www.interiorhealth.ca	Child and Adolescent MHSU Unit	Up to 17. Specialized hospital unit for children and youth with significant psychiatric symptoms. Referral only.	250-374-5111 / 310-MHSU (6478)
	Developmental Disability Mental Health Services	14+. Mental health services for people who have both an intellectual developmental disorder and a mental health disorder.	250-377-6500 / 310-MHSU (6478)
	Early Psychosis Intervention (EPI) <i>Located in Kamloops and also serving: Chase, Sun Peaks and Barriere.</i>	19+. Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	
	Substance Use Connections	All ages. Short-term support connecting people at risk of overdose to community substance use services.	
	Transition-Aged Youth (TAYO) <i>Referrals must come direct from the team providing youth's care</i>	17-24. Transition support and MHSU treatment for young adult's who are in government care, transitioning to adult services <i>and</i> have a MHSU concern.	
	Youth Intensive Case Management	12-24. Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	
	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	
	Youth Substance Use Day Treatment	14-18. Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns.	

Thompson South Cariboo



Kamloops			
Agency & Website	Program Name	Age & Program Information	Phone
Lii Michif Otipemisiwak Family and Community Services www.lmofcs.ca/	Child and Youth Mental Health and Family Wellness	0-18. Provides holistic mental health, emotional, physical and spiritual support for children, youth and families.	250-554-9486
MCFD CYMH www.gov.bc.ca	CYMH Kamloops - North Shore	0-18. Child Youth Mental Health community based assessment and treatment service.	250-554-5800
	CYMH Kamloops - South Shore		250-371-3648
Phoenix Centre www.phoenixcentre.org	Detox	12-18. Youth substance use withdrawal management (detox).	250-374-4899
	Youth Outreach	13-24. Support and therapeutic counselling to youth with substance use issues in schools and community settings.	250-374-4634
	Raven	13-24. Substance use counselling and outreach for youth and families.	250-374-4899
Secwépemc Child and Family Services www.secwepemcfamilies.org	Indigenous Child and Youth Mental Health	0-19. Culturally appropriate child and family services for Indigenous residents within the Secwépemc territory, by self-referral.	250-314-9669

Lillooet			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-851-2947
Lillooet Tribal Council - Family Services www.lillooettribalcouncil.ca	Child / Youth Mental Health	0-18. Indigenous youth mental health counselling and outreach in Northern St'át'imc area.	250-256-7523
MCFD CYMH www.gov.bc.ca	CYMH Lillooet	0-18. Child Youth Mental Health community based assessment and treatment service.	250-256-2710

Logan Lake			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-851-2947

Thompson South Cariboo



Lytton			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-851-2947
MCFD CYMH www.gov.bc.ca	CYMH Lytton	0-18. Child Youth Mental Health community based assessment and treatment service.	250-256-2710
Nlaka'pamux Child and Family Services Society www.n7xservices.com	Child and Youth Mental Health Team	10-24, and their families. Mental health counselling and support services.	250-455-2118

Merritt			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	1st Step Mobile Treatment	0-25. Substance use support based on harm reduction approach.	250-851-2947
MCFD CYMH www.gov.bc.ca	CYMH Merritt	0-18. Child Youth Mental Health community based assessment and treatment service.	250-378-1476
Phoenix Centre www.phoenixcentre.org	Youth Outreach	13-24. Support and therapeutic counselling to youth with substance use issues in schools and community settings.	250-374-4634
Scw'exmx Child and Family Services Society www.scwexmx.com	Indigenous Child and Youth Mental Health	0-19. Mental health program that combines both Western and Indigenous knowledge with teachings utilizing trauma informed counselling techniques.	250-378-2771 / 1-877-378-2773

North Okanagan



Enderby			
Agency & Website	Program Name	Age & Program Information	Phone
Splatsin Health Centre www.splatsin.ca	Child and Youth Counselling	5-18. Mental health counselling for Indigenous members of Splatsin, Adams Lake, Little Shuswap and Neskonlith Indian Bands	250-838-6496
Interior Health www.interiorhealth.ca	Youth Substance Use Counselling & Treatment <i>(Service provided by Salmon Arm Clinician)</i>	12-24. (priority 12-18) Individual substance use counselling and treatment support.	250-833-4100 / 310-MHSU (6478)

Lumby			
Agency & Website	Program Name	Age & Program Information	Phone
Whitevalley Community Resource Centre www.whitevalley.ca	School Based Outreach & Substance Use Counselling	School age. Mental health and Substance Use counselling support.	250-547-8866

Revelstoke			
Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	IH Children's Assessment Network (IHCAN)	0-18. Provides assessment and diagnostic services for children and youth with autism spectrum disorder, fetal alcohol spectrum disorder and other complex developmental conditions.	250-814-2214
MCFD CYMH www.gov.bc.ca	CYMH Revelstoke	0-18. Child Youth Mental Health community based assessment and treatment service.	250-837-7612

North Okanagan



Salmon Arm			
Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Early Psychosis Intervention (EPI)	19+ . Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	250-833-4100 / 310-MHSU (6478)
	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	
MCFD CYMH www.gov.bc.ca	CYMH Salmon Arm	0-18. Child Youth Mental Health community based assessment and treatment service.	250-832-1719

Vernon			
Agency & Website	Program Name	Age & Program Information	Phone
Canadian Mental Health Association Vernon www.cmhavernon.ca	Outreach	13+ . Provides a range of mental health and wellness services to children, youth and families.	250-542-3114
Family Resource Centre www.vernonfrc.ca	Child and Youth Counselling	13-18 Therapeutic Counselling or Sexual Abuse Intervention. <i>Referral from MCFD required.</i>	250-545-3390
Interior Health www.interiorhealth.ca	Developmental Disability Mental Health Services	14+ . Mental health services for people who have both an intellectual developmental disorder and a mental health disorder.	250-549-5737 / 310-MHSU (6478)
	Early Psychosis Intervention (EPI) <i>Serving: Vernon, Lumby, Coldstream, Enderby & Armstrong.</i>	19+ . Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	
	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	
	Youth Substance Use Day Treatment	14-18. Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns.	

North Okanagan



Vernon			
Agency & Website	Program Name	Age & Program Information	Phone
Canadian Mental Health Association Vernon www.cmhavernon.ca	Outreach	13+ . Provides a range of mental health and wellness services to children, youth and families.	250-542-3114
Family Resource Centre www.vernonfrc.ca	Child and Youth Counselling	13-18 Therapeutic Counselling or Sexual Abuse Intervention. <i>Referral from MCFD required.</i>	250-545-3390
Interior Health www.interiorhealth.ca	Substance Use Connections	All ages. Short-term support connecting people at risk of overdose to community substance use services.	250-549-5737 / 310-MHSU (6478)
	Youth Intensive Case Management	12-24. Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	
MCFD CYMH www.gov.bc.ca	CYMH Vernon	0-18. Child Youth Mental Health community based assessment and treatment service.	250-549-5404
North Okanagan Friendship Centre Society www.vernonfirstnationsfriendshipcentre.com	Vernon Youth Safe House	13-18. For youth experiencing or at risk of homelessness or unsafe housing.	250-260-7077

Central Okanagan



Kelowna			
Agency & Website	Program Name	Age & Program Information	Phone
ARC Programs www.arcprograms.com	ARC Programs Kelowna	6-18. Wide range of program categories including: Mental Health; Problem Behaviours; Substance Use; and Youth Justice.	250-763-2977
Foundry Kelowna www.foundrybc.ca	Foundry Kelowna	12-24. Health and wellness resources, services and supports. Offered virtually and in-person at integrated service centres.	236-420-2803, or Via the app: foundrybc.ca/virtual/
Interior Health www.interiorhealth.ca	Adolescent Psychiatric Unit (APU)	12-17. Specialized hospital unit for youth who are struggling with significant psychiatric symptoms that require an extended hospital stay.	250-469-7070 / 310-MHSU (6478)
	Developmental Disability Mental Health Services	14+. Mental health services for people who have both an intellectual developmental disorder and a mental health disorder.	
	Early Psychosis Intervention (EPI) Also serving Lake Country.	19+. Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	
	Substance Use Connections	All ages. Short-term support connecting people at risk of overdose to community substance use services.	
	Transition-Aged Youth (TAYO) <i>Referrals must come direct from the team providing youth's care</i>	17-24. Transition support and MHSU treatment for young adult's who are in government care, transitioning to adult services <i>and</i> have a MHSU concern.	
	Youth Intensive Case Management	12-24. Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	
	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	
	Youth Substance Use Day Treatment	14-18. Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns.	
MCFD CYMH www.gov.bc.ca	CYMH Kelowna	0-18. Child Youth Mental Health community based assessment and treatment service.	778-699-2272

Central Okanagan



Kelowna			
Agency & Website	Program Name	Age & Program Information	Phone
Métis Community Services Society of B.C. www.mcsbc.org	Youth Trauma Therapy; Child Trauma Play Therapy	Ages vary according to program. Services for Metis people who have severe mental health issues, personal trauma, family loss, and intergenerational loss.	250-868-0351
Okanagan Boys and Girls Clubs www.bqco.ca	Outreach Mental Health	12-18. Relationship based, trauma informed mental health care. For youth who are unable or unwilling to access traditional mental health services.	250-762-3914
The Bridge Youth Services www.thebridgeservices.ca	Youth Recovery House	12-18. Facility-based treatment program. <i>Medical withdrawal management (detox) may be required.</i>	250-763-0456 / 1-855-760-0456
UBCO School Of Social Work www.socialwork.ok.ubc.ca	Mental Health Clinic	0-18. Family orientated mental health assessment and treatment services.	250-807-8241

West Kelowna			
Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Early Psychosis Intervention (EPI) Also serving Lake Country.	19+. Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	250-469-7070 / 310-MHSU (6478)
	Substance Use Connections <i>(service provided by Kelowna team)</i>	All ages. Short-term support connecting people at risk of overdose to community substance use services.	250-469-7070 / 310-MHSU (6478)
	Youth Intensive Case Management <i>(service provided by Kelowna team)</i>	12-24. Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	

Central Okanagan



West Kelowna			
Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Youth Substance Use Counselling & Treatment <i>(service provided by Kelowna team)</i>	12-24. (priority 12-18) Individual substance use counselling and treatment support.	250-469-7070 / 310-MHSU (6478)
	Youth Substance Use Day Treatment <i>(service provided by Kelowna team)</i>	14-18. Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns.	
MCFD CYMH www.gov.bc.ca	CYMH West Kelowna	0-18. Child Youth Mental Health community based assessment and treatment service.	250-707-2732

South Okanagan



Keremeos			
Agency & Website	Program Name	Age & Program Information	Phone
Lower Similkameen Community Services Society www.lscss.com	PEACE Program	3-18. P.E.A.C.E. stands for Prevention, Education, Advocacy, Counselling and Empowerment and is a program for children and youth who have experienced issues around family conflict, violence or abuse.	250-499-2352
Interior Health www.interiorhealth.ca	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	250-499-3029 / 310-MHSU (6478)

Penticton			
Agency & Website	Program Name	Age & Program Information	Phone
ARC Programs www.arcprograms.com	ARC Programs Kelowna	6-18. Wide range of program categories including: Mental Health; Problem Behaviours; Substance Use; and Youth Justice.	250-763-2977
Foundry Penticton www.foundrybc.ca	Foundry Penticton	12-24. Health and wellness resources, services and supports. Offered virtually and in-person at integrated service centres.	778-646-2292, or Via the app: foundrybc.ca/virtual/
Interior Health www.interiorhealth.ca	Developmental Disability Mental Health Services	14+. Mental health services for people who have both an intellectual developmental disorder and a mental health disorder.	250-770-3555 / 310-MHSU (6478)
	Substance Use Connections	All ages. Short-term support connecting people at risk of overdose to community substance use services.	
	Youth Intensive Case Management	12-24. Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	
	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	
	Youth Substance Use Day Treatment	14-18. Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns.	

South Okanagan



Okanagan Falls, Oliver & Osoyoos			
Agency & Website	Program Name	Age & Program Information	Phone
Okanagan Boys and Girls Clubs www.bqco.ca	Sexual Abuse Intervention Program	0-18. Mental health counselling and treatment for children, youth and families who have been affected by sexual abuse.	Oliver / Osoyoos 250-498-8844 / OK Falls 250-487-8800
Interior Health www.interiorhealth.ca	Youth Substance Use Counselling & Treatment	12-24. (priority 12-18) Individual substance use counselling and treatment support.	250-495-6433 / 310-MHSU (6478)

Kootenay Boundary



Castlegar			
Agency & Website	Program Name	Age & Program Information	Phone
ARC Programs www.arcprograms.com	Kootenay Youth Outreach	12-18. Mental health counselling, harm reduction, and life skills support for at-risk / high-risk youth who may be in conflict with, or not living with, their families/caregivers.	250-265-8999
Circle of Indigenous Nations Society www.coinations.net	Healing Our Spirits – Indigenous MHSU	15+. Mental health and substance use support and counselling, and connections to other services.	1-877-904-2634 / 250-608-7472
Freedom Quest Youth Services Society www.freedomquestyouthservices.ca	Regional Alcohol and Drug Day Program	12-19. Youth Regional Alcohol & Drug Day Treatment Program (RADD)	250-304-2676
	Youth Substance Use Counselling	12-19. Youth substance use counselling support.	
MCFD CYMH www.gov.bc.ca	CYMH Castlegar	0-18. Child Youth Mental Health community based assessment and treatment service.	250-365-4470

Grand Forks			
Agency & Website	Program Name	Age & Program Information	Phone
Circle of Indigenous Nations Society www.coinations.net	Healing Our Spirits – Indigenous MHSU	15+. Mental health and substance use support and counselling, and connections to other services.	250-444-9463
Freedom Quest Youth Services Society www.freedomquestyouthservices.ca	Youth Substance Use Counselling	12-19. Youth substance use counselling support.	250-442-7979
Interior Health www.interiorhealth.ca	Substance Use Connections	All ages. Short-term support connecting people at risk of overdose to community substance use services.	310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Grand Forks	0-18. Child Youth Mental Health community based assessment and treatment service.	250-442-4378

Kootenay Boundary



Kaslo			
Agency & Website	Program Name	Age & Program Information	Phone
Circle of Indigenous Nations Society www.coinations.net	Healing Our Spirits – Indigenous MHSU	15+ . Mental health and substance use support and counselling, and connections to other services.	1-877-904-2634 / 250-777-3683
Freedom Quest Youth Services Society www.freedomquestyouthservices.ca	Youth Substance Use Counselling	12-19 . Youth substance use counselling support.	250-353-8647

Nakusp			
Agency & Website	Program Name	Age & Program Information	Phone
ARC Programs www.arcprograms.com	Kootenay Youth Outreach	12-18 . Mental health counselling, harm reduction, and life skills support for at-risk / high-risk youth who may be in conflict with, or not living with, their families/caregivers	250-265-8999
Circle of Indigenous Nations Society www.coinations.net	Healing Our Spirits – Indigenous MHSU	15+ . Mental health and substance use support and counselling, and connections to other services.	250-265-8755
Freedom Quest Youth Services Society www.freedomquestyouthservices.ca	Youth Substance Use Counselling	12-19 . Youth substance use counselling support.	250-505-4376
MCFD CYMH www.gov.bc.ca	CYMH Nakusp	0-18 . Child Youth Mental Health community based assessment and treatment service.	250-265-4865

Kootenay Boundary



Nelson			
Agency & Website	Program Name	Age & Program Information	Phone
Circle of Indigenous Nations Society www.coinations.net	Healing Our Spirits – Indigenous MHSU	15+ . Mental health and substance use support and counselling, and connections to other services.	1-877-904-2634 / 250-777-3683
Freedom Quest Youth Services Society www.freedomquestyouthservices.ca	Youth Substance Use Counselling	12-19 . Youth substance use counselling support.	250-505-9804
Interior Health www.interiorhealth.ca	Substance Use Connections	All ages . Short-term support connecting people at risk of overdose to community substance use services.	310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Nelson	0-18 . Child Youth Mental Health community based assessment and treatment service.	250-354-6480
Nelson Community Services Centre www.servicesfyi.ca	Multiple Child, Youth & Family Programs.	3-18 . Ages served varies by program. Mental health and substance use counselling and support services	250-352-3504

Salmo			
Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Substance Use Connections	All ages . Short-term support connecting people at risk of overdose to community substance use services.	310-MHSU (6478)
	Youth Intensive Case Management (Trail clinician covers the Salmo office part time)	12-24 . Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	310-MHSU (6478)
Freedom Quest Youth Services Society www.freedomquestyouthservices.ca	Youth Substance Use Counselling	12-19 . Youth substance use counselling support.	250-231-4962
Salmo Community Resource Society www.scrs.ca	Multiple Child, Youth & Family Programs	0-19 . Ages served varies by program. Mental health and substance use counselling and support services for individuals and families.	250-357-2277
Circle of Indigenous Nations Society www.coinations.net	Healing Our Spirits – Indigenous MHSU	15+ . Mental health and substance use support and counselling, and connections to other services.	250-608-7472

Kootenay Boundary



Trail			
Agency & Website	Program Name	Age & Program Information	Phone
ARC Programs www.arcprograms.com	Kootenay Youth Outreach	12-18. Mental health counselling, harm reduction, and life skills support for at-risk / high-risk youth who may be in conflict with, or not living with, their families/caregivers.	250-265-8999
Circle of Indigenous Nations Society www.coinations.net	Healing Our Spirits – Indigenous MHSU	15+. Mental health and substance use support and counselling, and connections to other services.	250-608-7472
Freedom Quest Youth Services Society www.freedomquestyouthservices.ca	Youth Substance Use Counselling	12-19. Youth substance use counselling support.	250-231-4962
Interior Health www.interiorhealth.ca	Substance Use Connections	All ages. Short-term support connecting people at risk of overdose to community substance use services.	310-MHSU (6478)
	Youth Intensive Case Management	12-24. Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	250-364-6262 / 310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Trail	0-18. Child Youth Mental Health community based assessment and treatment service.	250-364-0540

East Kootenay



Cranbrook			
Agency & Website	Program Name	Age & Program Information	Phone
Axis Family Resources www.axis.bc.ca	Child, Youth & Family Services	0-25. A range of child & family support services, including support for children with behavioural challenges	250-489-4074
Canadian Mental Health Association Kootenays www.kootenays.cmha.bc.ca	Youth Outreach	12-18. Life skills development program, including support with self care, sexual identity, and healthy relationships.	250-426-7477
East Kootenay Addiction Services Society www.ekass.com	Youth Substance Use Programs	0-19. Youth substance use counselling, harm reduction, and education.	1-877-489-4344 / 250-489-4344
Foundry East Kootenay www.foundrybc.ca <i>(coming soon)</i>	Foundry East Kootenay	12-24. Health and wellness resources, services and supports. Offered virtually and in-person at integrated service centres.	778-517-8658, or Via the app: foundrybc.ca/virtual/
Interior Health www.interiorhealth.ca	Developmental Disability Mental Health Services	14+. Mental health services for people who have both an intellectual developmental disorder and a mental health disorder.	250-420-2210 / 310-MHSU (6478)
	Early Psychosis Intervention (EPI) Also Serving: Sparwood, Elkford	19+. Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	
	Substance Use Connections	All ages. Short-term support connecting people at risk of overdose to community substance use services.	
	Youth Intensive Case Management	12-24. Supports those with severe substance use disorder, who are often vulnerable, marginalized, or unhoused, and who would benefit from assertive engagement and wrap-around services.	
Ktunaxa Kinbasket Child and Family Services www.ktunaxa.org	Indigenous Child Youth Mental Health	0-19. Mental health and wellness services for Indigenous children, youth and their families.	250-489-4563
MCFD CYMH www.gov.bc.ca	CYMH Cranbrook	0-18. Child Youth Mental Health community based assessment and treatment service.	250-426-1514

East Kootenay



Creston			
Agency & Website	Program Name	Age & Program Information	Phone
East Kootenay Addiction Services Society www.ekass.com	Youth Substance Use Services	0-19. Youth substance use counselling, harm reduction, and education.	250-428-3036
Interior Health www.interiorhealth.ca	Early Psychosis Intervention (EPI)	19+. Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	250-420-2210 / 310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Creston	0-18. Child Youth Mental Health community based assessment and treatment service.	250-428-3229
Valley Community Resources www.valley.services	Child and Family Services	Ages vary according to program. Offers a number of services to youth and families, including Mental Health Outreach, Developmental Disabilities Mental Health Services, and services for children and who have experienced family conflict/violence.	250-428-5547

Fernie			
Agency & Website	Program Name	Age & Program Information	Phone
East Kootenay Addiction Services Society www.ekass.com	Youth Substance Use Services	0-19. Youth substance use counselling, harm reduction, and education.	1-800-644-6144 / 250-423-4423
Interior Health www.interiorhealth.ca	Early Psychosis Intervention (EPI)	19+. Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	250-420-2210 / 310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Fernie	0-18. Child Youth Mental Health community based assessment and treatment service.	250-423-5311

East Kootenay



Golden			
Agency & Website	Program Name	Age & Program Information	Phone
East Kootenay Addiction Services Society www.ekass.com	Youth Substance Use Services	0-19. Youth substance use counselling, harm reduction, and education.	250-265-8999
Golden Family Centre Society www.goldenfamilycenter.bc.ca	Youth Counselling;	12-18. Individual & family mental health counselling support, and	250-344-2000
	Sexual Abuse Intervention Program	0-19. Specialized assessment and treatment services to children and youth who have been sexually abused.	
Interior Health www.interiorhealth.ca	Early Psychosis Intervention (EPI)	19+. Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	250-420-2210 / 310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Golden	0-18. Child Youth Mental Health community based assessment and treatment service.	250-344-7773

Invermere			
Agency & Website	Program Name	Age & Program Information	Phone
East Kootenay Addiction Services Society www.ekass.com	Youth Substance Use Services	0-19. Youth substance use counselling, harm reduction, and education.	250-342-3868
Family Dynamix Association www.familydynamix.ca	Child & Youth Mental Health Outreach	12-19. Mental health counselling support in a non-clinical setting.	250-342-5566
	Sexual Abuse Intervention Program	0-19. Specialised assessment, treatment, and support services to children and youth who have been sexually abused.	
Interior Health www.interiorhealth.ca	Early Psychosis Intervention (EPI)	19+. Specialized mental health assessment and treatment service for those who have recently developed psychosis. For EPI under 19, contact MCFD CYMH.	250-420-2210 / 310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Invermere	0-18. Child Youth Mental Health community based assessment and treatment service.	250-342-4367

East Kootenay



Kimberley			
Agency & Website	Program Name	Age & Program Information	Phone
Canadian Mental Health Association - Kootenays www.kootenays.cmha.bc.ca	Youth Outreach	12-18. Life skills development program, including support with self care, sexual identity, and healthy relationships.	250-426-7477

Regional



Regional			
Agency & Website	Program Name	Age & Program Information	Phone
<u>A New Tomorrow Treatment Solutions</u> www.ournewtomorrow.ca	A New Tomorrow Youth Recovery	12-18. Structured, live-in substance use support program based in Kamloops but open to those residing across the Interior region.	778-696-2147
<u>Bridge Youth & Family Services</u> https://thebridgeservices.ca/	Youth Recovery House	12-18. Facility Based substance use withdrawal and treatment program based in Kelowna but open to those residing across the Interior region. Offers structured, live-in substance use support and provides medically supported services through the acute stages of withdrawal from alcohol or other substances.	250-763-0456
<u>Day One Society</u> www.phoenixcentre.org/	Phoenix Centre	12-24. Provides medically supported services through the acute stages of withdrawal from alcohol or other substances in a live-in setting. Located in Kamloops but open to those residing across the Interior region.	250-374-4634
<u>Edgewood Health Network</u> www.edgewoodhealthnetwork.com	Recovery Ranch	19-24. Structured, live-in substance use support program based in Rocky Mountain region but open to those residing across the Interior region.	866-320-7397
<u>MCFD</u> www2.gov.bc.ca	Maples Adolescent Treatment Centre	12-17. Facility based program that offers residential, non-residential and outreach services to support troubled youth who have significant psychiatric and behavioural difficulties. Located in Coquitlam, with satellite sites available across the province.	800 663 7867 or 604 660 5800

OTHER HEALTH CARE SERVICES

<p>Indigenous Patient Navigators (APN) (Interior Health)</p> <ul style="list-style-type: none"> • www.interiorhealth.ca/services/indigenous-patient-navigator 	<p>APNs provide consultative and navigational services, coordination of cultural resources, and cultural activities for patients. Contact your local hospital APN for more information - Indigenous Patient Navigator Service</p>
<p>Children & Youth (5-18) Health Services (Interior Health)</p> <ul style="list-style-type: none"> • www.interiorhealth.ca 	<p>Provides health information and service listings for a range of general health issues - dental, hearing, immunization, and nutrition.</p>
<p>Child Youth Advocacy Centres</p> <ul style="list-style-type: none"> • www.cac-cae.ca 	<p>Provides support to children and youth who have experienced abuse. Contact your local centre for further details: CYAC Listings</p>
<p>Family Counselling Services (Community Based)</p> <ul style="list-style-type: none"> • www.bc-counsellors.org/ • www.ccpa-accp.ca/find-a-canadian-certified-counsellor/ • www.bcasw.org/ 	<p>Refer to the Community Services listings in this document to find free family counselling services in your local area. For patients requesting private counselling services, see:</p> <ul style="list-style-type: none"> • BC Association of Clinical Counsellors • Canadian Counselling and Psychotherapy Association • BC Association of Social Workers <p><i>NOTE: These services are not usually covered by a BC CareCard. Extended health benefits may cover some costs for private counselling.</i></p>
<p>Patient & Family Counselling Services (Hospital Based) (Interior Health)</p> <ul style="list-style-type: none"> • www.interiorhealth.ca/services/patient-family-counselling 	<p>Provides support to hospital patients and their families, who are having difficulties with managing or coping with the impact of illness. For more information - Patient/Family Counselling</p>
<p>Peer-Led Support Groups - Moms Stop the Harm</p> <ul style="list-style-type: none"> • www.holdinghopecanada.org 	<p>Peer-led support groups for parents, spouses, siblings, and friends whose loved ones, of all ages, use or have used substances.</p>
<p>Primary Care Providers - Family Doctors</p> <ul style="list-style-type: none"> • www.findadoctorbc.ca • www.foundrybc.ca/virtual/primary-care/ 	<p>Contact the patient's family doctor directly for support, or go to Find a Doctor BC to find family doctors accepting new patients. Foundry Virtual BC team also offers primary care services for patients aged 12-24 who do not have access to a doctor.</p>
<p>Sexual Health Clinic (Options)</p> <ul style="list-style-type: none"> • www.optionsforsexualhealth.org 	<p>Sexual and reproductive health services. Patients can book a telehealth appointment online, or attend a local drop-in clinic</p>
<p>Youth Health and Wellness Services (12-24yrs) (Foundry)</p> <ul style="list-style-type: none"> • www.foundrybc.ca 	<p>Foundry provides a range of health and wellness resources, including counselling, primary care, and employment services. Visit https://foundrybc.ca/get-support/find-a-centre/ to find your local centre. For communities without a Foundry Centre, patient's can access services through Foundry Virtual BC (foundrybc.ca/virtual/)</p>
<p>2SLGBTQIA+ Services - Qmunity for Youth</p> <ul style="list-style-type: none"> • www.qmunity.ca/get-support/youth/ 	<p>A range of programs and services for 2SLGBTQIA+ people, including: drop-in; Bras, Binders, and Breast Exchange Program; one-on-one support; resource navigation - Qmunity</p>
<p>Wellbeing BC</p> <ul style="list-style-type: none"> • www.wellbeing.gov.bc.ca 	<p>British Columbia's official resource for mental health, substance use, and addictions support: Wellbeing BC</p>