



# Mental Health Services for YOUTH in Interior Health

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

Please note that the [Ministry of Children & Family Development](#) (MCFD) provides the majority of child & youth mental health services.

Interior Health and our partner agencies provide the following mental health services for youth under 19 years of age (age range is flexible depending on client needs). **Not all services are available in all centres.**

**Call 310-MHSU (6478) to connect to Interior Health's "Access Services" program for entry or referral 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.**

## Prevention / Early Intervention

Resources for youth who are at risk of or show signs of a mental health disorder.

### Kid's Help Line

Trained Crisis Line Responders provide emotional support, crisis de-escalation and intervention, 24/7.

### Online Chat for Youth

Virtual drop-in counselling sessions, peer support check-ins and groups for youth aged 12-24.

### Indigenous Youth Line

First Nations and Aboriginal specific crisis line available 24/7, regardless of where individuals reside in BC.

### Virtual Foundry

Virtual drop-in counselling sessions, peer support check-ins and groups for youth aged 12-24.

### Kelty Mental Health Resources

Contains links to a wide variety of online mental health resources.

### Mental Health Resources

Contains links to a wide variety of online mental health resources.

### Bounce Back

A free skill-building program to help youth aged 15+ on their path to mental wellness.

### School Based / Youth Outreach Services

Mental Health counsellors provide services in select high schools and communities to youth who are experiencing mental health problems.

### Public Health Services

Provides services for teens to address youth suicide.

## Outpatient Treatment Services

### Youth Intensive Case Management

Team-based care coordination for youth 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 in Kamloops and Kelowna only.

### 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.

### Therapeutic Volunteer Program

Provides youth unable to enter vocational or supported education programs with financial support for volunteer positions.

### Supported Employment Services

Provides support for transitions to employment including assessment & career planning, job skills training, work experience and consumer-run businesses or cooperatives.

Moderate to High Intensity Services

Long Term Recovery Support

## Crisis and Hospital Services

Respond to people experiencing an acute mental health crisis.

### Parkview Child & Adolescent Mental Health Centre

Specialized team who provide urgent assessment, intervention and referral for children & youth aged 6 to 18 in acute care and emergency departments. Service is located in Kamloops.

### Crisis Response

Specialized team who respond to the hospital (acute care and emergency departments) and community locations to provide urgent assessment, intervention and referral.

### RCMP Partnership Teams

These teams, consisting of an MHSU 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.

## Hospital Based Psychiatric Services

Facility based programs for people experiencing an acute mental health episode.

### Pediatric Inpatient Psychiatric Unit

Provides triage, crisis intervention and stabilization, assessment, and management of acute and severe mental illness for children & youth 17 and under. Unit is located in Kamloops.

### General Psychiatry Services

Services address the complex psychological needs of children and youth 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.

## Tertiary Psychiatric Services

Specialized mental health services for people with severe mental illness.

### Adolescent Psychiatric Unit (APU)

Provides assessment and treatment planning for youth aged 12 to 17 with serious psychiatric symptoms. Unit is located in Kelowna.

### 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.

