

Youth Intensive Case Management



We will meet you where you are at,
without judgement, and work with
you to meet your immediate needs.

**Mental Health &
Substance Use Services**

**For more
information call
310-MHSU (6478)**

Available in:

Cranbrook
Kamloops
Kelowna
Penticton
Trail
Vernon
Williams Lake



Interior Health

Youth Intensive Case Management offer you a team-based approach and low barrier outreach services. We will meet with you up to three times per week to connect you with supports and services to improve your health and meet your wellness goals.

Are you between the ages of 12 and 24 and having...?

- severe substance use challenges
- a hard time coping
- trouble getting the help you need from other services

Do you want to...?

- get substance use support with stopping, cutting back or lowering your risk of harms
- explore what is getting in the way of your wellness
- learn new skills
- find social networks and supports
- explore wellness options
- learn healthy communication skills
- understand your feelings
- increase your self-esteem



We recognize and acknowledge the traditional, ancestral, and unceded territories of the Dākelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Syilx, and T̓silhqot'in Nations where we live, learn, collaborate and work together.

