



Youth Substance Use Services

Interior Health and partner agencies provide a range of substance use services for youth. 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):

- **Kids Help Phone**
1-800-668-6868
- **Interior Crisis Line Network**
1-888-353-2273
- **KUU-US (Indigenous) Crisis Line**
1-800-588-8717
- **Métis Crisis Line**
1-833-638-4722
- **Online Crisis Chat Centre**
www.CrisisCentreChat.ca

Services

- [Find a Harm Reduction Site](#)
- [Drug Checking Locations](#)
- [Opioid Agonist Treatment \(OAT\)](#)

Youth Substance Use Services

One-Pagers:

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

Facility Based Services for Youth

Includes:

- [Withdrawal Management Services](#)
- [Facility-Based Treatment Services](#)

Youth Mental Health Services

One-Pagers:

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

Youth Substance Use Services aim to increase your wellness and decrease substance related harms. They are designed for youth aged 12-24 with some programs focusing on priority ages.

Watch the videos:

[What to expect: Youth facility-based treatment Grand Tour: Okanagan Youth Recovery House](#)

Service Brochures

- [Youth Substance Use Services](#)

Information Sheets

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



Fact Sheets

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

Our goal is to provide person centered, recovery oriented, trauma informed, culturally safe services based on harm reduction principles.

Please note that [Child & Youth Mental Health \(CYMH\)](#) provides the majority of child & youth mental health services. Interior Health and partner agencies provide substance use services for youth aged 12-24 with some programs including priority ages.

