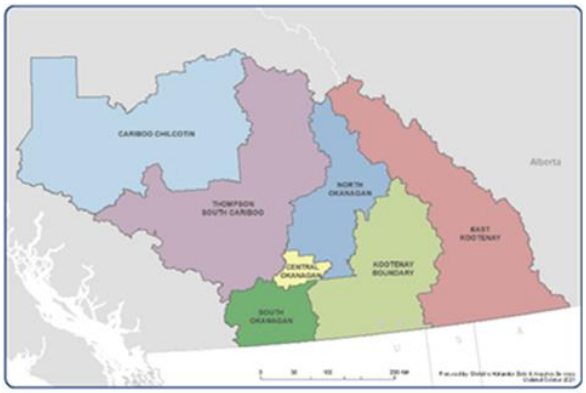


Interior Health

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

Fall 2025

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3 **PURPOSE OF THIS RESOURCE and THE MHSU SPECTRUM OF CARE**

4 **MHSU SERVICES IN THE 7 REGIONS OF INTERIOR HEALTH**

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- Central Okanagan
- South Okanagan
- Kootenay Boundary
- East Kootenay
- Regional

28 **OTHER HEALTH CARE SERVICES and RESOURCES**

- Primary Care Providers
- Family Counselling Services
- Sexual Health
- Indigenous Patient Navigators
- Youth Health & Wellness
- Child Youth Advocacy Centres

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 Heath 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 provide direct contact information noting some services may require specific referral pathways.

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

Interior Heath:

- 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:

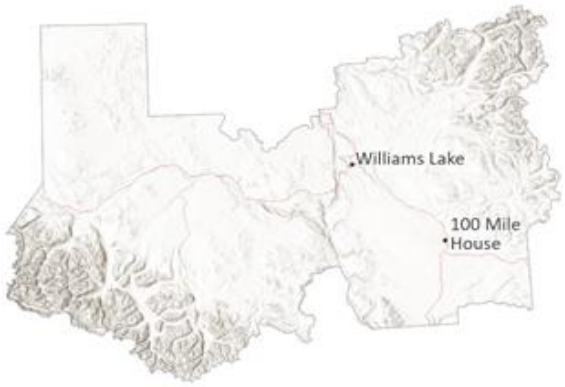
- Ministry of Children and Family Development (MCFD) provide community Child and Youth Mental Health (CYMH) services
- Foundry provide a range of health and wellness resources, services and supports
- First Nations Community Services; First Nations, Métis & Inuit Governments; First Nations Health Authority 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 missing or incorrect and needs updating, please let us know via email: IHSubstanceUseServices@interiorhealth.ca

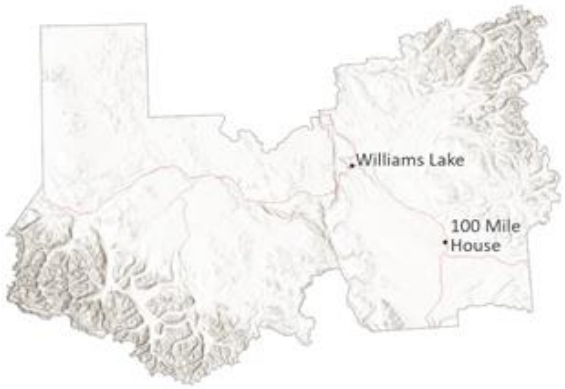
Cariboo Chilcotin



Williams Lake

Agency & Website	Program Name	Age & Program Information	Phone
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
Denisiqi Services Society www.denisiqi.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+.** Tertiary level mental health services for people who have both an intellectual developmental disorder and a mental health disorder. This is a regional program, delivered in local communities.	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 Substance Use Outreach	**12-24.** Outreach based substance use support and linkages to treatment and support 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 and family 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**
Interior Health www.interiorhealth.ca	Youth Substance Use Counselling & Treatment	**12-24.** (priority 12-18) Individual and family substance use counselling and treatment support.	250-395-7676 / 310-MHSU (6478)
	Youth Substance Use Outreach	**12-18.** Outreach based substance use support and linkages to treatment and support services.	
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
Interior Health www.interiorhealth.ca	Substance Use Counselling & Treatment	**12+.** Individual substance use counselling and treatment support.	250-453-1940 / 310-MHSU (6478)
Elizabeth Fry Society www.scefry.ca	Mental Health Prevention	**School age.** Students learn how to cope with different emotions. *For Students in Ashcroft, Cache Creek and Clinton.*	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
Interior Health www.interiorhealth.ca	Substance Use Counselling & Treatment *(Ashcroft)*	**12+.** Individual substance use counselling and treatment support.	250-453-1940 / 310-MHSU (6478)

Thompson South Cariboo



Chase

Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Substance Use Counselling & Treatment	**12+.** Individual substance use counselling and treatment support.	250-679-1400 / 310-MHSU (6478)
Skwlax Health Services and Wellness Centre www.lslb.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	Substance Use Counselling & Treatment	**12+.** 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.** Regional bed-based youth substance use treatment program.	250-318-3009
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+.** Tertiary level mental health services for people who have both an intellectual developmental disorder and a mental health disorder. This is a regional program, delivered in local communities.	250-377-6500 / 310-MHSU (6478)
	Early Psychosis Intervention (EPI) *Located in Kamloops and also serving: Chase, Sun Peaks and Barriere*.	**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 Substance Use Outreach	**12-24.** Outreach based substance use support and linkages to treatment and support services.	
	Transition-Aged Youth (TAYO)	**17-24.** Transition support and MHSU treatment for young adult's who are in government care, transitioning to adult services *and* have a MHSU concern.	

Thompson South Cariboo



Kamloops

Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	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.	250-377-6500 / 310-MHSU (6478)
	Youth Substance Use Counselling & Treatment	**12-24.** (priority 12-18) Individual & family 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.	
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	Withdrawal Management (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

Thompson South Cariboo



Lillooet

Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Substance Use Counselling & Treatment	**12+.** Individual substance use counselling and treatment support.	250-256-4233 / 310-MHSU (6478)
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
Interior Health www.interiorhealth.ca	Substance Use Counselling & Treatment	**12+.** Individual substance use counselling and treatment support.	250-523-9414 ext.6 / 310-MHSU (6478)

Lytton

Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Substance Use Counselling & Treatment	**12+.** Individual substance use counselling and treatment support.	250-455-2221 ext.6 / 310-MHSU (6478)
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

Thompson South Cariboo



Merritt

Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Youth Substance Use Counselling & Treatment	**12-24.** (priority 12-18) Individual substance use counselling and treatment support.	250-378-3401 / 310-MHSU (6478)
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	Integrated Child and Youth *(service supports all communities in SD 83)*	**0-19.** Integrated team of professionals providing mental health and substance use support, treatment and connection to most appropriate service for children, youth and their families.	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	Substance Use Counselling & Treatment	**12+.** Individual substance use counselling and treatment support.	250-814-2241/ 310-MHSU (6478)
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)
	Integrated Child and Youth *Serving all communities in SD 83*	**0-19.** Integrated team of professionals providing mental health and substance use support, treatment and connection to most appropriate service for children, youth and their families.	
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. *Referral from MCFD required.*	250-545-3390
Interior Health www.interiorhealth.ca	Developmental Disability Mental Health Services	**14+.** Tertiary level mental health services for people who have both an intellectual developmental disorder and a mental health disorder. This is a regional program, delivered in local communities.	250-549-5737 / 310-MHSU (6478)
	Early Psychosis Intervention (EPI) *Serving: Vernon, Lumby, Coldstream, Enderby & Armstrong.*	**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 and family substance use counselling and treatment support.	

North Okanagan



Vernon

Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Youth Substance Use Day Treatment	**14-18.** Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns.	250-549-5737 / 310-MHSU (6478)
	Substance Use Connections	**All ages.** Short-term support connecting people at risk of overdose to community substance use services.	
	Transitional Aged Youth	**17-24.** Transition support and MHSU treatment for young adult's who are in government care, transitioning to adult services *and* have a MHSU concern.	
	Youth Substance Use Outreach	**12-24.** Outreach based substance use support and linkages to treatment and support 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.	
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 or 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+.** Tertiary level mental health services for people who have both an intellectual developmental disorder and a mental health disorder. This is a regional program, delivered in local communities.	
	IH Children's Assessment Network (IHCAN)	**0-18.** Provides regional assessment and diagnostic services for children and youth with autism spectrum disorder, fetal alcohol spectrum disorder and other complex developmental conditions.	
	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)	**17-24.** Transition support and MHSU treatment for young adult's who are in government care, transitioning to adult services *and* have a MHSU concern.	

Central Okanagan



Kelowna

Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	Youth Substance Use Outreach	**12-24.** Outreach based substance use support and linkages to treatment and support services.	250-469-7070 / 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.	
	Youth Substance Use Counselling & Treatment	**12-24.** (priority 12-18) Individual and family substance use counselling and treatment support.	
	Youth Substance Use Day Treatment	**14-24.** Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns. Groups are facilitated in age cohorts based on service demand.	
MCFD CYMH www.gov.bc.ca	CYMH Kelowna	**0-18.** Child Youth Mental Health community-based assessment and treatment service.	778-699-2272
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
BGC Okanagan www.bgco.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.** Regional bed-based treatment program. *Medical withdrawal management (detox) may be required.*	250-763-0456 / 1-855-760-0456

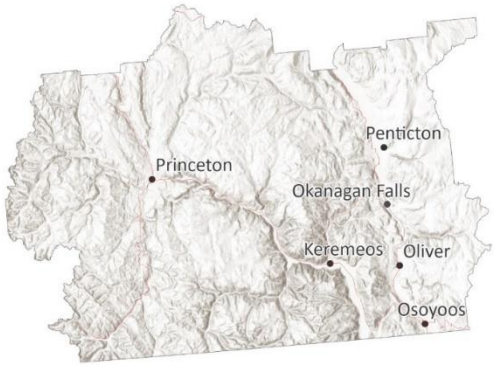
Central Okanagan



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 *(service provided by Kelowna team)*	**All ages.** Short-term support connecting people at risk of overdose to community substance use services.	
	Youth Intensive Case Management *(service provided by Kelowna team)*	**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 *(service provided by Kelowna team)*	**12-24.** (priority 12-18) Individual and family substance use counselling and treatment support.	
	Youth Substance Use Day Treatment *(service provided by Kelowna team)*	**14-24.** Provides structured group-based psychosocial intervention and individualized support for youth who have substance use concerns. Groups are facilitated in age cohorts based on service demand.	
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



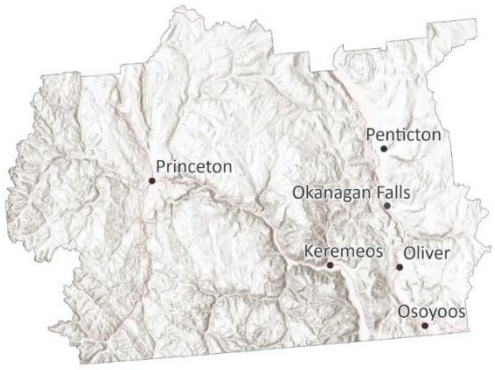
Keremeos

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	Integrated Child and Youth *Serving all communities in School District 53*	**0-19.** Integrated team of professionals providing mental health and substance use support, treatment and connection to most appropriate service for children, youth and their families.	250-499-3029 / 310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Oliver *(Serves OK Falls, Oliver, Osoyoos, Keremeos & Princeton)*	**0-18.** Child Youth Mental Health community-based assessment and treatment service.	250-485-6001

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/
MCFD CYMH www.gov.bc.ca	CYMH Penticton	**0-18.** Child Youth Mental Health community-based assessment and treatment service.	250-487-4422
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.	

South Okanagan



Penticton

Agency & Website	Program Name	Age & Program Information	Phone
Interior Health www.interiorhealth.ca	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.	250-770-3555 / 310-MHSU (6478)
	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.	

Okanagan Falls, Oliver & Osoyoos

Agency & Website	Program Name	Age & Program Information	Phone
BGC Okanagan www.bgco.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	Integrated Child and Youth *Serving all communities in School District 53*	**0-19.** Integrated team of professionals providing mental health and substance use support, treatment and connection to most appropriate service for children, youth and their families.	250-495-6433 / 310-MHSU (6478)
MCFD CYMH www.gov.bc.ca	CYMH Oliver *(Serves OK Falls, Oliver, Osoyoos, Keremeos & Princeton)*	**0-18.** Child Youth Mental Health community-based assessment and treatment service.	250-485-6001

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.	
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)
	Integrated Child and Youth *Serving all communities in School District 20*	**0-19.** Integrated team of professionals providing mental health and substance use support, treatment and connection to most appropriate service for children, youth and their families.	250-304-1846 / 310-MHSU (6478)
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

Kootenay Boundary



Grand Forks

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)
MCFD CYMH www.gov.bc.ca	CYMH Grand Forks	**0-18.** Child Youth Mental Health community-based assessment and treatment service.	250-442-4378

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)
	Integrated Child and Youth *Serving all communities in School District 20*	**0-19.** Integrated team of professionals providing mental health and substance use support, treatment and connection to most appropriate service for children, youth and their families.	250-364-6262 / 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 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
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	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+.** Tertiary level mental health services for people who have both an intellectual developmental disorder and a mental health disorder. This is a regional program, delivered in local communities.	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.	

East Kootenay



Cranbrook

Agency & Website	Program Name	Age & Program Information	Phone
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

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

East Kootenay



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

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

East Kootenay



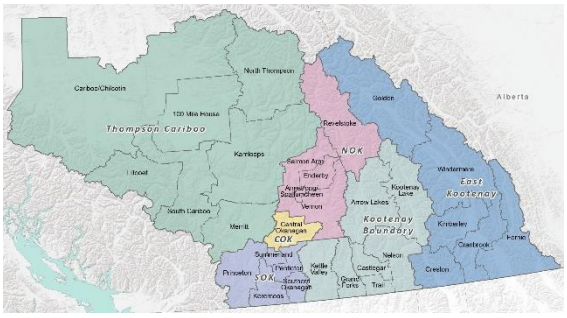
Invermere

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

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**
Interior Health Substance Use Bed-Based Services for Youth www.interiorhealth.ca/substance-use-beds-for-public	Bed-Based Withdrawal Management Services	**Provider specific age criteria.** Provides medically supported services through acute stages of withdrawal from alcohol or other drugs in an inpatient setting.	Regional Beds Contact Agency Directly (see link) Provincial Beds 250-469-7070 / 310-MHSU (6478)
	Bed-Based Treatment Services	**Provider specific age criteria.** Provides a structured, live-in program where your treatment goals are supported through assessment, evidence-based treatment and skill building.	
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. Physician referral required.	250-763-4122 / 310-MHSU (6478)
	Adolescent Psychiatric Unit (APU)	**12-17**. Specialized hospital unit for youth who are struggling with significant psychiatric symptoms that require an extended hospital stay. Referral required	Adolescent Psychiatry Unit (APU) | Service Listing | IH
MCFD 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
Foundry BC www.foundrybc.ca	Foundry Virtual BC	**12-24** Young people and their caregivers living in B.C. can access free mental health and wellness same day services virtually through the Foundry BC app.	Foundry Virtual BC - foundrybc

OTHER HEALTH CARE SERVICES

Indigenous Patient Navigators (IPN) (Interior Health) • www.interiorhealth.ca/services/indigenous-patient-navigator	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
Children & Youth (5-18) Health Services (Interior Health) • www.interiorhealth.ca	Provides health information and service listings for a range of general health issues - dental, hearing, immunization, and nutrition.
Child Youth Advocacy Centres • www.cac-cae.ca	Provides support to children and youth who have experienced abuse. Contact your local centre for further details: CYAC Listings
Family Counselling Services (Community Based) • www.bc-counsellors.org/ • www.ccpa-accp.ca/find-a-canadian-certified-counsellor/ • www.bcasw.org/	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: BC Association of Clinical Counsellors Canadian Counselling and Psychotherapy Association BC Association of Social Workers *NOTE: These services are not usually covered by a BC CareCard. Extended health benefits may cover some costs for private counselling.*
Patient & Family Counselling Services (Hospital Based) (Interior Health) • www.interiorhealth.ca/services/patient-family-counselling	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
Peer-Led Support Groups - Moms Stop the Harm • www.holdinghopecanada.org	Peer-led support groups for parents, spouses, siblings, and friends whose loved ones, of all ages, use or have used substances.
Primary Care Providers - Family Doctors • www.findadoctorbc.ca • www.foundrybc.ca/virtual/primary-care/	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.
Sexual Health Clinic (Options) • www.optionsforsexualhealth.org	Sexual and reproductive health services. Patients can book a telehealth appointment online, or attend a local drop-in clinic
Youth Health and Wellness Services (12-24yrs) (Foundry) • www.foundrybc.ca	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/)*
2SLGBTQIA+ Services - Qmunity for Youth • www.qmunity.ca/get-support/youth/	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
Wellbeing BC • www.wellbeing.gov.bc.ca	British Columbia's official resource for mental health, substance use, and addictions support: Wellbeing BC