



Mental Health & Substance Use Services in Interior Health

Interior Health and our partner agencies provide a range of mental health & substance use services for all ages. We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

Connect to our “Access Services” program for entry into a mental health or substance use service that best meets your needs.
Our services are Person Centered, Recovery Oriented, Trauma Informed, Culturally Safe and based on Harm Reduction Principles.
Not all services are available in all centres

Prevention / Early Intervention

Services available to people who are at risk of or show signs of a mental health or substance use disorder.

Mental Health Resources

Substance Use Resources

Public Health Services

Interior Crisis Line Network

Bounce Back

Child & Teen Mental Health

Preventure

School Based / Youth Outreach Services

Crisis & Hospital Services

Services respond to people experiencing an acute mental health or substance use crisis. The primary focus is to engage with and connect clients to service.

Crisis Response

Specialized team who responds to the hospital (acute care units and ED) and community locations to provide assessment, intervention and referral.

Substance Use Connections

Facilitates discharge planning from hospital (acute care units and/or ED) to community services.

Addiction Medicine Consultation Services

Physicians in hospitals provide withdrawal management assistance, initiation of evidence based treatments, and smooth transitions to community follow-up for people who are experiencing harms related to substance use.

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 (APN)

Provides non-clinical services and is an adjunct to health care staff to ensure aboriginal patients' health care experience is culturally safe and inclusive.

Community Counselling & Treatment Services

Provides short-term specific therapy for people experiencing moderate to severe mental health disorders.

Counselling & Treatment Services

Individual counselling for people experiencing moderate to severe mental health concerns.

Group Counselling & Education

Education and treatment services in a group setting.

Eating Disorders Treatment Services

Individual and group therapy for people diagnosed with an eating disorder. Referral from a family physician is required.

Early Psychosis Intervention

Assessment, treatment, rehabilitation and support services for people who may be experiencing their first psychotic episode.

Perinatal Counselling Services

Screening and diagnosis, counselling and treatment services for women experiencing or at risk for mental health or substance use concerns.

Seniors Mental Health & Substance Use Services

Specialized assessments, treatment, case management, community support as well as caregiver support for people 65 years and older.

Developmental Disability Mental Health Services

Mental health services for individuals aged 14 years or older who are diagnosed with developmental disabilities.

Interior Health Children's Assessment Network

Assessment and diagnostic services for C&Y autism spectrum disorder, fetal alcohol spectrum disorder and other complex developmental conditions. Referral from medical professional is required.

Treatment, Support & Recovery Services

Provides ongoing illness management, support and recovery service for people experiencing serious & persistent mental illness.

Intensive Case Management

Comprehensive care coordination services for people with mental illness and/or substance use concerns who have multiple complex needs. Service is available for both adults and youth. Youth service is available in Kamloops and Kelowna only.

Assertive Community Treatment

Client-directed delivery of care, assertive outreach and comprehensive, continuous service delivery for people with mental illness and/or substance use who have multiple complex needs. Service is available in Kamloops and Kelowna only.

Treatment, Support & Recovery

Screening, assessment, treatment, education, referral services, care coordination, crisis management, and ongoing support.

Therapeutic Volunteer Program

Provides support for volunteer placement.

Supported Employment Services

Provides support for transitions to employment.

Clubhouse

Membership driven drop-in and rehabilitation program. Individuals and staff work side-by-side to manage the operation of the Clubhouse, including clerical services, food services, program activities and outreach services.

Substance Use Services

Provides support services from prevention to intensive treatment for people with substance use disorder.

Substance Use Outreach Services

Street-outreach and outreach within institutions through both telephone & face-to-face contact. Service is available for both adults and youth.

Supervised Consumption Services

Drug consumption supervision, responds to overdoses, provides minor wound care, distribution of harm reduction supplies, drug checking, support & referrals. Service is available in Kamloops and Kelowna only.

Overdose Prevention Services

Includes overdose prevention sites, overdose prevention education and training, and distribution of harm reduction supplies.

Withdrawal Management Services

Support through acute stages of withdrawal from alcohol or other drugs in an inpatient setting or an outpatient basis.

Substance Use Counselling & Treatment Services

Outreach, medical consultation, assessment, referral, education, individual, group and family counselling/therapy and case management. Provided in the home, office-based or community; can be short-term or longer-term. Service is available for both adults and youth.

Substance Use Day Treatment

Structured individual, group and family mental health and/or substance use treatment and support services supporting individuals with complex needs.

Opioid Agonist Treatment (OAT)

The recommended treatment for Opioid Use Disorder (OUD). OAT involves an opioid agonist medication prescribed and monitored by a health care provider. The primary medications used are Suboxone & Methadone.

Facility Based Treatment Services

A structured facility based program, usually delivered in a licensed facility. Evaluates, diagnoses, and treats the symptoms or disabilities associated substance use disorders.

Substance Use Support Recovery Beds

Time-limited substance-free live-in settings provide a safe, supportive environment for individuals who experience low to moderate substance use.

