



Immediate Crisis, Mental Health, and Substance Use Support

If you require immediate assistance call 911

- **KUU-US: toll free 1-800-588-8717**
- **Indian Residential School Survivors Society 1-604-985-4465/toll-free: 1-800-721-0066**
- **Tsow-Tun Le Lum Society: 1-250-268-2463**
- **Hope for Wellness Helpline:1-855-242-3310**
- **Interior Health Crisis Line 1888-353-2273**
- **First Nations and Aboriginal Specific Crisis Line available 24/7**
Toll Free 1-800-588-8717
Youth Line 1-250-723-2040
Adult Line 1-250-723-4050
- **British Columbia Crisis Center 1-800-784-2433**
- **Canadian Mental Health BC Division 1-800-555-8222**

Addictions and Substance Misuse Supports

- Adults Help Line 1-800-663-1441
- Mental Health Substance Use Interior Health 1-888-353-2283

Family / Domestic Violence

- **VictimLinkBC: 1-800-563-0808** (24 Hours) B.C. and Yukon
- **Domestic Violence Help Line1-800-563-0808** (24 Hour)
- **Kids Help Phone 1-800-668-6868**
- **Helpline for Children in BC: 310-1234** or text [686868](tel:686868)
- **Seniors Abuse and Information Line (SAIL) 604-437-1940** | Toll free 1-866-437-1940 - Available 8am to 8pm daily (except holidays)

Youth and Children Mental Health and Wellness Supports:

- **Foundry Youth Mental Health Support: 1-833-308-6379**
Youthspace.ca Access emotional support, resources, and crisis response, volunteers are available on Youthspace Chat every night from 6pm - 12 midnight (Pacific Time) foundrybc.ca/get-support/virtual
- **Youth in BC online Chat: 1-604-872-3311**

PFLAG Canada 1.888.530.6777

Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week inquiries@pflagcanada.ca www.pflagcanada.ca

FNHA Mental Health and Substance Use Support Resources

FNHA Health Benefits- Mental Health Service 1-855- 550-5454

- For a List of First Nation Health Authority Mental Health and Substance Use/ service providers in your area use link below: <https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>
- FNH Benefits service provider information: <https://www.fnha.ca/benefits/contact-health-benefits>
- Mental health service providers information: <https://www.fnha.ca/benefits/mental-health>

FNHA Doctor of the Day Clients call 1-855-344-3800

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

- You can access Mental Health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry

FNHA First Nations Virtual Substance Use and Psychiatry Service

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

- You can be referred into the program through community health and wellness workers, addictions counsellors, mental health clinicians or counsellors, and medical practitioners.
- You can access Mental Health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry

FNHA Traditional Wellness Support Resources:

The Interior Region Nations are rich with Knowledge Keepers to support your Traditional Wellness, should you be unable to connect with a Traditional Wellness resource in your Nation or community please feel free to reach out to:

- FNHA Interior Region Mental Health and Wellness Team Manager
Duanna Johnston Virgo at Phone: 1-250-319-9657 Email: Duanna.Johnston-Virgo@fnha.ca

Or

- FNHA Interior Region Addiction Specialist
Debra Robbins at Phone: 1-778-694-4548 Email: debra.robbsins@fnha.ca

FNHA Health Benefits Transportation for Self- Isolation Call 1-888-305-1505

seven days a week from 8:30 a.m. to 4:30 p.m. Health Benefits Isolation Support team is available to support your self-isolation travel needs

<https://www.fnha.ca/benefits/health-benefits-news/covid-19-guide-to-medical-transportation-benefits-for-self-isolation>

Interior Health Mental Health and Substance Centers in Interior Region:

Our Interior Region Partnership continues with Interior Health to has provided the below lists of resources and links to support for Mental Health and Substance use programs.

List of Mental health and Substance Use Center

<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Pages/default.asp>



City	MHSU Centre	Address	Phone / Toll Free	Fax
100 Mile House, BC	100 Mile Mental Health & Substance Use	555 Cedar Ave. S	250-395-7676	250-395-7675
Ashcroft, BC	Ashcroft Mental Health & Substance Use	700 Ash-Cache Creek Hwy	250-453-1940 / 1-877-499-6599	250-453-1926
Barriere, BC	Yellowhead Community Services Society-Barriere	4936 Barriere Town Rd.	250-672-9773	250-672-9709
Castlegar, BC	Castlegar Mental Health & Substance Use	707 - 10th Street	250-304-1846	250-304-1240
Chase, BC	Chase Mental Health & Substance Use	825 Thompson Ave.	250-679-1400	250-377-6503
Clearwater, BC	Yellowhead Community Services Society-Clearwater	612 Park Dr.	250-674-2600	250-674-2676
Clinton, BC	Clinton Mental Health & Substance Use	1500 Cariboo Hwy	250-453-1940 / 1-877-499-6599	250-453-1926
Cranbrook, BC	Cranbrook Mental Health & Substance Use	20 - 23rd Ave. S	250-420-2210 / 1-888-426-7566	250-420-2279
Creston, BC	Creston Mental Health & Substance Use	243 - 16 Ave. N	250-428-8734	250-428-8956
Golden, BC	Golden Mental Health & Substance Use	835 - 9th Ave. S	250-344-3015	250-344-2817
Grand Forks, BC	Boundary Mental Health & Substance Use	7441 - 2nd Street	250-442-0330	250-442-0334
Invermere, BC	Invermere Mental Health & Substance Use	850 - 10th Ave.	250-342-2363	250-342-2374
Kamloops, BC	Kamloops Mental Health & Substance Use	235 Lansdowne St.	250-377-6500	250-377-6502
Kamloops, BC	King Street Centre	126 King St.	250-376-7855	250-554-1740
Kaslo, BC	Kaslo Mental Health & Substance Use	673 A Ave.	250-353-2291	250-353-2291
Kelowna, BC	Kelowna Mental Health & Substance Use	505 Doyle Ave.	250-469-7070	-----
Keremeos, BC	Keremeos Mental Health & Substance Use	700 - 3rd Street	250-499-3029 / 1-800-663-7867	250-499-3027
Kimberley, BC	Kimberley Mental Health & Substance Use	260 - 4th Ave.	250-427-2215	250-427-7389
Lillooet, BC	Lillooet Mental Health & Substance Use	951 Murray St.	250-256-4233 / 1-855-656-4233	250-256-4260
Logan Lake, BC	Logan Lake Mental Health & Substance Use	5 Beryl Dr.	250-523-9414, x 23	250-523-6869
Lytton, BC	Lytton Mental Health & Substance Use	533 Main St.	250-455-2216	250-455-2644
Merritt, BC	Merritt Mental Health & Substance Use	3451 Voght St.	250-378-3401	250-378-3411
Nakusp, BC	Nakusp Mental Health & Substance Use	97 - 1st Ave. NE	250-265-5253	250-265-5253
Nelson, BC	Nelson Mental Health & Substance Use	333 Victoria St.	250-505-7248	250-505-7246
Osoyoos, BC	Osoyoos Mental Health & Substance Use	4816 - 89th St.	250-495-6433	250-495-5142
Penticton, BC	Martin Street Outreach Clinic	Unit 117 - 437 Martin St.	250-770-3696	250-492-0066
Penticton, BC	Penticton Mental Health & Substance Use	740 Carmi Ave.	250-770-3555	250-770-3599
Revelstoke, BC	Revelstoke Mental Health & Substance Use	1200 Newlands Rd.	250-814-2241	250-814-2242
Salmo, BC	Salmo Mental Health & Substance Use	311 Railway Ave.	250-357-2277	250-357-2277
Salmon Arm, BC	Salmon Arm Mental Health Services	851 - 16th St. NE	250-833-4102	250-833-4117
Salmon Arm, BC	Salmon Arm Substance Use Services	2nd Floor - 431 Hudson Ave. NE	250-833-4103	250-803-4105
Sparwood, BC	Sparwood Mental Health & Substance Use	570 Pine Ave.	250-425-2064 / 1-800-661-0329	250-425-2378
Trail, BC	Trail Mental Health & Substance Use	Suite 3 - 1500 Columbia Ave.	250-364-6262	250-364-6257
Vernon, BC	Vernon Mental Health & Substance Use	1440 - 14th Ave.	250-549-5737	250-549-6358
Vernon, BC	Vernon Downtown Mental Health & Substance Use	3306A 32 nd Ave.	250-503-3737	250-545-5788
Williams Lake, BC	Williams Lake Mental Health & Substance Use	487 Borland St.	250-392-1483	250-302-3262

UPDATED 17-JUL-20

Interior Health Opioid Agonist Therapy (OAT) Clinic List:



Opioid Agonist Treatment (OAT)

CLINICS & PROVIDERS

Within the Interior Health Region

Community	Centre	Address	Contact # to arrange appointment	Clinic Type
Ashcroft	Ashcroft Hospital and Community Centre	700 Ash-Cache Creek Hwy Ashcroft, BC V0K 1A0	250.256.1345	IH
Castlegar	10 th Street Clinic	707 10 th St. Castlegar, BC V1N 2H7	250.304.1284	IH
Chase	Chase MHSU	825 Thompson Ave. Chase, BC V0E 1M0	250.679.1390	IH
Cranbrook	East Kootenay Addictions Services (EKAS)	202-1617 Baker St. Cranbrook, BC V1C 1B4	877.489.4344	IH
Cranbrook	Cranbrook MHSU Clinic	20 - 23 rd Ave. South Cranbrook, BC V1C 5V1	250.417.7056	IH
Creston	Creston MHSU	243 - 16 Ave. North Creston, BC V0B 1G0	250.428.8734	IH
Elk Valley <i>Serves Sparwood, Fernie, Elkford</i>	Sparwood MHSU	570 Pine Ave. Sparwood, BC V0B 2G0	250.425.2064 Ext. 68170	IH
Enderby	Enderby Community Health Centre	707 - 3rd Ave. Enderby, BC V0E 1V0	250.838.2450 Ext. 38348	IH
Golden	Golden Medical Clinic	826 9 Ave. South Golden, BC V0A 1H0	250.344.2211	Private
Grand Forks	Boundary MHSU	7441 2 nd Street Grand Forks, BC V0H 1H0	250.442.0330	IH
Invermere	Invermere MHSU	850 - 10th Ave. Invermere, BC V1A 1K0	250.342.2363	IH
Kamloops <i>Also serves Clearwater</i>	Kamloops Rapid Access Addictions Clinic	103 - 220 3rd Ave. Kamloops, BC V2C 3M3	250.374.2345	Private
Kamloops	Interior Chemical Dependency Clinic (ICDC)	239 Lansdowne St. Kamloops, BC V2C 1X8	778.471.6488	Private
Kamloops	Dr. Hancke DeKock	694 Seymour St. Kamloops, BC V2C 2H2	778.471.3574	Private
Kelowna	Kelowna MHSU Clinic	505 Doyle Ave. Kelowna, BC V1Y 0C5	250.801.2589	IH
Kelowna	Foundry	100 - 1815 Kirschner Rd. Kelowna, BC V1Y 6G3	250.420.2803	IH
Lillooet	Lillooet MHSU	951 Murray St. Lillooet, BC V0K 1V0	250.256.1345	IH
Lytton	St. Bartholomew's Health Centre	575A Main Street Lytton, BC V0K 1Z0	250.256.1345	IH
Merritt	Nicola Valley Hospital / Health Centre	3451 Voght St. Merritt, BC V1K 1C6	250.378.3401	IH
Nelson <i>Also serves New Denver, Kaslo</i>	Nelson MHSU	333 Victoria St. Nelson, BC V1L 4K3	250.505.7271	IH