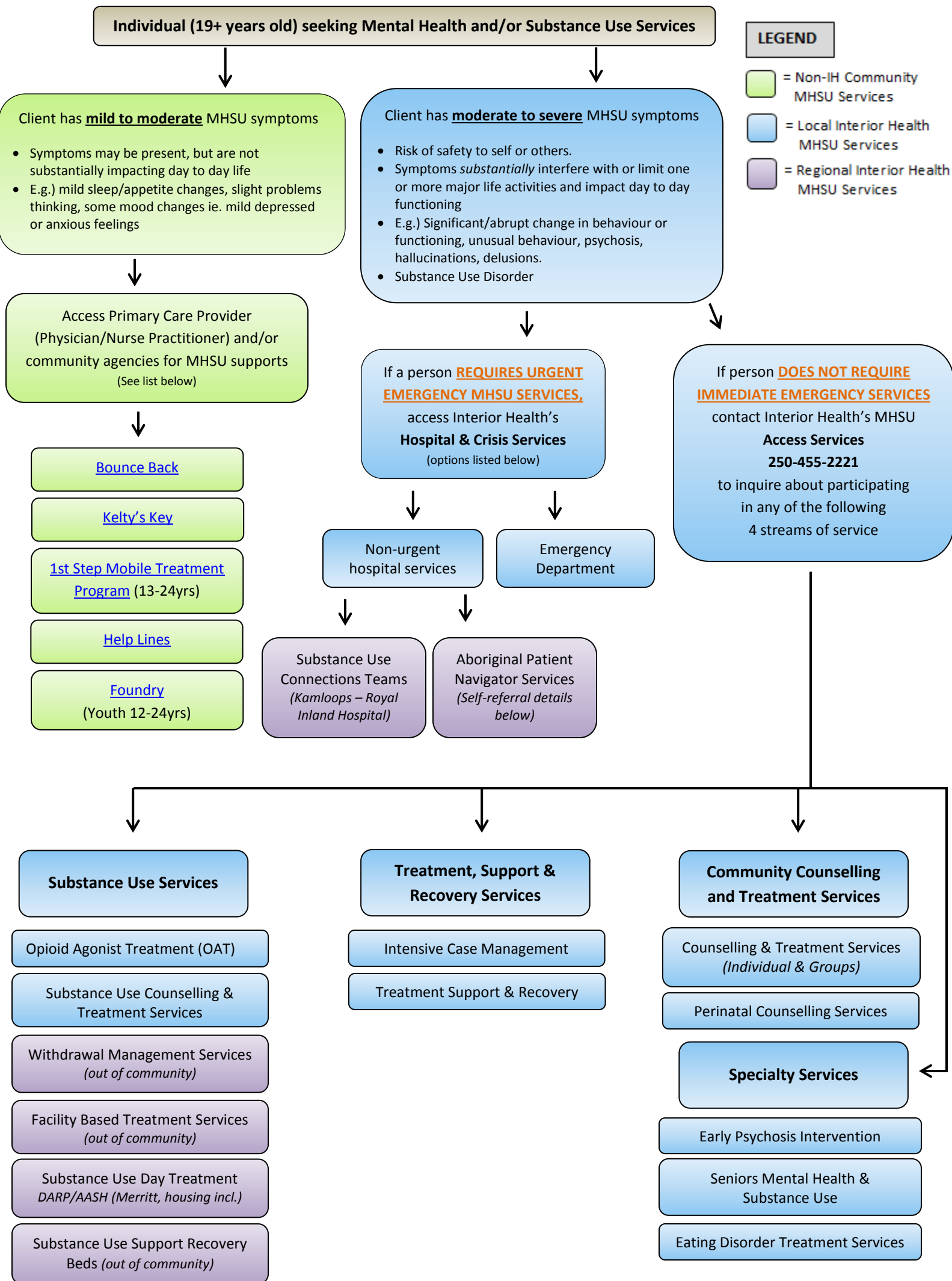


Pathway to Mental Health & Substance Use Services (MHSU) – Lytton & Area



LEGEND

- = Non-IH Community MHSU Services
- = Local Interior Health MHSU Services
- = Regional Interior Health MHSU Services

Additional information on back

❖ **Experiencing difficulty accessing services?**

Contact the **Integrated Community Care Coordinator / Team Leader** who is a navigational contact for Nation Mental Wellness Leads and Health Directors to support access to appropriate services, and respond to challenges to accessing services.

Interior Health Contact & Location Information:

Access Services:

Lytton Mental Health & Substance Use
575 Main Street
Lytton, BC V0K 1Z0
(Located in St. Bartholomew's Health Centre)

Phone: 250-455-2221 ext. 6
Hours of Operation: Wednesday's, 9:30am – 3:30pm

In case of an emergency call: 911

Integrated Community Care Coordinator:

- 778-209-0237
- Monday – Friday 8:30am – 4:30pm (excluding stat holidays)

Virtual Aboriginal Patient Navigator (APN):

Whether or not you wish to self-identify as Aboriginal, APNs are here for you. The goal of an APN is to help make your hospital care and journey to wellness safe, comfortable, and less confusing.

APNs are available to:

- offer emotional support to individuals and families;
- connect you to mental health and wellness resources;
- connect you to trusted information sources for COVID-19 and IH health services, and;
- provide guidance on spiritual and cultural wellness.

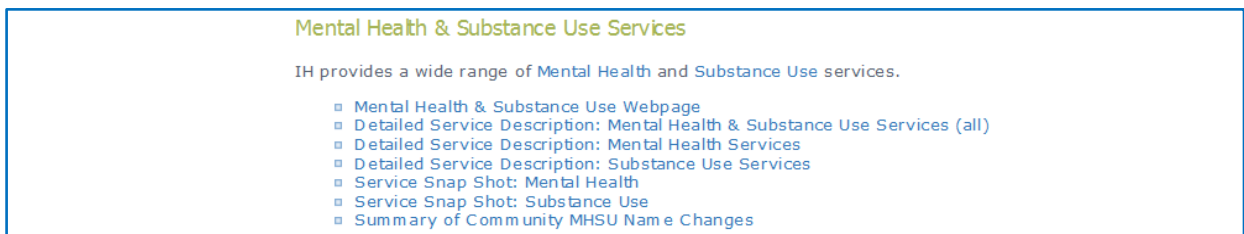
To set an appointment, please email: AboriginalPatientNavigatorProgram@interiorhealth.ca

Navigating the Interior Health Webpage to reach Mental Health & Substance Use:

1. Visit www.interiorhealth.ca, then click on the 'Partners' tab at the top of the page.



2. Once on the 'Health Professionals and IH Partners' page scroll down to the 'Mental Health & Substance Use Services' section.



3. From here you have quick access to:
 - a. The main Mental Health & Substance Use page
 - b. Three detailed descriptions of the overall MHSU services offered by Interior Health:
 - [Detailed Service Description: Mental Health & Substance Use Services \(all\)](#)
 - [Detailed Service Description: Mental Health Services](#)
 - [Detailed Service Description: Substance Use Services](#)
 - c. Two 'Snap Shots' with clickable tabs that direct individuals to additional information on desired services:
 - [Service Snap Shot: Mental Health](#)
 - [Service Snap Shot: Substance Use](#)

Community MHSU Contact Information:

Bounce Back:

- Offers 3 Streams of online service, visit www.bouncebackbc.ca to access services
 - Bounce Back Coaching
 - Requires primary care provider or school counsellor referral
 - Bounce Back Online
 - Work independently through online modules
 - Bounce Back Today Videos
 - Not quite ready to commit, watch their online video series

Kelty's Key:

- 2 options for online therapy
 - Tailored treatment from an online therapist, or
 - Work on your own with self-help resources
- Visit www.keltyskey.com

1st Step Mobile Treatment Program:

- One-to-one Substance Use and Mental Health Counselling
- Phone: Sarah Howe at 250-320-9630
- Email: sarah.howe@axis.bc.ca

Foundry:

- Ages 12-24 years
- No referral or assessment required
- Virtual sessions include:
 - Drop-in counselling for young people and their caregivers
 - Peer support for young people and their caregivers
 - Groups and workshops for young people
 - Groups and workshops for caregivers
- Hours:
 - Monday-Thursday, 1:15pm – 9:00pm
 - Friday, 2:15pm – 9:00pm
- Phone: 1-833-308-6379
- Email: online@foundrybc.ca

Help Lines:

- Recommendation: Please print out the resource located at the link provided on page 1 of this document for a comprehensive list of help lines