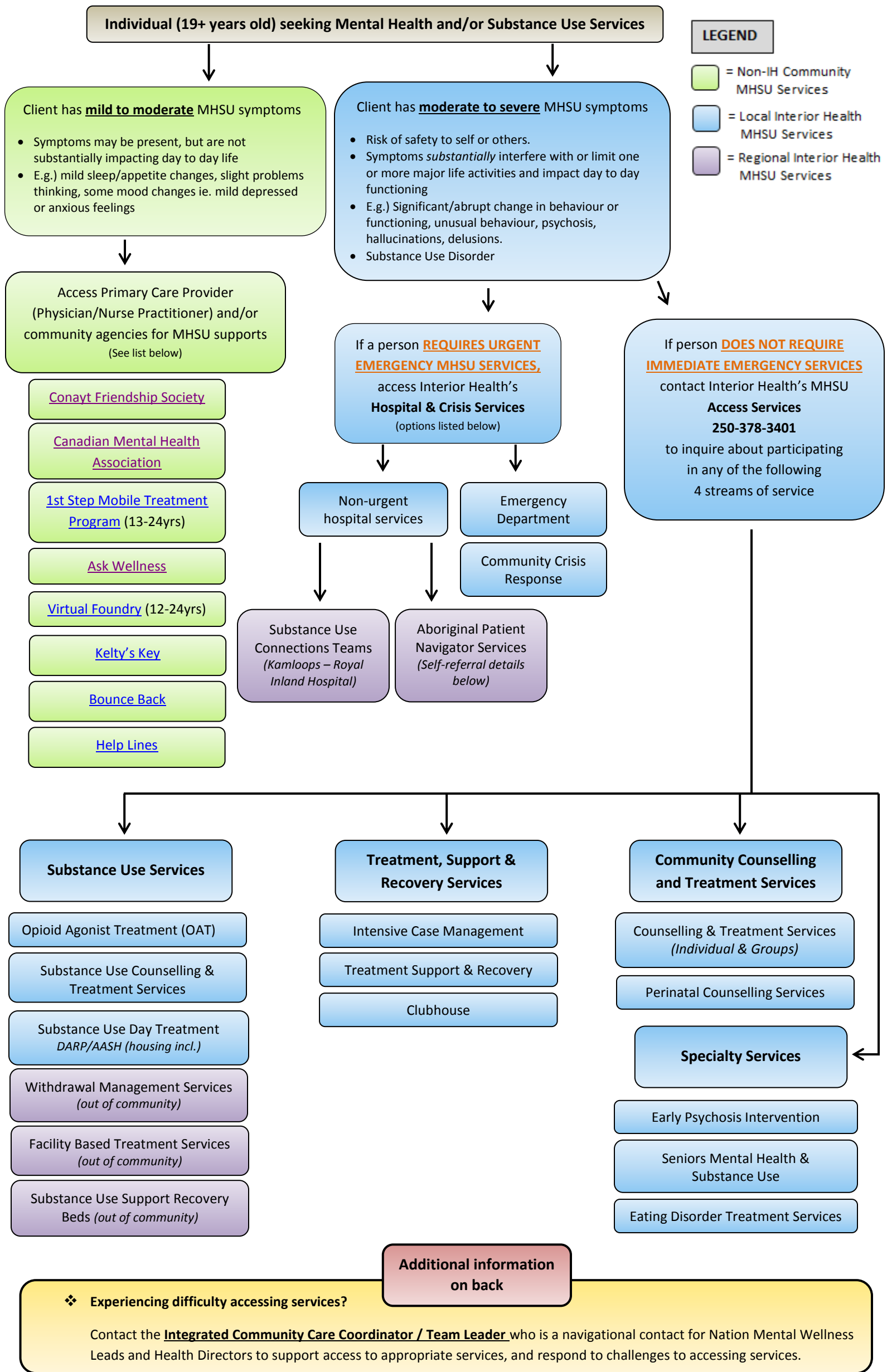


# Pathway to Mental Health & Substance Use Services (MHSU) – Merritt & Area



## Interior Health Contact & Location Information:

### Access Services:

Merritt Mental Health & Substance Use  
3451 Voght Street  
Merritt, BC V1K 1C6  
(Located in the Nicola Valley Hospital and Health Centre)

Phone: 250-378-3401 | Fax: 250-378-3411  
Hours of Operation: Monday –Friday, 8:30am – 4:30pm

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.

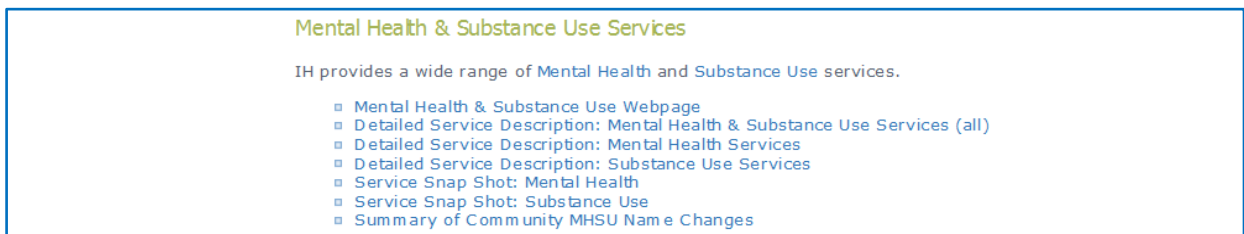
To set an appointment, please email: [AboriginalPatientNavigatorProgram@interiorhealth.ca](mailto:AboriginalPatientNavigatorProgram@interiorhealth.ca)

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

1. Visit [www.interiorhealth.ca](http://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:**

### **Conayt Friendship Society:**

- Drug & Alcohol Counselling, Youth and Family Support Programming, housing, Nurse Practitioner, Elders Program
- Phone: 250-378-5107
- Email: [reception@conayt.com](mailto:reception@conayt.com)

### **Canadian Mental Health Association:**

- Life skill development at the Merritt Clubhouse
- Hours: Wednesday – Friday, 9:00am – 2:30pm
- Phone: 250-819-4470
- Email: [merritt.clubhouse@cmha.bc.ca](mailto:merritt.clubhouse@cmha.bc.ca)

### **1<sup>st</sup> 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](mailto:sarah.howe@axis.bc.ca)

### **Ask Wellness:**

- Programing includes: health, harm reduction, housing, employment, etc.
- Phone: 250-315-0098
- Address: 2196 Quilchena Ave

### **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](mailto: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

### **Bounce Back:**

- Offers 3 Streams of online service, visit [www.bouncebackbc.ca](http://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](http://www.keltyskey.com)