

Mental Health & Substance Use Services

Interior Health and our partner agencies provide a wide range of mental health and substance use services for all ages.

We strive to ensure that all services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

For a complete list of mental health and substance use services visit www.interiorhealth.ca

> Your Care

> Mental Health & Substance Use or scan the code below to go to the Mental Health & Substance Use Services web page.



Scan me

Not all services are available in all areas

We acknowledge the work takes place on the traditional, ancestral and unceded First Nations territory.
We acknowledge the contributions of the Métis Nation.

Other Help Lines 24 hours/7 days a week

310-Mental Health Support
310-6789

Children's Help Line
310-1234

Kids Help Phone
1-800-668-6868

Emergency Crisis Line
1-888-353-CARE (2273)

Suicide Prevention
1-800-SUICIDE (784-2433)

KUU-US (Aboriginal) Crisis Line
1-800-588-8717

Métis Crisis Line
1-833-MÉTISBC (638-4722)

Online Crisis Chat Center
www.CrisisCentreChat.ca



Place 1" x 2 5/8"

MHSU Centre label here

822951 Apr 17-20



Interior Health
Every person matters

Community Counselling & Treatment Services

Every journey is unique, any step taken towards recovery is the right step.
- Patient Partner



Mental Health & Substance Use Services

We invite you to connect with our **Access Services** program at your local Mental Health & Substance Use Centre for more information and links to mental health or substance use services that best meet your needs.

Community Counselling & Treatment Services

Provides specific therapy for people with moderate to severe mental health disorders.

We respect your right to privacy. We will ask you about involving your family in your care. Sharing information and working with your family and care providers will ensure you receive the best care.



Counselling & Treatment Services

Provides counselling for people experiencing moderate to severe mental health concerns. Services to help people through their wellness journey and recovery may include:

- Support in developing personal treatment goals
- Assessment & interventions
- Group & individual counselling
- Medical & psychiatric consultation
- Education & self-management support
- Referrals to other community services
- Outreach services

Perinatal Counselling Services

Services for pregnant women or new mothers experiencing or at risk of mental health or substance use concerns. All approaches take into consideration the safety of the mother and infant. Services may include:

- Screening & diagnosis
- Individual & group counselling
- Referrals to other community services & support networks



Our services are Person Centered, Recovery Oriented, Trauma Informed, Culturally Safe and based on Harm Reduction Principles.