

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.

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

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**

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

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

822950 Apr 17-20



Interior Health
Every person matters

Mental Health Treatment, Support & Recovery 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.

Mental Health Treatment, Support & Recovery Services

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

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.

Treatment, Support & Recovery Program

Provides treatment and support to help people with major mental illness and substance use concerns on their journey to mental wellness and recovery. Services may include:

- Screening & assessments
- Medication administration, review & monitoring
- Counselling, treatment & recovery plans
- Crisis intervention
- Life skills support & education
- Self-management support
- Relapse prevention
- Care coordination & referrals

Therapeutic Volunteer Program

Provides people unable to enter vocational or supported education programs with financial support for volunteer positions.

Supported Employment Services

Services may include:

- Specialized assessments & career planning
- Job skills training
- Transitional & supported employment services
- Work experience
- Consumer-run businesses or co-operatives

Clubhouse

Clubhouse is a membership driven drop-in 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. Referral from a Mental Health and Substance Use program is needed.



Intensive Case Management

Provides team-based care coordination for people with severe mental health and/or substance use concerns.

Services are provided in the community and are tailored to the person's needs. The program includes services offered by the Treatment, Support & Recovery Program plus:

- Assistance to find & keep housing
- Primary Care
- Outreach

Assertive Community Treatment

Provides team-based care for people with multiple complex needs and mental illness and/or substance use concerns.

The teams provide client-directed care, assertive outreach and comprehensive, continuous service delivery. The program includes services offered by Treatment, Support & Recovery Program plus:

- Assistance to find & keep housing
- Primary Care
- Outreach
- Money management & employment
- Psychosocial rehabilitation
- Court liaison