



Integrated Treatment Teams

Interior Health and our partner agencies provide a range of substance use services for all ages. We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

RESOURCE LIST

Start Here

Call **310-MHSU (6478)** to connect with your [local Mental Health & Substance Use centre](#).

Call a Crisis line for immediate assistance (24/7):

- **Interior Crisis Line Network**
1-888-353-2273
- **KUU-US (Indigenous) Crisis Line**
1-800-588-8717
- **Métis Crisis Line**
1-833-638-4722

Contact your local ITT

Local hours vary and phones are not monitored 24/7

East Kootenay

- Counsellor and Nurse:
250-417-6171

Kamloops

- Counsellor: 250-819-0895
- Nurse: 250-571-4674

North OK

- Counsellor: 250-253-1027
- Nurse: 250-253-4976

Penticton

- Counsellor: 250-490-5216
- Nurse: 250-490-7560

West Kelowna

- Counsellor: 250-826-4384
- Nurse: 250-878-5614

Services

Outpatient Withdrawal Management Services

- Coming soon

Substance Use Services

One-Pagers:

- [Descriptive Service Overview](#)
- [Clickable Linear Diagram](#)
- [Clickable Circular Diagram](#)

Mental Health Services

One-Pagers:

- [Descriptive Service Overview](#)
- [Clickable Linear Diagram](#)

Facility Based Services

Includes:

- Withdrawal Management Services
- Facility-Based Treatment Services
- Support Recovery Services

Integrated Treatment Teams (ITT) offer flexible and discreet community-based substance use treatment for adults 19 years or older. These interdisciplinary teams provide virtual and in-person counselling-based treatments, connection to prescription medications and Peer Support.

Watch the Video [In my experience: Integrated Treatment Teams](#)

Service Brochures

- [Integrated Treatment Teams](#)
- [Substance Use Services](#)
- [Crisis & Hospital Services](#)

Patient Information Sheets

- [Substance Use](#)
- [Overdose Prevention](#)
- [Suicidal Thoughts](#)
- [Anxiety](#)
- [Depression](#)
- [Mental Health Act](#)

Substance Use Fact Sheets

- [Help Lines](#)
- [Addressing Stigma](#)
- [Mobile Apps and Virtual Treatment](#)
- [Opioid Agonist Treatment](#)
- [Overdose Prevention & Harm Reduction](#)
- [Peer Education & Training](#)
- [Resources for Families Affected by Substance Use](#)
- Substance Information - [Alcohol](#)
- Substance Information - [Cannabis](#)
- [Mental Wellness Resources for Aboriginal Partners](#)



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

