



Mental Health Services in Interior Health

We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds. Interior Health and partner agencies provide a range of mental health services for adults 19+.

Call 310-MHSU (6478) or click here to connect to our Access MHSU Services program for entry or referral into a mental health service that best meets your needs. Our goal is to provide person centered, recovery oriented, trauma informed and culturally safe services based on harm reduction principles.

Prevention / Early Intervention

Resources to help you with your mental health concerns

Adult Mental Health Services and Resources

Find out about our mental health services and online resources.

Help Lines Fact Sheet

This fact sheet is a compilation of trustworthy help lines to support and guide you to other resources.

Mobile Apps / Virtual Care Fact Sheet

This fact sheet is a list of virtual supports that can be accessed through devices connected to the internet.

Adult Health Care

Learn about adult health-care services, including advance care planning, fall and injury prevention, immunization, and tobacco reduction.

Call a crisis line for immediate assistance 24 hours a day, seven days a week

Interior Crisis Line Network

1-888-353-2273

Suicide Prevention

1-800-784-2433

KUU-US (Aboriginal) Crisis Line

1-800-588-8717

Métis Crisis Line

1-833-638-4722

Notes

MHSU = Mental Health & Substance Use
Community Based Services

A solid outline indicates Interior Health (IH), MHSU or IH contractual service.

A dotted outline indicates non-MHSU or IH service.

Crisis and Hospital Services

Services to help connect you to supports in your community when you're experiencing a mental health or substance use crisis

Crisis Response

This specialized team provides urgent assessment, intervention and referral at hospitals and community locations.

Substance Use Connections

These teams support you in hospitals and community locations. If you have overdosed, or are at risk of overdose, these teams provide a priority response.

Integrated Crisis Response Teams

If you've had a mental health or substance use emergency in Kamloops and Kelowna, these teams provide crisis response. Our MHSU clinicians partner with a specially trained RCMP officer to help connect you to the services you need to keep you safe.

Community Counselling and Treatment¹

Therapy to help you with your moderate to severe mental health disorder

Counselling and Treatment Services

We offer group and individual counselling to people with moderate to severe mental health concerns. You can access services that may include assessment intervention, medical and psychiatric consultation, education and self-management support, referrals and outreach.

Group Counselling and Education

We provide structured group-based mental health treatment and support service. Services you can access may include counselling and treatment, coping and self-care skills, and social connections. We also offer tools to help you sustain a healthy and balanced lifestyle.

Perinatal Counselling Services

If you're pregnant or a new mother, our services support you if you're at risk of mental health or substance use concerns. Our approaches focus on your safety and that of your infant.

Mental Health Specialty Services¹

Services to help you with your diagnosed mental health disorder

Aboriginal Patient Navigator Services (APNs-MHSU)

Our APNs-MHSU work as part of your care team. They are a resource for Aboriginal individuals and families accessing MHSU services, Aboriginal agencies, and health-care providers to ensure care is culturally safe, relevant and guided by you.

Seniors Mental Health and Substance Use Services

If you're 65 or older and experiencing dementia and other mental health and/or substance use concerns, our teams provide specialized assessments, treatment, community support and caregiver support.

Early Psychosis Intervention

If you're experiencing your first episode of psychosis, our treatment and support services can help you develop wellness plans. We also bridge youth to adult mental health services, link community services with hospitals, and provide community education.

Eating Disorders Treatment Services

If you have been diagnosed with an eating disorder, we can help by providing you with individual and group therapy. We can also suggest interventions to begin re-nourishment and promote medical stabilization.

Developmental Disability Mental Health Services

If you're 14 or older and have an intellectual developmental disorder and a mental health disorder, our teams work with you and your circle of care to promote your well-being and quality of life.

Treatment, Support and Recovery Services¹

Services to help you with ongoing illness management, support and recovery

Treatment, Support and Recovery

If you're experiencing major mental illness and substance use concerns, we can help you with your journey to mental wellness and recovery. We provide screening and assessments, medication management and wellness plans. We can offer crisis intervention, life skills support and education, and self-management support. We also offer relapse prevention, care coordination, and referrals to volunteer and employment opportunities.

Intensive Case Management

Our team-based care coordinates a broad range of services to meet you where you are, without judgement. We work with you to meet your needs, and connect you with supports and services to improve your health, and meet your wellness goals.

Assertive Community Treatment

If you're experiencing multiple complex needs and mental illness and/or substance use concerns, our team-based approach provides client-directed care, assertive outreach and comprehensive, continuous services.

Hospital-Based Psychiatry Services

Personalized care that's focussed on enabling your recovery, empowering you, and building a sense of hope

Acute Inpatient Psychiatry Services

Our structured therapeutic program provides assessment and treatment during a severe mental illness or substance use episode.

Acute Psychiatry Short Stay

Our secure assessment units provides triage, crisis intervention and stabilization, assessment, and management of acute and severe mental illness.

General Psychiatry Services

Our services address the complex psychological needs of adults and seniors in hospitals, clinics and community-based services.

Tertiary Psychiatric Services

Specialized mental health services to help you with severe mental illness

Neuropsychiatry

Have you had a brain injury or other illness, and are experiencing cognitive, affective and psychotic syndromes? We provide treatment and long-term stabilization in a specialized setting.

Adult Psychiatry Assessment and Treatment

Do you have a persistent psychiatric disorder that has not responded to treatment in other levels of care? We can provide assessment, treatment, stabilization, rehabilitation and support in a secure setting.

Older Adult Assessment and Treatment

If you're over 65 and experiencing psychiatric symptoms from dementia and/or another diagnosis, we offer assessment and treatment options.

Psychiatric Intensive Care

Access short-term psychiatric stabilization in a secure environment when you're experiencing complex psychiatric conditions that could pose a risk to yourself and/or others.

Adult Tertiary Rehabilitation

If you have a persistent and stable mental illness, our rehabilitation program can help you reach your wellness goals, build your readiness, and develop strategies and knowledge to succeed in your community.

Older Adult Long-term Adult Tertiary Rehabilitation

If you're over 65 and experiencing a serious and persistent mental illness and complex medical needs, we can provide you with specialized psychiatric care and nursing support.