

Mental Health Resources- Kelowna

The logo for Here2Talk, featuring the text "Here2Talk" in white inside a teal speech bubble shape.

Here2Talk is a free 24-hr support for BC post-secondary students. To speak to a counsellor by phone, app, or online you can download the Here2Talk app or visit here2talk.ca

· F O U N D R Y ·

Foundry Kelowna A 'one stop shop' for youth (age 12-24) and their families to access mental health, substance use, single session and brief counselling and social services. Call for availability and more info about service options. 1815 Kirschner Road, Kelowna Phone: 236-420-2803 <https://foundrybc.ca/kelowna/>

Foundry Virtual is available to youth age 12-24 and their caregivers across BC: <https://foundrybc.ca/virtual/>

youthspace.ca

A space for any youth across Canada, under 30, who is experiencing any sort of crisis to come and talk (through text and chat). They are open every day between 6pm and midnight. <http://youthspace.ca/>



Interior Health

Community Response Team For individuals in Kelowna, West Kelowna, Lake Country and Peachland who are experiencing a mental health crisis. Provides assessment, recommendations, brief follow-up in the community and/or referral to community supports. 7 days a week 11:30am to 9:00pm

Phone: 250-212-8533 Secondary line: 250-868-9994



UBCO Interprofessional Walk-in Mental Health clinic (16+) Free 30-minute virtual appointments available Tuesdays & select Thursdays 10am-4pm Free walk-in counselling appointments (open to anyone in the Okanagan) every Tuesday and Thursday from 10am-3pm. UBCO - ASC167 (first floor of Arts and Science building). Tel. 250-807-8241 Email: ipc.ok@ubc.ca

<https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>

BounceBack

reclaim your health

BounceBack is a free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

<https://bouncebackbc.ca/>

CRISIS LINES:

1-800-SUICIDE (1-800-784-2433) if you are considering suicide or are concerned about someone who may be. Province Wide BC.

Provides a confidential, 24-hour toll-free crisis line for people who are feeling suicidal, are concerned for someone who might be suicidal, or for emotional support. Crisis line workers are able to provide intervention through emergency mental health teams or other emergency services, and may also refer callers to their local crisis centre for additional support and information.



Crisis Line Association of BC

Crisis Line Association of BC – Kelowna Crisis Line The Crisis Line provides individuals with 24-hour confidential telephone crisis intervention and support. Phone 1.888.353.2273 (1.888.353.CARE)

<https://www.crisislines.bc.ca/>

310Mental Health Support

Mental Health Support Line: Call 310-6789 (no area code). This number will connect you to your local BC crisis line without a wait or busy signal, 24 hours a day. Crisis line workers are there to listen and support you as well as refer you to community resources.

Crisis Centre Chat: Visit <http://crisiscentrechat.ca/> to chat online with a crisis responder. It's available from noon to 1:00am every day.

INDIGENOUS CRISIS LINES:



**INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY**

Indian Residential School Survivors Society Crisis Line:

The Indian Residential School Survivors Society (IRSSS) is a provincial organization that provides essential services to residential school survivors and families experiencing intergenerational trauma.

24 HR Crisis line 1-866-925-4419 <https://www.irsss.ca/>

KUU-US CRISIS LINE SOCIETY
BC Wide Indigenous Toll Free Crisis and Support Line

1800-KUU-US17



1800-588-8717



Help is just a phone call away



KUU-US Crisis Line Society provides 24/7 support to Indigenous people throughout the province of British Columbia. KUU-US (Indigenous) Crisis Line 1.800.588.8717 <https://www.kuu-uscrisisline.com/24-hour-crisis-line>

Hope for Wellness Helpline

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. The toll-free line is open 24 hours a day, 7 days a week, or you can use the chat box on their website. Phone: 1.855.242.3310 <https://www.hopeforwellness.ca>

Languages: Cree, Ojibway, Inuktitut, English, & French.

Substance Use Resources:



Kelowna Mental Health & Substance Use - Counselling Services (19+) Oct 2021: Services are both virtual and in person depending on a clinician. At this time all walk-in counselling and same day appointments have been suspended. Individuals can call or go to the office to register and then they will receive a call back to schedule an intake (intakes currently offered 1-2 weeks after registration). Please call 250-469-7070 to learn more about services and to schedule an intake. 505-Doyle Ave, Kelowna BC

Interior Health Mental Health and Substance Use Groups

Offers variety of groups including Relaxation, Cognitive Behavioral Therapy, Alcohol and Substance Use support groups. You must first register with Interior Health MHSU by filling out intake paperwork. 505-Doyle Ave, Kelowna BC

Phone: 250-469-7070



THE UNIVERSITY OF BRITISH COLUMBIA

Okanagan Campus

Problematic Substance Use Clinic: a low barrier outpatient treatment service for individuals seeking help to reduce harm associated with their use of alcohol or other substances. Located at UBCO, 9-5pm Mon to Fri with some evening appts available. Currently offered through virtual methods only. Tel. 250-807-8241

<https://psych.ok.ubc.ca/psychology-clinic/problematic-substance-abuse-clinic/>



Alcoholics Anonymous Kelowna

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety.

Phone: 1-800-735-7520 Website: <https://www.aakelowna.org/>

Group Resources:



Y MIND

Y Mind Mindfulness Groups Free support for young adults between 18-30 years old. The groups are 7 weeks in duration and are offered at various locations in the Okanagan. To register for an information session contact: 250-317-7980 or email ymind@ymcaokanagan.ca

<https://www.ymca.ca/ymind>



Connect Counselling Society Offers free and low-cost groups.

#204-347 Leon Ave, Kelowna, BC Phone: 250-860-3181

<http://www.connectcounsellingsociety.ca/>



The Wellness Development Centre is a place where individuals dealing with mental health issues can come to connect with others, engage in wellness-based activities, learn and improve mental and physical wellness and contribute to a vibrant community. <http://cmhakelowna.com/wellness-programs/>

Discovery College is an initiative through CMHA, helping people expand their knowledge and abilities to improve their well-being and better manage their own life's challenges like stress and anxiety. They offer free, accessible courses on a range of wellness topics. <https://cmhakelowna.com/discovery-college>

Other Resources:



Who is eligible?

1. Be a resident within the Central Okanagan
2. Not have a Family Doctor in the community or have just recently been released from your Doctor (e.g., Your Doctor has retired)
3. Have active or pending MSP coverage

<https://divisionsbc.ca/central-okanagan/our-impact/find-family-doctor>



Early Psychosis Intervention

Early Psychosis Intervention Program (Interior Health)

If you are experiencing your first episode of psychosis, our Early Psychosis Intervention program can help. If you have trouble coping, it can show in different ways. Anxiety, depression, or stress can be signs of struggle. It could also be psychosis. If you are living with psychosis, our Early Psychosis Intervention program provides support to you and your family.

310-MHSU (6478)

<https://www.interiorhealth.ca/services/early-psychosis-intervention?lid=L195>



Central Okanagan Hospice Association Offers compassionate care, comfort, support and learning to those who are dying or grieving. 200-1890 Cooper Rd, Orchard Plaza, Kelowna, BC Tel. 250-763-5511

<https://hospicecoha.org/>