

## Crisis and Mental Health Resources in the Community (Penticton)

### 24/7 AND CRISIS SUPPORTS

**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](https://here2talk.ca)

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

**Crisis Text Line:** Text HOME to 686868 <https://www.crisistextline.ca/how-it-works>

**KUU-US (Indigenous) Crisis Line** 1.888.588.8717 <http://www.kuu-uscrisisline.ca/>

#### Hope for Wellness Helpline

The 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.

**Indian Residential School Survivors Society Crisis Line:** <https://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line> 1-866-925-4419

**YouthSpace** Youthspace.ca is an online crisis & emotional support chat. We listen without judgement, and keep chats confidential & anonymous. Open every day between 6pm and midnight. <http://youthspace.ca/>

#### Penticton Community Crisis Response Team (CCRT)

Crisis Response Teams help you with crisis intervention, including assessment and linkages to appropriate community and hospital resources when you are experiencing an acute mental health or substance use crisis.

7 days a week, 9am-11pm

Call the hospital at 250-492-4000 and ask to be connected to CCRT.

## SERVICES LINKED TO INTERIOR HEALTH

**Foundry Penticton** A 'one stop shop' for youth (age 12-24) and their families to access medical care, mental health, substance use, counselling and social services. Walk-ins, scheduled virtual and in-person appointments available.

Tel. 778-646-2292 <https://foundrybc.ca/penticton/>

501 Main Street, Penticton, BC V2A 5C6

**Foundry Virtual** Access our virtual services through the new Foundry BC app — co-created with and for youth and their caregivers in British Columbia. <https://foundrybc.ca/virtual/>

### **Penticton Mental Health & Substance Use (Interior Health)**

Call / walk in to schedule intake for mental health counselling

Substance use drop-in M-F 1-3pm

740 Carmi Ave Phone: 250-770-3555

### **Call your Family Doctor or go to a Walk-in Medical Clinic**

Listing of clinics and wait times: <https://bc.skipthewaitingroom.com/city/Penticton>

### **Early Psychosis Intervention Program (Interior Health)**

Provides assessment, treatment and family support for individuals 19-30yrs old, who may be experiencing psychosis or schizophrenia.

<https://www.earlypsychosis.ca/pages/help/interior-health-penticton>

740 Carmi Ave, Penticton Phone: 250-770-3555

Monday to Friday from 8:00am - 4:00 pm

## COMMUNITY ORGANIZATIONS/SERVICES

### **Canadian Mental Health Association South Okanagan Similkameen**

As the nation-wide leader and champion for mental health, CMHA promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

2852 Skaha Lake Road, Penticton Tel. 250-493-8999

<https://sos.cmha.bc.ca/>

### **Penticton & Area Access Centre Society**

The Access Centre changes lives through poverty advocacy, awareness, and action. Services include: legal advocacy, disability advocacy, tenant and landlord issues, Releasing and Integrating Strong Emotions group, and volunteer tax services. <http://accesscentre.org/>

Consult website for drop-in hours or to schedule an appointment.

#209-304 Martin Street Phone: 250-493-6822

### **Penticton and District Hospice Society**

Offers compassionate care, comfort, support and learning to those who are dying or grieving.  
<https://www.pentictonhospice.com/bereavement-resource-centre/>  
105-725 Carmi Ave, Penticton Tel. 250-490-1107

### **Salvation Army Food Bank**

Community Food Bank; Community Kitchen (offering nutrition education and hands-on training in cooking nutritious meals); personal assistance (personal and emergency assistance); Christmas assistance.  
2399 South Main Street Phone: 250-492-4788  
Hours: Monday to Friday – 8:30 a.m. to 4:00 p.m.

### **South Okanagan Brain Injury Society (SOBIS)**

Provides support to individuals and families dealing with the effects of traumatic and acquired brain injuries. Services include: Brain Injury Prevention & Education; Programs for clients, their families, & caregivers; Advocacy & Homeless Outreach; and Vocational support.

<http://www2.sobis.com/>

#2 – 996 Main Street

Phone: 250-490-0613

### **South Okanagan Immigrant and Community Services (SOICS)**

SOICS is a one-stop shop that provides a range of free services to all immigrants, temporary foreign workers, postsecondary international students, and refugees through education, advocacy and projects, which assist in their integration <http://www.soics.ca/>

340 Ellis St. Phone: 250.492.6299

### **South Okanagan Women in Need Society (SOWINS)**

Outreach / Counselling programs are a free and confidential service for women who have experienced or are at risk of abuse. Shelter and transition house services available. Service also available to children who have experienced or witnessed abuse. No referral is necessary.

<http://sowins.com/services/>

#102-1027 Westminster Avenue West

Office phone: 250-493-4366 ext. 103    24-hour Crisis Line:1-800-814-2033

### **St. Vincent De Paul Society**

The Society of St. Vincent de Paul is a Catholic organization dedicated to helping those in need through supplying food and emergency help for families with social and economic problems. Food hampers are delivered Mondays, Wednesdays & Saturdays after 8:30 a.m. Note: Two days advance notice is required.  
Phone: (250) 490-2796.

### **The Mental Wellness Centre**

Our mission is to alleviate the suffering caused by mental illness and improve the quality of life for those affected, their families, and their friends. Provide support and free education for families, friends and those with mental illness, including peer support, groups, and a resource

library. Support for all major mental health conditions, including but not limited to: psychotic disorders; mood disorders; anxiety disorders; and personality disorders. [www.sosmws.com](http://www.sosmws.com)  
#118-246 Martin Street Phone: 250-493-7338

## GROUP RESOURCES

### Alcoholics Anonymous Penticton

The AA program, as set forth in the 12 steps to recovery, offers support to those using/misusing alcohol.

Phone: (24 hour answering service – Penticton) 250-485-7693  
(24 hour AA Hotline - Kelowna) 250-763-5555

### Al-Anon

Any person who is troubled by another person's drinking can attend Al-Anon meetings. This is true whether the person is still drinking or not.

<http://al-anon.info/MeetingSearch/Al-AnonMeetings.aspx?language=EN>

### Narcotics Anonymous - South Okanagan Area

Narcotics Anonymous sprang from the Alcoholics Anonymous and uses the 12 steps to offer support to those using/misusing drugs. <http://www.soascna.ca/index.php/meeting-list>  
Helpline: 1-855-852-5687

### PFLAG

PFLAG is dedicated to providing a safe and supportive place for Lesbian, Gay, Bisexual, Transgender, Two-Spirited, Queer and Questioning people. We welcome allies and people of diverse gender expression, identity, and attraction.

Contact: Cristin Platt t. [1-888-530-6777](tel:1-888-530-6777) ext 589 e. [pentictonbc@pflagcanada.ca](mailto:pentictonbc@pflagcanada.ca) f.

[Facebook](#)

Meetings:

Penticton Foundry at 501 Main St  
2nd Monday of the month

### RADAR

RADAR provides individual supports, group programs and special events for 2SLGBTQIA+ youth ages 12-24 in Penticton and region.

Located at Foundry Penticton. Find them on Facebook:

[https://m.facebook.com/RADAR.Foundry/?ref=m.facebook.com&mt\\_nav=0](https://m.facebook.com/RADAR.Foundry/?ref=m.facebook.com&mt_nav=0)

### Y Mind Mindfulness Groups for managing anxiety

YMCA Mindfulness Groups are free and support young adults between 18-30 years old. You will learn healthy coping tools to manage anxiety, connect with other young people and receive support. The groups are 7 weeks in duration and are offered at various locations in Kelowna and Penticton.

To register for an information session contact: 250-317-7980 or [ymind@ymcaokanagan.ca](mailto:ymind@ymcaokanagan.ca)