

Crisis / Urgent Resources Community Resources - Kelowna

Here2Talk

Here2Talk connects students with mental health support when they need it. Through this program, all students currently registered in a B.C. post-secondary institution have access to free, confidential single session counselling and community referral services, conveniently available 24/7 via app, phone and web.

<https://here2talk.ca/home>

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.

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

YouthSpace

A space for any youth across Canada, under 30, that 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/>

Local General Mental Health Services

Foundry Kelowna

A 'one stop shop' for youth (age 12-24) and their families to access mental health, substance use, counselling and social services.

Drop in hours during the week (no appointment needed). Call for hours.

Phone: 236-420-2803 1815 Kirschner Road, Kelowna

Email: foundrykelowna@cmha.bc.ca <https://foundrybc.ca/kelowna/>

Kelowna Mental Health & Substance Use - Walk in Counselling Services (19+)

Drop in counselling available for individuals who want quick access to counselling. This service provides a 60-minute counselling session. This is not ongoing counselling but you may re-access this service when you need it.

505-Doyle Ave, Kelowna

Hours for walk-in change regularly, please call 250-469-7070 to confirm current walk-in availability.

UBCO Interprofessional Walk-in Mental Health clinic

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).

Phone. 250-807-8241 <https://psych.ok.ubc.ca/psychology-clinic/thrive-thursdays/>

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

-Foundry Kelowna has doctors available for youth 12-24yrs. (see above for contact)

-Kelowna walk in-clinic listings: <http://www.kelownamedicalsociety.com/walkin/>

Early Psychosis Intervention Program (Interior Health)

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

Grief & Loss

Central Okanagan Hospice Association

Offers various group programs, including yoga, reiki, meditation and short term free counselling sessions for those who are grieving the death of a loved one.

Phone: 250-763-5511 200-1890 Cooper Rd, Orchard Plaza, Kelowna

BC Bereavement Helpline

A toll-free, province-wide helpline that offers compassionate listening and referrals for individuals suffering from grief and bereavement. Services are confidential and free. It also offers specialized grief and loss support for individuals who have lost loved ones to homicide or suicide. Annual 8-week grief support groups are offered in the fall for suicide loss and the spring for homicide loss. **Phone: 1.877.779.2223**

GROUP RESOURCES

Y Mind Mindfulness Groups

Free support for young adults between 18-30 years old living with anxiety. The groups are 7 weeks in duration and are offered at various locations in the Okanagan.

To register for an information session contact:

Phone: 250-317-7980 or ymind@ymcaokanagan.ca

Connect Counselling Society

Offers free and low cost groups. For more information and updated group offerings visit: <http://www.connectcounsellingsociety.ca/>

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

Canadian Mental Health Association Kelowna

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/>

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 or attending Walk-In counselling.

Phone: 250-469-7070 505-Doyle Ave, Kelowna BC

Alcoholics Anonymous Kelowna

Phone: (24 hour AA Hotline) 250-763-5555 Email: aakelowna@gmail.com

Elizabeth Fry Society

Provides individual and group trauma therapy for adult, youth, and child survivors of sexual assault, abuse and exploitation. Initial intake appointment is free. Most services are fully funded by donations or government grants, therefore, there is no charge for services. Counseling for adult survivors of sexual abuse is on a sliding scale fee-for-service

Phone: 250.763.4613 Email: info.efry@coefs.ca