

## MHFA : Community Resources (Kelowna)

**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 – 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)

**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

### **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**

Email: [foundrykelowna@cmha.bc.ca](mailto:foundrykelowna@cmha.bc.ca) <https://foundrybc.ca/kelowna/>

**Foundry Virtual is available to youth age 12-24 and their caregivers across BC:**

<https://foundrybc.ca/virtual/>

### **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/>

**CMHA Kelowna Virtual Counselling** for adults ages 25+, weekdays during the afternoon (excluding holidays). This service is available free of charge to individuals, couples, families, and

caregivers of youth who are struggling. Services are team-based and can be accessed from the comfort of your own home via video chat or phone. Simply call (236) 420-2803 and ask for CMHA Kelowna Virtual Counselling. They will take some basic information (name, DOB, address, phone number, and email address) and book the first appointment. The first session will include some pre-screening by an experienced counsellor.

### **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

### **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

**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/>

### **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](mailto:ipc.ok@ubc.ca)

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

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

-OC Kelowna family doctor referral program: OC students looking for a family doctor can submit request online and OC will facilitate access to a family doctor for the duration of their students at OC: <https://www.okanagan.bc.ca/student-health-and-wellness>

- 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>

### **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

### **GROUP RESOURCES:**

#### **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 [ymind@ymcaokanagan.ca](mailto:ymind@ymcaokanagan.ca)

#### **Connect Counselling Society**

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

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

#### **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://cmhakilowna.com/wellness-programs/>

[Discovery College](http://cmhakilowna.com/wellness-programs/) 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://cmhakilowna.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.

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

#### **Alcoholics Anonymous Kelowna**

Phone: (24 hour AA Hotline) 250-763-5555 Email: [aakilowna@gmail.com](mailto:aakilowna@gmail.com)