



Group Counselling and Education

Interior Health and our partner agencies provide a range of substance use services for all ages. We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

RESOURCE LIST

Start Here

Call **310-MHSU (6478)** to connect with your [local Mental Health & Substance Use Centre](#).

Call a Crisis line for immediate assistance (24/7):

- **Interior Crisis Line Network**
1-888-353-2273
- **KUU-US (Indigenous) Crisis Line**
1-800-588-8717
- **Métis Crisis Line**
1-833-638-4722

Services

Mental Health Services

One-Pagers:

- [Descriptive Service Overview](#)
- [Descriptive Service Overview - Youth](#)
- [Clickable Linear Diagram](#)
- [Clickable Linear Diagram - Youth](#)

Substance Use Services

One-Pagers:

- [Descriptive Service Overview](#)
- [Descriptive Service Overview - Youth](#)
- [Clickable Linear Diagram](#)
- [Clickable Linear Diagram - Youth](#)
- [Clickable Circular Diagram](#)

Facility Based Services - Adult & Youth

Includes:

- Withdrawal Management Services
- Facility-Based Treatment Services
- Support Recovery Services

Group Counselling & Education can help you through your wellness journey and recovery to achieve your personal treatment goals.

Service Brochures

- [Crisis & Hospital Services](#)
- [Mental Health Community Counselling & Treatment Services](#)
- [Mental Health Treatment, Support & Recovery Services](#)
- [Mental Health Specialty Services](#)

Patient Information Sheets

- [Anxiety](#)
- [Depression](#)
- [Suicidal Thoughts](#)
- [Mental Health Act](#)
- [Substance Use](#)
- [Overdose Prevention](#)

Substance Use Fact Sheets

- [Help Lines](#)
- [Addressing Stigma](#)
- [Mobile Apps and Virtual Treatment](#)
- [Opioid Agonist Treatment](#)
- [Overdose Prevention & Harm Reduction](#)
- [Peer Education & Training](#)
- [Resources for Families Affected by Substance Use](#)
- Substance Information - [Alcohol](#)
- Substance Information - [Cannabis](#)
- [Mental Wellness Resources for Aboriginal Partners](#)

Our services are Person Centered, Recovery Oriented, Trauma Informed, Culturally Safe and based on Harm Reduction Principles.

