



Access Mental Health & Substance Use Services

Interior Health and partner agencies provide a range of mental health and substance use services. 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):

- **Kids Help Phone**
1-800-668-6868
- **Interior Crisis Line Network**
1-888-353-2273
- **KUU-US (Indigenous) Crisis Line**
1-800-588-8717
- **Métis Crisis Line**
1-833-638-4722
- **Online Crisis Chat Centre**
www.CrisisCentreChat.ca

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](#)

Child & Youth Mental Health & Substance Use Service Directory

Facility Based Services - Adult & Youth

Includes:

- Withdrawal Management Services
- Transition & Stabilization Services
- Facility-Based Treatment Services
- Support Recovery Services

Access MHSU Services program is your point of entry when you are referred to community MHSU Services. We will gather information, provide brief intervention, immediate assistance, and support your transition to appropriate services.

Service Brochures

- [Crisis & Hospital Services](#)
- [Mental Health Community Counselling & Treatment Service for Adult \(aged 19+\)](#)
- [Mental Health Treatment, Support & Recovery Service for Adults \(aged 19+\)](#)
- [Mental Health Specialty Services](#)
- [Substance Use Service for Adults \(aged 19+\)](#)
- [Youth Substance Use Services \(12-24\)](#)

Patient Information Sheets

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

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 goal is to provide person centered, recovery oriented, trauma informed, culturally safe services based on harm reduction principles.

Please note that [Child & Youth Mental Health \(CYMH\)](#) provides the majority of child & youth mental health services for children & youth under 19. Interior Health and partner agencies provide substance use services for youth aged 12-24 with some programs including priority ages.

