



# Mental Health Services for Children & Youth in Interior Health

We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

Call 310-MHSU (6478) or click here to connect to our "Access MHSU Services" for entry or referral to a mental health service that best meet your needs.

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

If you have an ongoing mental health concern that is significantly impacting your daily life, [Child & Youth Mental Health \(CYMH\)](#) and [Indigenous Child & Youth Mental Health \(CYMH\) Services](#) might be able to provide the best support.

Interior Health and partner agencies provide the following mental health services for youth under the age of 19. **Click on a link below for a description of the service and to find a Mental Health & Substance Use (MHSU) Centre near you.**

## Get Advice & Support

[Mental Health Services for Children & Youth](#)

[School Health Care / Mental Health Promotion](#)

### Non-MHSU or Interior Health Services

[Foundry BC](#)

[Kid's Help Phone](#)

[First Nations Health Authority](#)

[Kelty Mental Health](#)

[Wellbeing BC](#)

## Get More Help

[Eating Disorders Treatment Services](#)

[Perinatal Counselling Services](#)

[Developmental Disability Mental Health Services](#)

[Interior Health Children's Assessment Network](#)

[Aboriginal Patient Navigator Services-MHSU](#)

## Get Urgent Help

[Crisis Response Teams](#)

[Parkview Child & Adolescent Mental Health Centre-Kamloops](#)

[Integrated Crisis Response Teams](#)

## Get Specialized Help

[Pediatric Inpatient Psychiatry Unit-Kamloops](#)

[Adolescent Psychiatry Unit \(APU\)-Kelowna](#)

[Neuropsychiatry](#)

## Call a Crisis Line

### Call a Crisis Line for immediate assistance (24/7)

[Kid's Help Phone](#)  
1-800-668-6868

[Interior Crisis Line Network](#)  
1-888-353-2273 or 1-800-784-2433

[Talk Suicide Chat](#)  
1-833-456-4566 (24/7) or  
**Text 45645 4pm to midnight ET**

[KUU-US \(Indigenous\) Crisis Line](#)  
1-800-588-8717

[Métis Crisis Line](#)  
1-833-638-4722

Go to  
**YOUTH Substance Use Services**  
in Interior Health