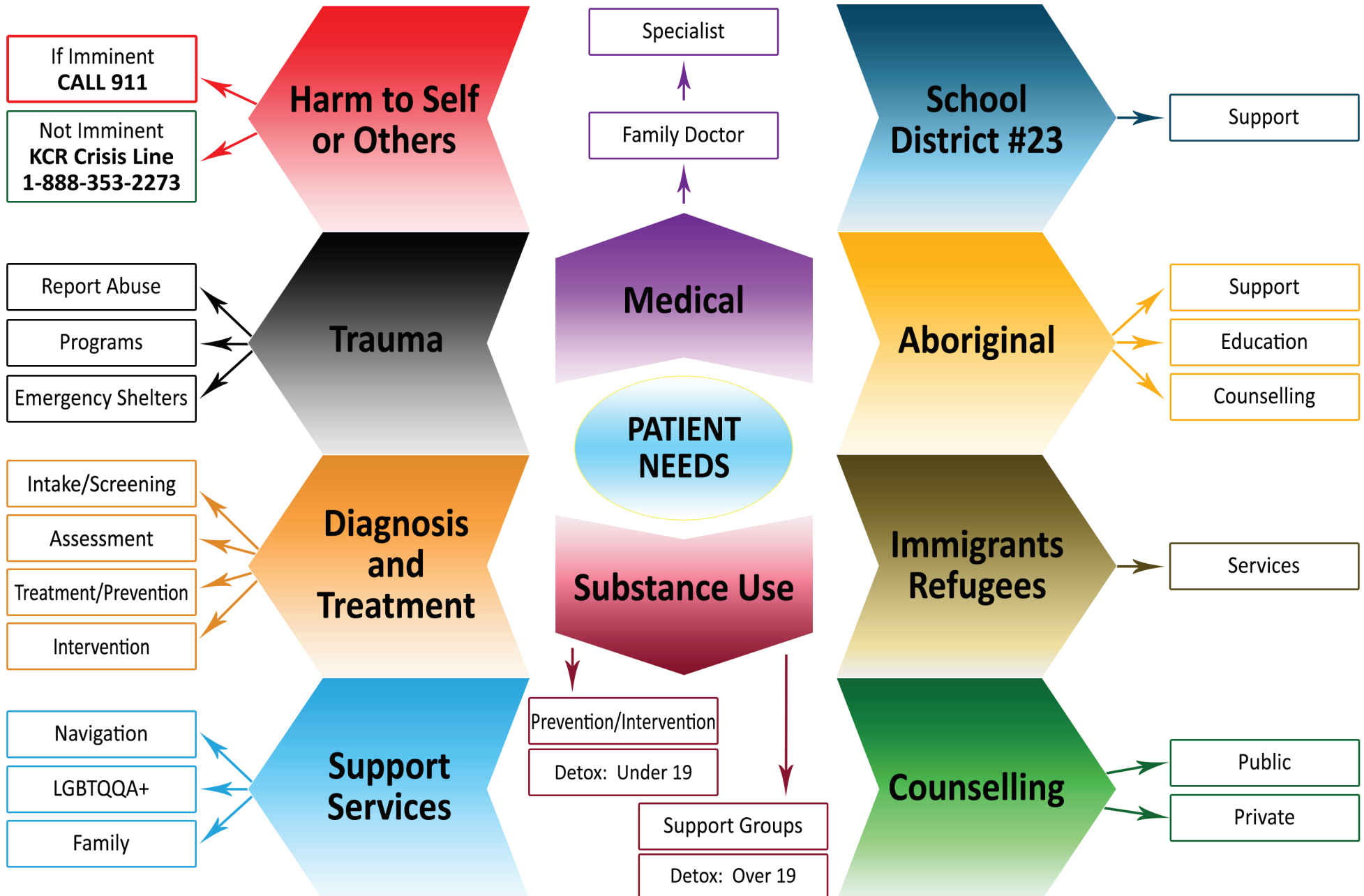


Central Okanagan Child and Youth Mental Health & Substance Use

When considering a therapeutic referral for a child/youth, take a moment to consider these options:



HARM TO SELF OR OTHERS

IMMINENT

- **RCMP/Ambulance** **911**
- **KGH ER (CHARGE NURSE)** 250.470.7450

NOT IMMINENT

- **Assess Risk:** see **KCR Suicide Prevention Handbook**
- **Crisis Line (Kelowna Community Resources)** **1.888.353.2273**

TRAUMA

ABUSE

- *Report Abuse* (Province of BC, Public Safety and Emergency Services) 1.800.663.9122
- *Sexual Assault Response Team (SART)* (Kelowna General Hospital) 250.862.4000

PROGRAMS

- *Elizabeth Fry Society* (Central Okanagan) 250.763.4613
- *Kelowna Women's Shelter* (Central Okanagan Emergency Shelter Society) 250.763.1040
- *Central Okanagan RCMP Victim Services* 250.470.6242

EMERGENCY SHELTERS

- *Alexandra Gardner Women & Children Safe Centre* (New Opportunities for Women (NOW) Canada) 250.763.2262
- *Kelowna Women's Transition House* (Central Okanagan Emergency Shelter Society) 250.763.1040
- *Richter Street Overnight Program - Kelowna Youth Shelter* (Okanagan Boys and Girls Clubs) 250.868.8541

DIAGNOSIS AND TREATMENT

INTAKE/SCREENING/ASSESSMENT/TREATMENT

- *Mental Health Services* (Interior Health) 250.868.7788
- *Child & Youth Mental Health* (Ministry of Children & Family Development) 250.861.7301

ASSESSMENT

- *Adolescent Psychiatric Unit* (Interior Health) 250.862.4346
- *Children's Assessment Network* (Interior Health) 250.763.4122
- *Okanagan Ability Centre* 250.762.7790

TREATMENT/PREVENTION & INTERVENTION

- *School-Based Mental Health Services* (ARC Programs Ltd.) 250.763.2977
- *Family Treatment Program* (ARC Programs Ltd.) 250.763.2977
- *Kelowna Developmental Disabilities Mental Health (DDMHS)* (Interior Health) 250.868.7788
- *Kelowna Eating Disorders Outpatient Program* (Interior Health) 250.870.5777
- *Outreach Mental Health Services* (Okanagan Boys and Girls Clubs) 250.869.5093
- *Starbright Children's Development Centre* 250.763.5100

SUPPORT SERVICES

NAVIGATION

- *Family Navigator* (Canadian Mental Health Association) 250.861.3644
- *The F.O.R.C.E. Society for Kids Mental Health* 250.801.9490

LGBTQQA+

- *Etcetera Kelowna - Celebrating the Diversity of Kelowna's Youth* (Living Positive Resource Centre) 778.753.5830
- *Gay Okanagan Network* 250.860.4083
- *Okanagan Pride Society, Kelowna LGBTQI Resources* 250.860.8555
- *RAINBOW Women's Group (Thompson Okanagan), Lesbian, Bisexual, Questioning* 250.860.4083

FAMILY

- *The Bridge Youth & Family Services* 250.763.0456
- *Al-Anon* 250.763.5555
- *Canadian Mental Health Association Kelowna & District Branch* 250.861.3644
- *Grandparents Raising Grandchildren* (Parent Support Services Society of BC) 250.763.8008
- *Mental Health Individual & Family, British Columbia Schizophrenia Society - Kelowna Branch* 250.868.3119
- *Jaycees Downtown Youth Centre* (Okanagan Boys and Girls Clubs) 250.868.8541
- *Building Healthy Families Society* 250.861.4933

Are medical issues causing symptoms? Rule out Medical Issues. Engage Physician Support.

SUBSTANCE USE

PREVENTION AND INTERVENTION

- *Changes Youth Alcohol and Drug Program* (ARC Programs Ltd.) 250.763.2977
- *Child and Youth Mental Health* (Ministry of Children and Family Development) *See Diagnosis and Treatment*
- *Kelowna Alcohol and Drug Services* (Interior Health) 250.868.7788
- *Outreach Urban Health* (Interior Health) 250.868.2230

SUPPORT GROUPS

- Alcoholics Anonymous 250.763.5555
- Cocaine Anonymous 1.866.662.8300
- Narcotics Anonymous 250.763.8008

DETOX

• UNDER 19

- *Youth Addiction Services* (PLEA Community Services) 1.604.708.2616
- *Detox Withdrawal Management Program* (Phoenix Centre – Kamloops) 250.374.4634

• OVER 19

- *Addiction Services* (The Bridge Youth and Family Services) 250.763.0456
- *Karis Support Society* 250.860.9507

DIRECTORS: SCHOOL DISTRICT NO. 23 CENTRAL OKANAGAN

- *Kelowna* 250.470.7138
- *Rutland* 250.718.4855
- *Lake Country* 250.826.2224
- *West Kelowna & Peachland* 250.575.7853

ABORIGINAL

- *Ki-Low-Na Friendship Society* 250.763.4905
- *Metis Community Services Society of BC* 250.868.0351
- *Westbank First Nations Addictions & Counselling* 250.768.0227
- *Okanagan Nation Alliance* 250.707.0095
- *Aboriginal Services, Kelowna* (Ministry of Children and Family Development) 250.861.7236
- *Child & Youth Mental Health* (Ministry of Children and Family Development) *See Diagnosis and Treatment*
- *Aboriginal Patient Navigator* (Interior Health) 250.488.1230
- *Aboriginal Programs & Services* (UBC Okanagan) 250.807.9458
- *Aboriginal Education Department* (School District No. 23 Central Okanagan) 250.870.5144 ext. 6038

IMMIGRANTS - REFUGEES

- *Immigrant Services Employment Program* (Kelowna Community Resources) 250.763.8008
- *International Programs and Services* (UBC Okanagan) (Main Office) 250.807.8000
- *International Education* (School District No. 23 Central Okanagan) 250.470.3258
- *International Education* (Okanagan College) 250.862.5443

COUNSELLING

PUBLIC

- *Connected by 25* (Canadian Mental Health Association/The Bridge Youth & Family Services) 250.861.3644
- *Kelowna Family Centre* 250.860.3181
- *Kelowna Youth & Family Services* 250.763.2405
- *Outreach Mental Health Services* (Okanagan Boys & Girls Club) *See Diagnosis and Treatment*
- *Reach Out Youth Counselling & Family Services Society* 250.763.7892
- *Family Counselling* (The Bridge Youth & Family Services) 250.763.0456
- *LINC - Living Independently Needs Connection* (Canadian Mental Health Association) 250.861.3644
- *Touchstone Counselling* (Evangel Church) 250.762.0682

PRIVATE

- *See end of Guide for list of practitioners*

DOWNLOAD THIS AND OTHER KCR PUBLICATIONS AT www.kcr.ca

- [Suicide Prevention Handbook](#) • [Youth Services Guide](#)
- [Basic Needs Resource Guide](#) • [Street Survival Guide](#)
- [Children and Youth with Special Needs](#) • [Adult Service Guide](#)