



**Canadian Mental
Health Association**
South Okanagan Similkameen
Mental health for all

KeepSafe Connections

Be informed about resources, including how to access and what services are offered. If the resource is being used for *suicide* safety, ensure they are: **able** to help with suicide safety, **approachable** in accepting suicide connections, and **available** (knowing when they are available, length of wait time etc.)

Immediate Risk: Call 911

24/7 Phone Suicide Support:

BC Suicide Helpline: 1-800-SUICIDE (1-800-784-2433)

Aboriginal Crisis Line (KUU-US) toll-free: 1-800-588-8717

Kids Help Phone: 1-800-668-6868

Interior Crisis Line Network: 1-888-353-2273

Mental Health Emergency Services/Crisis Response:

Penticton Regional Hospital: 250-492-4000

Princeton General Hospital: 250-295-3233

South Okanagan General Hospital (Oliver): 250-498-5000

Online/Text Chat Support:

YouthInBC.com: For youth (7 days a week, noon to 1am)

Youth Space: Text 17787830177 6pm to midnight every day

Kids Help Phone Live Chat: Text CONNECT to 686868 (Wed-Sun, 3pm-11pm)

CrisisCentreChat.ca: For adults (7 days a week, noon to 1am)

Northernyouthonline.ca: (7 days a week, 4pm-10pm)

Mental Health and Longer Term Resources

Youth/Family Mental Health & Addictions

Child & Youth Mental Health Services: 250-487-4422

OneSky Community Resources: 250-492-5814

Boys & Girls Club: 250-493-0512

Pathways Addictions Resource Centre: 250-492-0400

ARC Programs: 250-492-2987

Yes Project: 250-493-9311

Penticton Indian Band Child & Family Health Program: 250-493-7799

Confident Parents, Thriving Kids – CMHA phone skill-building program for parents: 1-855-871-8445

Adult Mental Health & Addictions

Penticton Mental Health & Substance Use (Interior Health): 250-770-3555

Martin Street Outreach (Interior Health): 250-770-3696

Canadian Mental Health Association – SOS: 250-493-8999

Pathways Addiction Resource Centre: 250-492-0400

Penticton Indian Band Alcohol & Drug, Mental Wellness Programs: 250-493-0048

South Okanagan Women In Need Society (SOWINS): 250-493-4366

Mental Wellness Centre: 250-493-7338

Ooknakane Friendship Centre: 250-490-3504

Alcoholics Anonymous: 1-877-254-3348

Alcoholics Anonymous (Penticton): 250-490-9216

Narcotics Anonymous (Penticton): 250-490-9215

General Services and Resources

Options for Sexual Health (Penticton): 1-800-739-7367

Penticton & Area Access Centre – Advocacy: 1-866-493-6822

Grief and Loss

South Okanagan Loss Society: 250-488-1320

Penticton Bereavement Resource Centre: 250-490-1107

Interior Health Grief and Loss Recovery: 250-770-3555

BC Bereavement Helpline: 1-877-779-2223

Talk in Tough Times: CMHA tele-health line for those who have been impacted by the 2017 wildfires, 1-877-427-4884

Counselling

Desert Sun Counselling & Resource Centre: 250-498-2538

Penticton Mental Health & Substance Use (Interior Health): 250-770-3555

BounceBack- CMHA phone counselling program (Doctor's referral required): 1-866-639-0522

Find more helping resources in your community at www.bc211.ca.