



**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 (Penticton): 250-487-4422
Child & Youth Mental Health Services (ServiceBC, Princeton): 250-295-4600
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: 250-460-2439
Penticton Indian Band Child & Family Health Program: 250-493-7799
Lower Similkameen Community Services Society (Keremeos): 1-855-499-2352
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
Princeton/Keremeos Mental Health & Substance Use (Interior Health): 1-800-663-7867
Osoyoos Mental Health & Substance Use (Interior Health): 250-495-6433
Martin Street Outreach (Interior Health - Penticton): 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
NK'Mip Resource Centre (Osoyoos Indian Band): 250-498-6935
Lower Similkameen Community Services Society (Keremeos): 1-855-499-2352
Lower Similkameen Indian Band: 250-499-5528
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
Gambling 24hr Info Line: 1-888-795-6111

General Services and Resources

Options for Sexual Health (Penticton): 1-800-739-7367
Penticton & Area Access Centre – Advocacy: 1-866-493-6822
South Okanagan Similkameen Brain Injury Society: 250-490-0613
Salvation Army (Penticton): 250-490- 9521

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

Counselling

Desert Sun Counselling & Resource Centre (Oliver): 250-498-2538

Lower Similkameen Community Services Society (Keremeos): 1-855-499-2352

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

Penticton & Area Access Centre – Men’s Counselling: 1-866-493-6822

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

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

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