

Are you wondering...

Where to find good information about mental health?

The following websites and resources provide information on all kinds of issues, including dealing with feelings of anxiety, eating disorders and self-harm.

These resources are recommended by local physicians and mental health experts.

For Youth and Teens

youth.anxietybc.com and Mindshift App

teenmentalhealth.org/toolbox/

mindcheck.ca

openmindbc.ca

mindyourmind.ca

mikeandvicki.ca

youthinbc.com

For Caring Adults

anxietybc.com

keltymentalhealth.ca

cmha.ca

bcfamilynavigator.com

heretohelp.bc.ca

teenmentalhealth.org/toolbox/

Crisis Intervention and Suicide Prevention Centre of BC: Online chat rooms

YouthInBC.com (12pm to 1am) For youth/adults

CrisisCentreChat.ca (12pm to 1am) For adults

Additional Resources

BC Crisis Line

310-6789 (no area code)

Available 24/7 at no cost

Expert advice on mental health issues and services

Kid's Help Phone

1-800-668-6868

For kids ages 5 – 20 to speak to a professional counsellor

Health Link

Dial 811

Non-emergency health information, including mental health and substance use information

Alcohol and Drug Information and Referral Service

1-800-663-1441 (Available 24/7)

1-800-Suicide

1-800-784-2433 (Available 24/7)

Griefworks BC

1-877-234-3322

YouLearn.ca

Distance Learning: Steve Pozzobon 250-498-4597

Aboriginal Specific Resources

Osoyoos Indian Band Health Centre

250-498-6935

Social worker, counselling

Drop-in Thursdays 1:30pm – 3:30pm

Friendship Centre

clinician@friendshipcentre.ca or 250-328-8534

Youth Crisis Hotline

1-877-209-1266

Residential Survivor Support Services

1-866-925-4419

KUU-US Crisis Services

1-800-588-8717

Oliver, Osoyoos and Okanagan Falls

Child and Youth Mental Health and Substance Use Resources

Are you wondering about mental health?

Find experts, organizations and resources in your community

Are you wondering...

Who you can ask for help?

Many people in your community are dedicated to helping you find the care and advice you need.

Any one of the people or organizations listed below can assist you, or help you figure out where to find the right information or care.

Caring Adult

This can be anyone who has your best interest at heart. Pick someone you feel safe with, who you can open up to, and who will respect your privacy.

School Counsellor

Your school counsellor can help you work through issues, will keep your information private, and help you get connected to other resources.

Community Organizations

The following community organizations welcome youth and adults with questions, big or small, to call or drop-in to chat.

They offer all kinds of programs, but are also happy to direct you to places you can visit for more information.

Okanagan Boys and Girls Club

475 School Ave., Oliver

Referrals/self-referrals: 250-485-2222

Youth Drop-In: 250-485-2752

Office: 250-498-8844

Desert Sun Counselling and Resource Centre

762 Fairview Rd., Oliver: 250-498-2538

8307- 72 St., Osoyoos: 250-495-2623

Family Physician

Talking to your physician doesn't mean you're sick. They can help you, and connect you to other resources in the community.

What you can do at home?

Mental Health Hygiene Do and Don'ts

Local physicians recommend the following tips to improve your mental health at home.

Do

| | |
|--------------------------|---------------------|
| Exercise | Music & Movement |
| Sleep | Seek Bright Light |
| Consistent Daily Routine | Avoid Drugs/Alcohol |
| Positive Social Contact | Limit Screen Time |
| Healthy Nutrition | |

Don't

| |
|---|
| Self-Isolate |
| Listen to Dreary Music |
| Read Mood-Lowering Literature or Poetry |
| Hang Out in Dark Rooms |
| Skip Breakfast |
| Use Excessive Caffeine or Sugar |

How to meet your basic needs?

Meeting basic needs such as proper nutrition, housing, and doing your taxes, is a great step to having a healthy home.

Here's where to find free or low-cost help in your community:

Nutrition and Healthy Eating Tips

Desert Sun Community Kitchens: 250-498-7499

Income Tax Help

Desert Sun: 250-498-2538

Managing Your Debt

Credit Counseling Society: 1-888-527-8999

Find a Family Physician

Every Child Gets a Doctor: 250-498-5010

Parenting Advice

Care Givers Support Group: 250-498-5084

Housing

BCHousing.org or call 250-487-2535

Penticton & Area Access Society

(Includes Oliver, Osoyoos, OK Falls, Keremeos)

Help with welfare/EI, taxes legal, health: 250-535-1099

Do you need immediate support?

Temporary Shelter for Women and Children

Desert Sun Safe Home Project

24-hour crisis line: 250-485-7777

or 1-877-723-3911 or

desertsafehome@gmail.com

Immediate Safety Concerns

Ministry for Children and Family Development

Call: 250-770-7524)