

## FIRST STEPS

Are you concerned about your child's mental wellness and/or substance use?  
Has your child witnessed violence or experienced trauma?

### Consult with Your Doctor/ Nurse Practitioner

Contact Your Family Doctor at the Clearwater Medical Centre  
250-674-3319

### Consult with Your Child's School

For Raft River Elementary School, contact the teacher or Administration  
250-674-2218

For Clearwater Secondary School, contact the School Counsellor or Vice Principal  
250-674-3328

### Consult with Community Service Providers

Child and Youth Mental Health (CYMH)  
250-674-6810

Walk-in Mental Health Intake Clinic  
Self-referral Hours:  
Tuesday 9:30-11:30am, 1:30-3:30pm

Yellowhead Community Services (YCS)

Youth substance use and addiction services as well as other family, child, and youth services  
250-674-2600

## ON-GOING CONCERN

Do you need more help?

Inquire about possible referrals with your Doctor:

- Pediatrician
- Child & Youth Mental Health (CYMH)
- Yellowhead Community Services (YCS)
- Ministry of Children and Family Development
- Other Community Service Providers

### For ongoing concerns:

Talk to your child's teacher, School Counsellor/ Administration, or a person you trust at the school about arranging a school-based team meeting to discuss your child's concerns and ideas about how to best help your child.

### Stay in contact with your Community Service Providers

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## INCREASING CONCERN

Do you still need help?

There are many doors that can open to information and resources.  
Every door is the right door!

Work with your Doctor and/or CYMH to determine your next best steps.

As a youth/parent/guardian, make sure to ask about all the resources and information available to you.

Remember, you are the expert in your child's life and everyone is here to help you and your child figure out the next best steps.

Ask about the Clearwater Common Consent Form so you don't have to keep repeating your story. Everyone involved needs your consent before they can speak to one another.

Things that can cause stress:

- Wait Lists
- Limited access to services
- Scheduling of meetings
- Long assessment times
- Lack of information sharing

Tips for success:

- Speak up for your child!
- Remember: You are not alone!
- Make sure you have consented to share and collect information.
- Always follow up to make sure you have the most up-to-date information regarding referrals, wait list times, etc.
- Keep all your information together in a folder or envelope.

### Make sure to take care of yourself (parent/guardian/caregivers)!

- Eat properly.
- Get some exercise every day (even if it is just a short walk).
- Get enough sleep.
- Consider talking to a counsellor or your family doctor.

## SERIOUS CONCERN

Are you worried about your child's safety?

### If immediate safety is a concern, call 911 or go to the Emergency Room.

If it is not an emergency but your concerns have become serious, contact your doctor, CYMH, or YCS. They may make referrals to places/people such as:

- Parkview In-Patient Mental Health Unit at Royal Inland Hospital
- BC Children's Hospital
- Child & Youth Psychiatrist
- Adolescent Psychiatric Unit, Kelowna
- Kamloops Society for Alcohol and Drug Services (Phoenix Centre), Kamloops
- Phoenix Detox Centre, Kamloops
- The Bridge Youth and Family Services, Kelowna
- Ashnola At the Crossing, Keremeos (residential substance use treatment for youth ages 17-24)
- Maples Adolescent Treatment Centre, Burnaby (in-patient mental health treatment for youth ages 12-17)

If you do visit the Emergency Room, protocols are in place to help you get the help you need.

# RESOURCES



If safety is **ever** a concern call the RCMP at 911

If abuse or neglect is suspected, call the Ministry of Children & Family Development (MCFD) 24 hr: 1-800-663-9122

Helpline for Children—24 hr: 310-1234

Suicide Prevention/Crisis Hotline—24 hr: 1-800-SUICIDE (1-800-784-2433)

Interior Crisis Line: 1-888-353-2273

## CRISIS/HELP PHONE LINES

- Kids/Youth Help Line**  
(24 hr) 1-800-668-6868
- Helpline for Children**  
(24 hr) 310-1234
- Trans Lifeline**  
1-877-330-6366
- The Institute of Families**  
1-855-887-8004
- Kelty Mental Health Resource Centre**  
1-800-665-1822
- Youth in Distress Line**  
1-866-661-3311

## ABORIGINAL AGENCIES

- SIMPCW First Nation—Health Program**  
250-672-9925  
[www.simpcw.com](http://www.simpcw.com)
- On-reserve programs SIMPCW First Nation:**
  - Nurse Practitioner
  - Home and Community Care Program
  - Community Health Nurses  
250-672-9925
- Yellowhead Community Services Program:**  
Connection Circle  
250-674-2600  
[www.yellowheadcs.ca](http://www.yellowheadcs.ca)

## PHYSICAL RECREATION

- Clearwater Community Recreation and Healthy Living Program:**  
Facebook <https://www.facebook.com/clearwaterhealthy-livingprogram>
- On-reserve program SIMPCW First Nation:**  
Physical Activities Program  
250-672-9925

## COUNSELLING

- Yellowhead Community Services**
  - Substance Use and Addiction Services
  - Children Who Witness Abuse
  - Stopping the Violence
  - Adult Mental Health  
250-674-2600  
[www.yellowheadcs.ca](http://www.yellowheadcs.ca)
- Child and Youth Mental Health**  
250-674-6810
- On-reserve programs SIMPCW First Nation:**
  - Clinical Counsellors
  - Mental Health Clinician (Kamloops)  
250-672-9925

## PARENTING

- StrongStart** 250-674-2218
- Family Navigator**  
1-844-234-6663  
[www.BCFamilyNavigator.com](http://www.BCFamilyNavigator.com)
- Yellowhead Community Services Programs:**
  - Parent/Child Mother Goose Program (ages 0 to 5)
  - Success by 6 (ages 0 to 6)
  - Parenting Support (ages 6 to 18)
  - Supported Child Development Program (ages 6 to 18)
  - Support Services for Families (ages 6 to 18)
  - Youth Activities (ages 6 to 18)
  - Infant Development Program  
250-674-2600  
[www.yellowheadcs.ca](http://www.yellowheadcs.ca)
- On-reserve programs SIMPCW First Nation:**
  - Pre-Natal Program
  - Family Connections Program
  - Head Start Program (ages 0 to 6)
  - Youth & Elders Program  
250-672-9925

## HARM REDUCTION

- Suicide Prevention/Crisis Hotline**  
1-800-SUICIDE (1-800-784-2433)
- Naloxone kits:**  
Public Health Nurse 250-674-3141
- Kids/Youth Help Line**  
(24 hr) 1-800-668-6868
- Helpline for Children**  
(24 hr) 310-1234
- Safe Home** 1-855-674-2135

## COMMUNITY GROUPS

- Alcoholics Anonymous**  
250-374-2456
- On-reserve programs SIMPCW First Nation:**
  - Drug and Alcohol Referral Program
  - AA Group—hosted at SIMPCW First Nation
  - Reiki Program
  - Wellness Program
  - Men's and Women's Wellness Groups  
250-672-9925

## FOOD/NUTRITION

- Food Bank**  
250-674-3402
- Yellowhead Community Services Programs:**
  - Soup Kettle
  - Community Garden
  - Food Skills for Families
  - Neighborhood Cupboard
  - Nutrition Coupon Program  
250-674-2600  
[www.yellowheadcs.ca](http://www.yellowheadcs.ca)

## ON-LINE RESOURCES

- Anxiety BC** [anxietybc.com](http://anxietybc.com)
- Mindcheck** [mindcheck.ca](http://mindcheck.ca)
- Kelty Mental Health** [keltymentalhealth.ca](http://keltymentalhealth.ca)
- Here to Help** [heretohelp.bc.ca](http://heretohelp.bc.ca)
- Canadian Mental Health Association** [cmha.bc.ca](http://cmha.bc.ca)
- Yellowhead Community Services** [www.yellowheadcs.ca](http://www.yellowheadcs.ca)

## HOUSING

- BC Housing**  
Rental Assistance Program and Subsidized Housing  
604-433-2218  
1-800-257-7756  
[www.bchousing.org](http://www.bchousing.org)

## FINANCIAL/LEGAL

- Income Assistance**  
[www.iaselfserve.gov.bc.ca](http://www.iaselfserve.gov.bc.ca)
- Trusted Third Party - Income Assistance**  
Dutch Lake Community Centre  
209 Dutch Lake Road.  
250-674-3530
- Service Canada**  
Every 2nd Wednesday of the month at the Dutch Lake Community Centre
- Medical Services Plan**  
<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp>
- Fair Pharmacare**  
<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover/fair-pharmacare-plan>

## MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT (MCFD)

- Helpline for Children** (24 hr) 310-1234
- MCFD Programs:**
  - Child and Youth Mental Health
  - Child and Youth Special Needs
  - Youth Services
    - Youth Agreements
    - Support Services
  - Agreements with Young Adults
  - Youth Justice Services
  - Early Years Child Care Programs and Services
  - Family Services
  - Child Protection
  - Adoptions  
1-800-663-9122  
250-674-6810



doctors of bc