

ADDITIONAL RESOURCES

At any point if safety is a concern call **9-1-1**

If abuse or neglect is suspected call the Ministry for Children and Family Development at **1-800-663-9122**

CRISIS / HELP LINES

Kids Help Phone - 24 hr

☎ 1-800-668-6868

Suicide Helpline - 24 hr

☎ 1-800-784-2433

Trans Lifeline - 8am - 2am

☎ 1-877-330-6366

Family Smart Parent Peer Support

☎ 1-855-887-8004

Kelty Mental Health Resource Centre

☎ 1-800-665-1822

EATING DISORDERS

Kootenay Boundary Eating Disorder Clinic

Assessment and treatment recommendations for children, youth and adults with eating disorders.

☎ 250-505-7252

PUBLIC HEALTH

Interior Health Public Health Nursing

Pregnancy testing, emergency contraception, sexual health education, prenatal services and immunization program.

☎ 250-443-3150 (Grand Forks)

☎ 250-449-2887 (Midway)

SEXUAL HEALTH

Options for Sexual Health

Birth control counselling and low cost contraceptives and supplies, sexually transmitted infection and Pap testing, pregnancy testing and options counselling, and gender sexual health information.

➔ www.optionsforsexualhealth.org

SEXUAL ASSAULT

Sexual assault services available at Boundary Hospital. Visit the Emergency Department for more information.

☎ 250-443-2100

HARM REDUCTION

ANKORS

Provides harm reduction supplies and outreach.

☎ 250-505-5506

INCOME ASSISTANCE

➔ www.iaselfserve.gov.bc.ca

HOUSING

Boundary Women's Transition House

Free shelter and support for adult women and their dependent children, who are at risk of abuse, threats or violence.

☎ 250-442-3131

BETHS Emergency Weather Shelter

Shelter for those who need a place to sleep. Open to everyone including families. Open November 1 to March 31, 4:00pm-12:00pm.

☎ 250-442-2006

BC Housing Rental Assistance Program

Provides eligible low-income working families with cash assistance to help with their monthly rent.

➔ www.bchousing.org

FOOD / NUTRITION

Boundary Community Food Bank

☎ 250-442-2800

School Breakfast Programs

Check with your child's school about free breakfast programs.

ADULT MENTAL HEALTH & SUBSTANCE USE

Interior Health Mental Health & Substance Use

Provides services for adults 19 years and older with problematic mental health and substance use concerns, including assessment, individual and group treatment.

☎ 250-442-0330

RCMP VICTIM/WITNESS SERVICES

Provides support to victims, witnesses, family members and others who have been impacted by crime..

☎ 250-442-5846 (Grand Forks)

☎ 250-449-2244 (Midway)

HELPFUL ONLINE RESOURCES

Anxiety BC

➔ www.anxietybc.com

Mindcheck

➔ www.mindcheck.ca

Kelty Mental Health

➔ www.keltymentalhealth.ca

Here To Help

➔ www.heretohelp.bc.ca

Family Smart

➔ www.familysmart.ca

Canadian Mental

➔ www.cmha.bc.ca

Health Association



PATHWAYS TO CARE

Boundary Communities, BC

Find support for children and youth with mental health and/or substance use concerns



START HERE

Are you concerned about your child's mental health or substance use?

Talk with your child's family doctor or family nurse practitioner about your concerns.

Boundary Medical Clinic

☎ 250-442-8233

Christina Lake Medical Clinic

☎ 250-447-6262

Greenwood Medical Clinic

☎ 250-445-6626

Midway Medical Clinic

☎ 250-449-2218

Rock Creek Health Centre

☎ 250-446-2272

Consult with your child's school about your concerns.

Elementary Schools contact teacher

Secondary Schools contact the school counsellor

Consult with services available in the community.

MCFD Child & Youth Mental Health

Individual and group therapy for children and youth 18 years of age and under with clinical mental health disorders such as depression, anxiety, eating disorders. Call for information about times of walk-in intake clinics.

☎ 250-442-4378

Boundary Family Services

Programs include Children Who Witness Abuse, Sexual Abuse Intervention Program, Community Child & Youth Mental Health, Family Support, Early Years Programs, Pediatric Physiotherapy and Occupational Therapy, Parenting Programs.

☎ 250-442-2267

➔ www.boundaryfamily.org

Freedom Quest Youth Services

Substance use services for youth. Concurrent disorders services for youth under 24 years old; alcohol & drug counselling for youth under 18 years of age and under.

☎ 250-442-7979

➔ www.freedomquestonline.ca

INCREASING CONCERN

Have your concerns gone unresolved? Has your child's wellbeing become unmanageable?

Inquire about referrals from your family doctor or family nurse practitioner to:

- Pediatrician
- MCFD Child & Youth Mental Health
- Boundary Family Services
- Freedom Quest Youth Services
- Other Community Helpers

School Teams

Ask your child's teacher about arranging a school-based team meeting to discuss your child's strengths, challenges and how those in your child's life can work together to best help your child.

Talk to your child's teacher, child and youth care worker or school counsellor. Schools can provide ongoing support for your child or they may refer your child to a community helper depending on your child's needs.

Care Teams

You have the right to ask your care or service provider about pulling together a team to coordinate and build supports and services around you or your child.

Young people who are experiencing moderate to severe mental health and substance use issues often find that increasing coordination of services and communication between agencies increases access to timely, integrated care. Care teams aim to help young people and their caregivers reach their goals by ensuring that all the relevant supports and services are working alongside you towards your goals.

It is your choice who participates in your care team. You might want to include your doctor, school staff, community helpers and important people in your personal circle like a trusted neighbour, religious/spiritual support or a good friend. Remember, it is up to you.

As a young person or parent/caregiver, ask about all the resources and information available to you and remember that **every door is the right door.**

SERIOUS CONCERN

Are you concerned about safety and/or the need for specialized treatment?

If the immediate safety of your child or youth is a concern access the Emergency Department at Boundary Hospital or call 9-1-1.

If immediate safety is not a concern, your doctor or MCFD Child & Youth Mental Health may refer you to:

BC Children's Hospital (Vancouver)

Specialized consultation available for children who have not responded to community treatment resources. Referral through MCFD Child & Youth Mental Health, Psychiatrist or Pediatrician.

☎ 1-888-300-3088

➔ www.bcchildrens.ca

Adolescent Psychiatric Unit (Kelowna)

Inpatient psychiatric care for youth 12-17 years at Kelowna General Hospital. Referral through Child & Youth Mental Health, Psychiatrist or Paediatrician.

☎ 250-862-4346

Maples Adolescent Treatment Centre (Vancouver)

Inpatient mental health treatment for young people with significant psychiatric and behavioural difficulties. Ages 12-17. Referral through Child & Youth Mental Health.

☎ 1-604-660-5845

Residential and detox substance use treatment.

The Bridge Youth Detox (Kelowna)

Detox beds for youth 18 years and younger.

☎ 1-855-760-0456

➔ www.thebridgeservices.ca

Ashnola at the Crossing (Keremeos)

Residential substance use treatment. Ages 17-24.

☎ 604-829-8658

Peak House (Vancouver)

Residential substance use treatment. Ages 13-18.

☎ 604-253-6319

➔ www.peakhouse.ca

Take Home Naloxone Program

Take Home Naloxone Kits available for free at Boundary Community Health Centre, Boundary Hospital Emergency Department, Midway Health Unit and Rock Creek Health Centre.