

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
bouncebackonline.ca

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

SOS Community Resources Directory
SOSLetstalk.ca

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 (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

Connect ED

Principal: Al Beckingham 250-770-7718

Aboriginal Specific Resources

Penticton Indian Band Health Centre

Health Programs Manager Lynn Kruger
250-493-7799

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

Penticton, Summerland and area

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.

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.

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

Integrated Family Development Program For Children, Youth and Caregivers

Facilitates counselling, support, parent education, conflict resolution, and helps make connections to other community organizations
250-492-5814

Mental Wellness Centre

Provides education and caring support for families affected by mental illness
250-493-7338

Pathways

Services for youth and parents/caregivers of youth involved with substance use
250-492-0400

What you can do at home?

Mental Health Hygiene Do's and Don'ts

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

Do

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

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

Boys and Girls Club 250-493-0512

Managing Your Debt

Credit Counselling Society 1-888-527-8999

Parenting With Purpose

Boys and Girls Club 250-493-0512

Housing

BCHousing.org or call 250-487-2535

Penticton & Area Access Society

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

Do you need immediate support?

South Okanagan Women in Need Society

Temporary shelter and services for women in the South Okanagan who have experienced, or who are at risk of experiencing violence or abuse.
Crisis Line: 1-800-814-2033 Office: 250-493-4366
1027 Westminster Ave. W

South Okanagan Victim Assistance Society

Counselling, court support and information for men, women and children who have experienced abuse.
Toll Free: 1-888-493-5355 Office: 250-493-0800
204-304 Martin St., Penticton

Child, Youth and Family Services

Ministry for Children and Family Development
250-770-7524 104-1872 Main St., Penticton