

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

Aboriginal Specific Resources

Lower Similkameen Indian Band
250-499-5528

Upper Similkameen Indian Band
250-292-8733

Okanagan Nation Alliance
250-707-0095 Toll Free: 1-866-662-9609

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

Keremeos, Princeton 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

The following community organizations offer all kinds of programs, and are also happy to direct you to places you can visit for more information.

Princeton Family Services Society

56 Kenley Ave., Princeton
250-295-3126

South Similkameen Health Centre

400 3rd St., Keremeos
250-499-3029

Princeton Health Centre

98 Ridgewood Drive, Princeton
250-295-4442

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:

Parenting Workshops (Prenatal and Postnatal/Success by Six Infant Development)

Princeton Family Place 250-295-3126

M, T, W 11am -2pm Drop-in, stay for lunch

Managing Your Debt

Credit Counselling Society 1-888-527-8999

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?

Children who witness abuse

Individual and group counselling for children and youth who have witnessed serious family conflict.
250-295-3186

Stopping the Violence

Free counselling to women who have experienced abuse. 250-273-7866

Cindy Parolin Safe Home

Helps women and their children find a safe place to stay when leaving an abusive environment. 250-295-8211
SOVAS

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

Immediate Safety Concerns

Ministry for Children and Family Development
250-770-7524