

MHFA : Community Resources (Kelowna)

OC Counselling Services (A100 – Student Services Building - Kelowna)

To schedule an appointment with a counsellor:

1. Call or walk-in to Student Services reception (250-862-5451) to schedule an appointment with a counsellor; or

2. Visit OC Counselling Services webpage to learn more about the counsellors, and then contact a counsellor directly via email/telephone to request an appointment

https://www.okanagan.bc.ca/Student_Services/students/counselling/

Crisis Line Association of BC – Kelowna Crisis Line

The Crisis Line provides individuals with 24-hour confidential telephone crisis intervention and support.

Phone 1.888.353.2273 (1.888.353.CARE)

Crisis Text Line: Text HOME to 686868

<https://www.crisistextline.ca/how-it-works>

KUU-US (Indigenous) Crisis Line 1.888.588.8717

<http://www.kuu-uscrisisline.ca/>

Foundry Kelowna

A 'one stop shop' for youth (age 12-24) and their families to access mental health, substance use, counselling and social services.

Drop in hours during the week (no appointment needed). Call for

hours. 1815 Kirschner Road, Kelowna Phone: 236-420-2803

Email: foundrykelowna@cmha.bc.ca or <https://foundrybc.ca/kelowna/>

Kelowna Mental Health & Substance Use - Walk in Counselling Services (19+)

Drop in counselling available for individuals who want quick access to counselling. This service provides a 60-minute counselling session. This is not ongoing counselling but you may re-access this service when you need it.

Hours for walk-in change regularly, please call 250-469-7070 to confirm current walk-in availability. 505-Doyle Ave, Kelowna BC

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Community Response Team

For individuals in Kelowna, West Kelowna, Lake Country and Peachland who are experiencing a mental health crisis. Provides assessment, recommendations, brief follow-up in the community and/or referral to community supports.

7 days a week 11:30am to 9:00pm

Phone: 250-212-8533 Secondary line: 250-868-9994

YouthSpace

A space for any youth across Canada, under 30, that is experiencing any sort of crisis to come and talk (through text and chat). They are open every day between 6pm and midnight. <http://youthspace.ca/>

UBCO Interprofessional Walk-in Mental Health clinic

Free walk in counselling appointments (open to anyone in the Okanagan) every Tuesday and Thursday from 10am-3pm. UBCO - ASC167 (first floor of Arts and Science building). Tel. 250-807-8241

<https://psych.ok.ubc.ca/psychology-clinic/thrive-thursdays/>

Call your Family Doctor or go to a Walk-in Medical Clinic

-Foundry Kelowna has doctors available for youth 12-24yrs. (see above for contact)

-Kelowna walk in-clinic listings:

<http://www.kelownamedicalsociety.com/walkin/>

Early Psychosis Intervention Program (Interior Health)

<https://www.earlypsychosis.ca/pages/help/interior-health-kelowna>

Central Okanagan Hospice Association

Offers compassionate care, comfort, support and learning to those who are dying or grieving. 200-1890 Cooper Rd, Orchard Plaza, Kelowna, BC

Tel. 250-763-5511

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GROUP RESOURCES:

Y Mind Mindfulness Groups

Free support for young adults between 18-30 years old. The groups are 7 weeks in duration and are offered at various locations in the Okanagan.

To register for an information session contact: 250-317-7980 or
ymind@ymcaokanagan.ca

Connect Counselling Society

Offers free and low cost groups. For more information and updated group offerings visit: <http://www.connectcounsellingsociety.ca/>
#204-347 Leon Ave, Kelowna, BC Phone: 250-860-3181

Canadian Mental Health Association Kelowna

The Wellness Development Centre is a place where individuals dealing with mental health issues can come to connect with others, engage in wellness-based activities, learn and improve mental and physical wellness and contribute to a vibrant community.

<http://cmhakilowna.com/wellness-programs/>

Discovery College

An initiative through CMHA, helping people expand their knowledge and abilities to improve their well-being and better manage their own life's challenges like stress and anxiety. They offer free, accessible courses on a range of wellness topics.

<https://cmhakilowna.com/discovery-college/>

Interior Health Mental Health and Substance Use Groups

Offers variety of groups including Relaxation, Cognitive Behavioural Therapy, Alcohol and Substance Use support groups. You must first register with Interior Health MHSU by filling out intake paperwork or attending Walk-In counselling. 505-Doyle Ave, Kelowna BC
Phone: 250-469-7070 Alcoholics

Anonymous Kelowna

Phone: (24 hour AA Hotline) 250-763-5555 Email: aakilowna@gmail.com