

# MHFA : Community Resources (Penticton)

## OC Counselling Services

To schedule an appointment with a counsellor:

Call or walk-in to Penticton Administration Office (250-492-4305 ext.3200)

to schedule an appointment with a counsellor; or

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/](https://www.okanagan.bc.ca/Student_Services/students/counselling/)

## AVAILABLE OUTSIDE OF OFFICE HOURS

### Crisis Line Association of BC

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/>

### 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/>

### Penticton Community Crisis Response Team (CCRT)

7 days a week, 9am-11pm Call the hospital at 250-492-4000 and ask to be connected to CCRT.

## SERVICES LINKED TO INTERIOR HEALTH

### Foundry Penticton

A 'one stop shop' for youth (age 12-24) and their families to access mental health, substance use, counselling and social services. Walk in counselling and access to a GP available- Tues & Thurs 1-5 pm. Tel. 778-646-2292

<https://foundrybc.ca/penticton/> 501 Main Street, Penticton, BC V2A 5C6

# MHFA : Community Resources (Penticton)

## Penticton Mental Health & Substance Use (Interior Health)

Call / walk in to schedule intake for mental health counselling  
Substance use drop in M-F 1-3pm  
740 Carmi Ave  
Phone: 250-770-3555

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

Listing of clinics and wait times:

<https://bc.skipthewaitingroom.com/city/Penticton>

## Early Psychosis Intervention Program (Interior Health)

Provides assessment, treatment and family support for individuals 19-30yrs old, who may be experiencing psychosis or schizophrenia.

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

740 Carmi Ave, Penticton Phone: 250-770-3555

Monday to Friday from 8:00am - 4:00 pm

## COMMUNITY ORGANIZATIONS/SERVICES

### Canadian Mental Health Association South Okanagan Similkameen

2852 Skaha Lake Road, Penticton Tel. 250-493-8999

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

### Pathways Addictions Resource Centre

Our services are for youth through senior adults, as well as for parents whose children are involved with substance use. Pathways offers several outpatient services including individual counselling, men's and women's groups, parenting groups and services for people whose lives are being affected by someone else's use. <http://pathwaysaddictions.ca/>

#1-996 Main Street Phone: 250.492.0400

### Penticton & Area Access Centre Society

The Access Centre changes lives through poverty advocacy, awareness, and action. Services include: legal advocacy, disability advocacy, tenant and landlord issue, and volunteer tax services. <http://accesscentre.org/>

Drop-in hours: Mon/Tues/Thurs: 1pm – 4pm Wed: 1pm-3pm

#209-304 Martin Street Phone: 250-493-6822

# MHFA : Community Resources (Penticton)

## Penticton and District Hospice Society

Offers compassionate care, comfort, support and learning to those who are dying or grieving. 105-725 Carmi Ave, Penticton Tel. 250-490-1107

## Salvation Army Food Bank

Community Food Bank; Community Kitchen (offering nutrition education and hands-on training in cooking nutritious meals); personal assistance (personal and emergency assistance); Christmas assistance. 2399 South Main Street  
Phone: 250-492-4788

Hours: Monday to Friday – 8:30 a.m. to 4:00 p.m.

## South Okanagan Brain Injury Society (SOBIS)

Provides support to individuals and families dealing with the effects of traumatic and acquired brain injuries. Services include: Brain Injury Prevention & Education; Programs for clients, their families, & caregivers; Advocacy & Homeless Outreach; and Vocational support.

<http://www2.sobis.com/>

#2 – 996 Main Street Phone: 250-490-0613

## South Okanagan Immigrant and Community Services (SOICS)

SOICS is a one-stop shop that provides a range of free services to all immigrants, temporary foreign workers, postsecondary international students, and refugees through education, advocacy and projects, which assist in their integration. <http://www.soics.ca/>

340 Ellis St. Phone: 250.492.6299

## South Okanagan Women in Need Society (SOWINS)

Outreach / Counselling programs are a free and confidential service for women who have experienced or are at risk of abuse. Shelter and transition house services available. Service also available to children who have experienced or witnessed abuse. No referral is necessary.

<http://sowins.com/services/>

#102-1027 Westminster Avenue West Office phone: 250-493-4366 ext. 103  
24-hour Crisis Line: 1-800-814-2033

# MHFA : Community Resources (Penticton)

## St. Vincent De Paul Society

The Society of St. Vincent de Paul is a Catholic organization dedicated to helping those in need through supplying food and emergency help for families with social and economic problems. Food hampers are delivered Mondays, Wednesdays & Saturdays after 8:30 a.m. Note: Two days advance notice is required. Phone: (250) 490-2796.

## The Mental Wellness Centre

Our mission is to alleviate the suffering caused by mental illness and improve the quality of life for those affected, their families, and their friends. Provide support and free education for families, friends and those with mental illness. All major illnesses including but not limited to: psychotic disorders; mood disorders; anxiety disorders; and personality disorders.

<http://www.mentalwellnesscentresos.com/>  
#118 246 Martin Street Phone: 250-493-7338

## GROUP RESOURCES

### Alcoholics Anonymous Penticton

The AA program, as set forth in the 12 steps to recovery, offers support to those using/misusing alcohol. Phone: (24 hour answering service – Penticton) 250-485-7693(24 hour AA Hotline - Kelowna) 250-763-5555

### Al-Anon

Any person who is troubled by another person's drinking can attend Al-Anon meetings. This is true whether the person is still drinking or not.

<http://al-anon.info/MeetingSearch/Al-AnonMeetings.aspx?language=EN>

### Martin House youth group

Offers resources and support for young people ages 16-30 living with anxiety disorders, psychosis, or mood disorders. Monthly calendar of activities to get involved in. Email: [Martinhouse1630@gmail.com](mailto:Martinhouse1630@gmail.com)

Find us on Facebook (2 pages): Martin House & Martin House Activities Program Or contact the Mental Wellness Centre Phone: 250-493-7338

# MHFA : Community Resources (Penticton)

## Narcotics Anonymous - South Okanagan Area

Narcotics Anonymous sprang from the Alcoholics Anonymous and uses the 12 steps to offer support to those using/misusing drugs.

<http://www.soascna.ca/index.php/meeting-list>

Helpline: 1-855-852-5687

## PFLAG

PFLAG is dedicated to providing a safe and supportive place for Lesbian, Gay, Bisexual, Transgendered, Two-Spirited, Queer and Questioning people. We welcome allies and people of diverse gender expression, identity, and attraction. Penticton Chapter meets at Oasis United Church, on the third Thursday of each month at 6:30 PM.

You can also reach Ron Smuin at [rsmuin@shaw.ca](mailto:rsmuin@shaw.ca) and [rsmuin51@gmail.ca](mailto:rsmuin51@gmail.ca)  
.Phone: 250.493.5530

## Y Mind Mindfulness Groups for managing anxiety

YMCA Mindfulness Groups are free and support young adults between 18-30 years old. You will learn healthy coping tools to manage anxiety, connect with other young people and receive support. The groups are 7 weeks in duration and are offered at various locations in Kelowna and Penticton. To register for an information session contact: 250-317-7980 or [ymind@ymcaokanagan.ca](mailto:ymind@ymcaokanagan.ca)