

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)

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 Monday to Friday 2pm - 5pm (no appointment needed)

1815 Kirschner Road, Kelowna

Phone: 236-420-2803

Email: foundrykelowna@cmha.bc.ca

<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.

Offered Monday / Wednesday / Friday from 9:00am to 11:00am.

Tuesday / Thursday from 1:00pm to 3:00pm.

(It is recommended that you arrive as early as possible)

505-Doyle Ave, Kelowna BC Phone: 250-469-7070

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

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)

Provides assessment, treatment and family support for individuals 19-30yrs old, who may be experiencing psychosis or schizophrenia. Anyone can refer (including self-referral). Servicing individuals from Oyama to Peachland

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

505-Doyle Ave, Kelowna BC phone: 250-868-7788

Monday to Friday from 8:30am - 4:30pm

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/>

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. 250-763-5511Community

Y Mind Mindfulness Groups

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 2 locations in Kelowna.

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

Alcoholics Anonymous Kelowna

The AA program, as set forth in the 12 steps to recovery, offers support to those using/misusing alcohol.

Phone: (24 hour AA Hotline) 250-763-5555

Email: aakelowna@gmail.com

Kelowna Family Centre

Offers free and low cost groups. For more information and updated group offerings visit:

<https://www.kfscs.com/group-programs/>

#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.

Hours of Operation: Tuesdays, Wednesdays and Thursdays 10:00am-3:00pm

If you are interested in visiting and learning more, please call our Wellness Programs

Access Coordinator at 250-861-3644.

504 Sutherland Ave, Kelowna

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

Interior Health Mental Health and Substance Use Groups

Offers variety of groups including Relaxation, Cognitive Behavioral 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