

# MHFA: COMMUNITY RESOURCES SALMON ARM

## **Counselling Services (Salmon Arm)**

To schedule an appointment with a counsellor:

1. Call or walk-in to OC Front Office (250-832-2126) 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/](https://www.okanagan.bc.ca/Student_Services/students/counselling/)

## **Crisis Line Association of BC**

The Crisis Line provides individuals with 24-hour confidential telephone crisis intervention and support. [Phone 1.888.353.2273 \(1.888.353.CARE\)](tel:18883532273)

## **Salmon Arm Mental Health (Interior Health)**

851-16th St NE, Salmon Arm 250-833-4102

Provide many services including adult community support, adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorders services, group therapy, peer support.

For after-hours mental health emergency: Call 250-833-4102 and ask to be connected with Emergency Service Team.

## **Salmon Arm Substance Use (Interior Health)**

431 Hudson Ave NE 250-833-4103

Drop in intake for substance use counselling. Offered Monday / Wednesday / Friday from 1-4pm

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

-Salmon Arm walk-in clinics <https://bc.skipthewaitingroom.com/city/Salmon-Arm>

### **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/>

### **Canadian Mental Health Association Shuswap-Revelstoke Branch**

433 Hudson Ave. N.E. Salmon Arm, BC

Phone 250-832-8477 [www.shuswap-revelstoke.cmha.bc.ca](http://www.shuswap-revelstoke.cmha.bc.ca)

### **Shuswap Hospice Society**

Offers compassionate care, comfort, support and learning to those who are dying or grieving.

Suite 4 – 781 Marine Park Drive, Salmon Arm B.C. Tel. 250-832-7099

[info@shuswaphospice.ca](mailto:info@shuswaphospice.ca) 9am – 4pm, Monday to Friday

### **Shuswap Family Resource and Referral Centre**

181 TCW NE, Salmon Arm 250-832-2170

### **Sexual Violence Resources:**

[https://www.okanagan.bc.ca/Campus\\_and\\_Community/Safety\\_\\_\\_Security/Sexual\\_Violence/Get\\_Support.html](https://www.okanagan.bc.ca/Campus_and_Community/Safety___Security/Sexual_Violence/Get_Support.html)

**RCMP Victim Services** 250-832-4453

**Salmon Arm Women's Shelter** 250-832-9616

**Alcoholics Anonymous Shuswap** 1-866-531-7045

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

### **Shuswap Survival Guide 2018**

For online version visit: <https://shuswap-revelstoke.cmha.bc.ca>