
REFERRAL PATHWAY:

- Potential clients may refer themselves or be referred by community agencies, GPs, NPs or, hospitals
 - All referrals will be assessed for appropriateness and persons will be offered services or directed to other appropriate services within the community
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Mental Health and Substance Use Intake: 250-549-5737
Monday to Friday, 9:00 am to 4:30 pm

If a referred person has EAP through his/her employer - they will be re-directed to that service first

SERVICES INCLUDE:

PSYCHIATRIC SERVICES: (age 19 & up)

All consultations with a psychiatrist require a referral from a GP or NP

A team of psychiatrists provide:

- Collaborative services to family physicians in need of consultation, co-management or primary care for clients with moderate to severe psychiatric disorders.
- During the current COVID19 state of emergency – Psychiatrist On-Call at VJH is available for urgent consult to GPs and NPs

Family physicians will continue to assume primary responsibility for care, but illness severity will determine additional multidisciplinary needs and services we provide.

Substance Use Counselling and Treatment Services

For youth (17-19yrs), adults and seniors who are struggling with substance misuse.

Counselling and Treatment (age 19 & up)

Adults experiencing moderate to severe mental health concerns. The program provides 8 – 12 sessions.

Treatment, Support and Recovery (19 yrs. & up)

Case Management Services are available for adults who have a serious and persistent mental illness. This program provides longer term treatment, rehabilitation, case management, support services, medication management and access to residential care/supportive housing.

Early Psychosis Intervention: case management service individuals presenting with first episode psychosis (19 to 25 years old).

Seniors Mental Health: (65 yrs. & up)

Available to individuals 65 years of age and older who are experiencing complex mental health disorders and issues related to aging including complicated dementia with associated psychiatric or behavioural problems. This service provides specialized assessments, treatment, wellness groups, case management and psychosocial support and rehabilitation.

MHSU Crisis Response Team

Provides intervention to those experiencing mental health crises addressing immediate psychiatric distress and persistent acute mental illness. Clients may access services through self-referral Phone: 250-260-7893.

Physicians seeking support for their clients in crisis may reach CRT for support though the Emergency phone line 250-260-0491. This contact number is for use by physician only and should not be given to clients.

Virtual Mental Health Supports During COVID-19

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

VERNON COMMUNITY SERVICES

Family Resource Centre

Provides short-term individual and family counselling for:

Anxiety & depression, Life crisis, Life transitions, Grief & loss, Family separation, Couples counselling, Sexual abuse recovery

Access services through self-referral

Email: info@vernonfrc.ca

Phone: (250) 545-3390

Whitevalley Community Resource Centre

Provides short-term individual and family counselling for a variety of issues including: Anxiety & depression, Communication skills, Anger management, Marital counselling, Grief and stress, Substance use

*Services the following communities: Lumby, Mable Lake, Whitevale, Trinity Valley, Creighton Valley, Lavington and Cherryville

Access services through self-referral

Phone: 250-547-8866 Fax: 250-547-6285

Archway Society for Domestic Peace

Provide a wide range of supportive services for survivors of domestic and sexual violence including: Safe shelter (transition house program), Counselling, Child and youth advocacy, Outreach services

To access Transition Housing call 250-542-1122 (available 24 hours a day, 7 days a week)

To access all other services Phone: 250-558-3850 Fax: 250-558-3856