

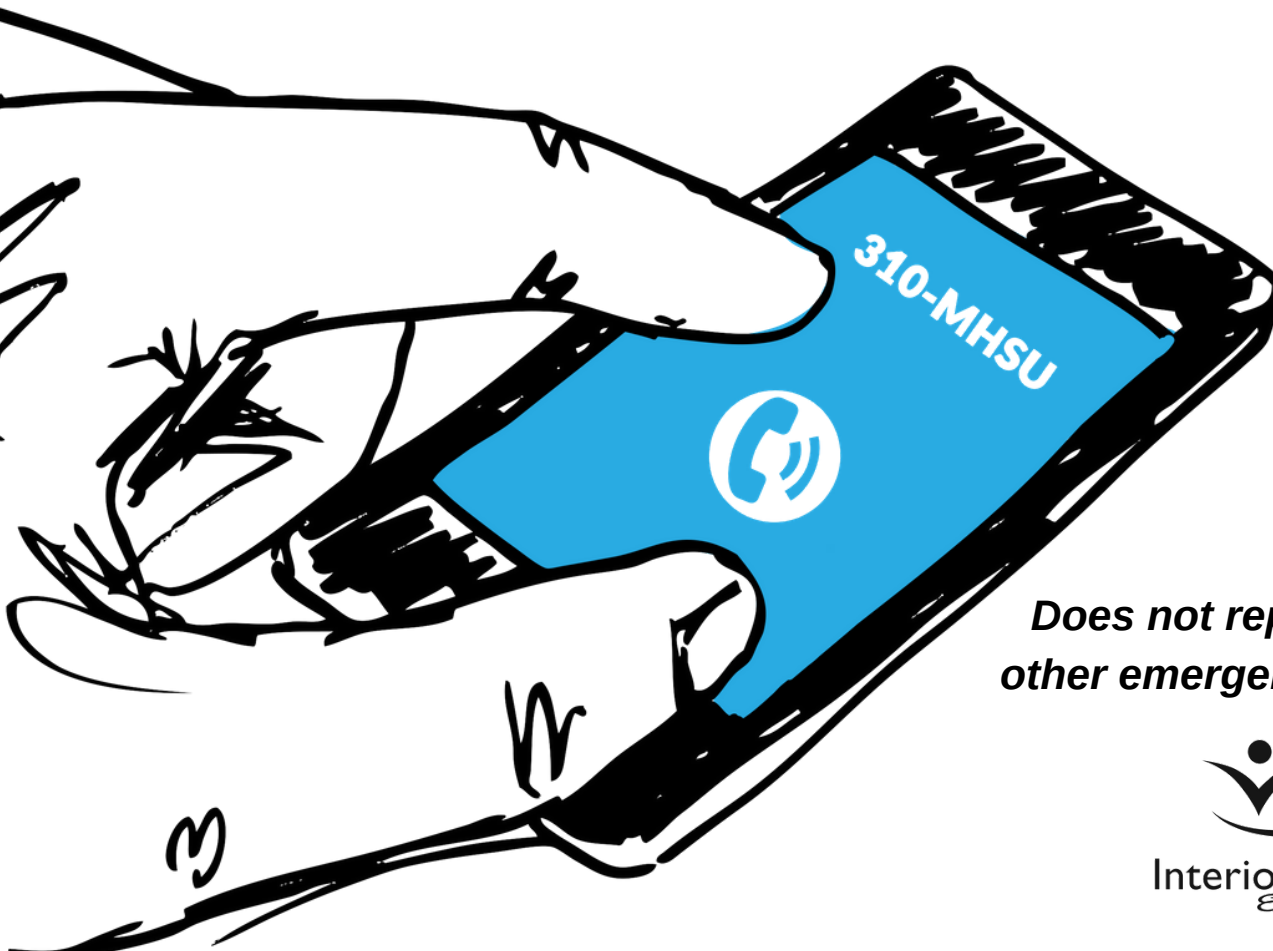
**NEW! ACCESS MENTAL HEALTH & SUBSTANCE USE  
(MHSU) SERVICES IN YOUR COMMUNITY  
WITH A SINGLE PHONE NUMBER**

# **310-MHSU (6478)**

**Community Mental Health & Substance Use services**

Call 310-MHSU if you need support for:

- ongoing difficulties with mental health concerns including anxiety, depression, paranoia, psychosis, or if you're unsure if you need support
- ongoing difficulties with substance use



*Does not replace 911 and  
other emergency/crisis lines*



Interior Health  
*Every person matters*

**Improving access to community care services**