

Child & Youth Mental Health/Substance Use WEST KOOTENAY REFERRAL MATRIX



	AGENCY	DETAILS
Child & Youth Mental Health	Child and Youth Mental Health Mental health assessments to better understand how your symptoms affect your quality of life. Therapy: including 1-on-1, group, and for families. Medication prescribed by a psychiatrist (when necessary). Walk-in intake clinics – Castlegar: Tues 9-11am; Nelson: Tues & Thurs 9-11am; Trail: Thurs 1-3pm.	☎ Castlegar: 250-365-4470 Grand Forks: 250-442-4378 Nakusp: 250-265-4865 Nelson: 250-354-6480 Trail: 250-364-0540 <i>Self-referral, Family Physician (FP) or Nurse Practitioner (NP)</i>
	Freedom Quest Mental health and substance use services for youth.	☎ 1-877-304-2676 <i>Self-referral, FP/NP, community agency, school staff</i>
	Castlegar & District Community Services Society A wide range of programs from long-term counselling to short term groups. Includes youth action network, women's center, affordable housing project, family support counselling, victim support, violence counselling and more.	☎ 250-365-2104 <i>Self-referral, FP/NP, community agency, school staff. MCFD referrals take priority.</i>
	Nelson Community Services Child and youth community mental health program, outreach, and counselling. Youth support services available through Cicada Place and shelter support services at Aimee Beaulieu Transition House.	☎ 250-352-3504 <i>Self-referral, FP/NP, community agency, school staff. MCFD referrals take priority.</i>
	ARC Programs Intervention, treatment and rehabilitative services to children, youth and families. Programs include West Kootenay Child-in-Care Wraparound Support program, youth support family advancement services, skills acquisition program and more.	☎ 250-365-5800 <i>Referrals from MCFD take priority but also accepted from community agencies, school staff and self-referral</i>
	Circle of Indigenous Nations - COINS Mental health and addictions programming for ages 15 to Elder, including one-to-one support as well as group support in a cultural setting and recovery circles.	☎ 250-231-4968 <i>Self-referral, FP/NP, community agency, school staff</i>
	Trail FAIR Society Children Who Witness Abuse, counselling services, Sexual Abuse Intervention (SAIP), StrongStart, early childhood and family support, crisis services etc.	☎ 250-364-2326 <i>Self-referral, FP/NP, community agency, school staff</i>
	North Kootenay Lake Community Services Society Children and Youth counselling, assessment and therapeutic interventions for children who have emotional, mental and behavioural issues.	☎ 250-353-7691 <i>Self-referral, FP/NP, MCFD</i>
Substance Use	Arrow & Slocan Lakes Community Services Child & Youth Mental Health counselling.	☎ 250-265-3674 <i>Self-referral, FP/NP, MCFD</i>
	Salmo Community Services Centre Child & Youth Mental Health counselling.	☎ 250-357-2277 <i>Self-referral, FP/NP, community agency, MCFD</i>
	Freedom Quest Provides mental health and substance use services for youth including: Youth Concurrent Disorders Program, Complex Disorders Support, Peer to Peer Support Program, Youth Drug & Alcohol Counselling, Outreach & Support, and Family Program for parents who are impacted by their youth's substance use.	☎ 1-877-304-2676 <i>Self-referral, FP/NP, community agency, school staff</i>
Urgent Response to Suicidal Ideation	Circle of Indigenous Nations - COINS Provides mental health and addictions programming for ages 15 to Elder, including one-to-one support as well as group support in a cultural setting and recovery circles.	☎ 250-231-4968 <i>Self-referral, FP/NP, community agency, school staff</i>
	KBRH Mental Health & Substance Use Nurse Urgent response nurse: acts as a liaison referring anyone in crisis to appropriate resources. No referral needed.	☎ 250-368-3311 ext 2351
	West Kootenay Boundary Regional Crisis Line BC Crisis Centre	☎ 1-888-353-2273 ☎ 1-800-784-2433 (1-800-SUICIDE)

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Eating Disorders	Kootenay Boundary Eating Disorders Clinic Assessment, consultation & treatment recommendations for eating disorders.	☎ 250-505-7252 <i>Referral from FP/NP, CYMH and self-referral</i>
	BC Children's Hospital – Looking Glass Residence Service and supports for youth with eating disorders in a home-like, therapeutic environment. Ages 17-24.	☎ 604-829-2585 <i>Referral from Physician or eating disorder clinician</i>
Behavioural Issues and Childhood Development	Kootenay Family Place Child/Infant Development Programs and Therapy Services.	☎ 250-365-8448 <i>Referral from parent, physician, public health nurse or community professional</i>
	Kootenay Kids Society Play groups, learning centre, PT, OT, aboriginal early intervention.	☎ 250-352-6678 <i>Referral from parent, physician, public health nurse or community professional</i>
	Kiro Wellness Centre Therapies for the prevention, identification, assessment and treatment of communication difficulties for children from birth to school entry.	☎ 250-364-6219 <i>Referrals by parent or physician with consent. School aged children contact school district</i>
	North Kootenay Lake Community Services Society Family programs include: Strong Start, Mother Goose, and Nobody's Perfect.	☎ 250-353-7691 <i>Self-referral, FP/NP, MCFD</i>
	Arrow & Slocan Lakes Community Services Parent education courses, parent-led groups, info and referral services.	☎ 250-265-3674 <i>Self-referral, FP/NP, MCFD</i>
Children Who Witness Violence & Sexual Abuse	Castlegar & District Community Services Society Sexual Abuse Intervention Program (SAIP). Ages under 19.	☎ 250-365-2104 <i>Self-referral, FP/NP, community agency, school staff</i>
	Nelson Community Services Counselling for ages 3-18, who have experienced sexual abuse or may be acting out in a sexualized manner.	☎ 250-352-3504 <i>Self-referral, FP/NP, community agency, school staff</i>
	Trail FAIR Society Counselling services, SAIP, family support services, crisis services and more.	☎ 250-364-2326 <i>Self-referral, FP/NP, community agency, school staff</i>
	North Kootenay Lake Community Services Society Victims assistance and counselling. Safe Home refuge for women and children.	☎ 250-353-7691 <i>Self-referral, FP/NP, MCFD</i>
	Arrow & Slocan Lakes Community Services Sexual Abuse Intervention Program, Children Who Witness Abuse Counselling, and the Safe Home Program (safe, confidential, free temporary housing)	☎ 250-265-3674 <i>Self-referral, FP/NP, MCFD</i>
	Salmo Community Services Centre Counselling and support services, Safe Homes Program for women & children.	☎ 250-357-2277 <i>Self-referral, FP/NP, community agency, MCFD</i>
Gender Identity	BC Children's Hospital Gender Clinic Provides treatment with puberty blockers and/or gender-affirming hormones for transgender and gender-questioning. Ages under 19. Provider consults available.	☎ 604-875-2345, ext 6550 email: bcchgendersclinic@cw.bc.ca <i>Physician referral required</i>
	KB Division Gender-Affirming Care Info Hub for Practitioners Refer to providers trained to do hormone assessment, or consult for guidance. <i>Dr. Lauren Galbraith - Hormone Readiness & Surgical Assessor, Kootenay Boundary</i>	💻 bit.ly/KB-GAC-infohub
	Provincial RACE Line Provider consults available - Request Transgender Health Option.	☎ 1-877-696-2131 💻 raceconnect.ca
Parent Teen Conflict	Castlegar & District Community Services Society: Family support/counselling.	☎ 250-365-2104
	Nelson Community Services: Family support/counselling.	☎ 250-352-3504
	North Kootenay Lake Services: Family support/counselling.	☎ 250-353-7691
	Salmo Community Services Centre: Family support/counselling.	☎ 250-357-2277
Pediatricians	Kootenay Pediatrics (Trail)	☎ 778-456-0030, Fax: 888-760-8399 <i>FP/NP referral required</i>
	Nelson Pediatrics	☎ 250-352-9766, Fax: 250-352-9757 <i>FP/NP referral required</i>
Private Counselling	View the online listing of private counselling & therapy providers offering services to children & youth in Kootenay Boundary at:	💻 divisionsbc.ca/kootenay-boundary/cymh-private-services
Unattached Patient Care	KB Access Clinic: Primary care for patients without a family physician or nurse practitioner. Castlegar Urgent & Primary Care Centre (UPCC)	☎ 778-508-3112 💻 kbaccess.ca ☎ 250-304-1289

Additional
Online Resources

KB Searchlight KB Division CYMH Resources KB Fetch	kootenayfamilyplace.org/kb-searchlight divisionsbc.ca/kootenay-boundary/cymh kb.fetchbc.ca
Compass - CYMH Provider Support Foundry Virtual	compassbc.ca or 1-855-702-7272 foundrybc.ca/virtual or 1-833-308-6379

Anxiety BC
Canadian Mental Health Assoc.
Dealing With Depression
Family Smart
Here To Help
Kelty Mental Health

anxietybc.com
cmha.bc.ca
dwdonline.ca
familiesmart.ca
heretohelp.bc.ca
keltymentalhealth.ca

Mindcheck Youth In BC mindcheck.ca
youthinbc.com