

Child and Youth Mental Health & Eating Disorders		
Anxiety Canada	www.anxietycanada.com	1-604-620-0744
BC Children’s Hospital’s Compass Program	www.compassbc.ca/toolkits	1-855-702-7272
Crisis Intervention and Suicide Prevention Centre of BC	www.crisiscentre.bc.ca	1-800-SUICIDE 1-800-784-2433
Early Psychosis Intervention (EPI)	www.earlypsychosis.ca	
FamilySmart – Institute of Families	www.familysmart.ca	1-855-887-8004
Foundry BC	www.foundrybc.ca	
Foundry Virtual BC	www.foundrybc.ca/get-support/apps-tools	
Jessie’s Legacy (Eating Disorders)	www.jessieslegacy.com	
Kelty Mental Health Resource Centre	www.keltymentalhealth.ca	1-800-665-1822
Kelty Mental Health Eating Disorders	www.keltyeatingdisorders.ca	1-800-665-1822
Kids Help Phone	www.kidshelpphone.ca	1-800-668-6868
Mind Your Mind	www.mindyourmind.ca	
Mental Health Literacy	www.mentalhealthliteracy.org	1-403-955-8467
Youth in BC Crisis Response	www.youthinbc.com	310-6789
Trans Care BC	www.phsa.ca/our-services/programs-services/trans-care-bc	1-866-999-1514
Family/Domestic Violence & Sexual Assault		
Victim Link BC	www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc	1-800-563-0808
MCFD Help Line for Children (abuse & neglect)		310-1234
Oak Child & Youth Advocacy Centre (Vernon)	www.oakcentrevernon.ca	778-475-2920
Substance Use		
Mike and Vicki – help for friends, family and youth	www.mikeandvicki.ca	
Alcohol & Drug Information Referral Service (ADIRS) – BC 2-1-1	www.healthlinkbc.ca/mental-health-substance-use/resources/adirs	1-800-663-1441
Raven Youth and Family Counselling Program / Phoenix Centre - Kamloops	www.phoenixcentre.org/raven	1-877-318-1177

Local Child and Youth Mental Health Services & Supports for Families and Individuals		
Child & Youth Mental Health (MCFD)	https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc/children-and-youth	250-832-1719
Canadian Mental Health Association (CMHA) Shuswap / Revelstoke <ul style="list-style-type: none"> - Family Navigator Program – support, Information/resources on mental health and substance use - Living Life to the Full – for mood, well-being and to reduce stress and anxiety 	https://shuswap-revelstoke.cmha.bc.ca/	250-832-8477
Eagle Valley Community Support Society (Sicamous/Malakwa) Mental health, addictions & crisis support for youth, serving Sicamous and CSRD Area E.		250-836-3440
First Nations Health and wellness programs, addiction counselling, referral, assessment	Adams Lake Indian Band www.adamslakeband.org	250-679-8841
	Little Shuswap Indian Band www.lslib.com	250-679-3203
	Neskonlith Band www.neskonlith.net	250-679-3295
	Splatsin First Nation - Spallumcheen Indian Band www.splatsin.ca	250-838-6496
Interior Health Substance Use – youth & family support		250-833-4103
Ministry of Social Development (MSDSI) Employment and Income Assistance	www.gov.bc.ca/sdsi	1-866-866-0800
RCMP Victim Services	www.rcmp-grc.gc.ca/ccaps-spcca/vic-eng.htm	250-832-4453
SAFE Society- <ul style="list-style-type: none"> - Transition House (Women’s Shelter) - Community Based Victim Services - Stop the Violence Program - PEACE (Prevention, Education, Advocacy, Counselling and Empowerment) Program for Children and Youth - Sexual Assault Support Services 	www.safesociety.ca	250-832-9616 250-832-9616 250-832-0005 250-832-9700 250-832-4474 778-489-0508
School District #83 North Okanagan-Shuswap	www.sd83.bc.ca	250-832-2157
SD83 Wellness Centres	www.sd83wellnesscentres.com	250-833-6100
Sex Sense – Options for Sexual Health (connect to a local nurse)	www.optionsforsexualhealth.org/clinic/salmon-arm-opt-clinic/	1-800-739-7367
Shuswap Children's Association Serving families and children including children with special needs; Supported Child Development, FASD Key Worker, The LOFT (Family Support), Autism Spectrum support, childcare resource & referral, Infant development	www.shuswapchildrens.ca	250-833-0164
Shuswap Family Resource & Referral Society – Child & Youth Mental Health Outreach, parenting programs & support for families	www.familyresource.bc.ca	250-832-2170
Shuswap Immigrant Service Society (immigrants, refugees)	www.sissociety.ca	250-804-2726