

# PERINATAL MENTAL HEALTH AND SUBSTANCE USE

## PRIMARY CARE PROVIDER (PCP) REFERRAL MATRIX

CHALLENGE OR VULNERABILITY	NAME OF RESOURCE	CONTACT INFO
<b>SUPPORT FOR ABORIGINAL/INDIGENOUS FAMILIES</b>	<b>ABORIGINAL EARLY YEARS (DROP IN PLAY GROUP)</b> Referrals, where appropriate, to other services.	<b>T: 250 465 9944</b> Tuesdays & Wednesdays 9am to 11.45am at Courtenay Elementary
	<b>K'OMOKS FIRST NATION PRECIOUS BEGINNINGS</b> Provides programs and support in pregnancy and up to 2 years post natal for women who identify as Aboriginal/Indigenous.	<b>T: 250 339 4545</b>
	<b>UPPER ISLAND WOMEN OF NATIVE ANCESTRY (UIWONA)</b> Programs and services for women and families.	<b>T: 250 334 9591</b>
	<b>HUMMINGBIRDS</b> @ Wachiay Friendship Centre Games, toys, snacks and story-telling by Aboriginal Elders. All families and caregivers welcome.	Monday mornings 10am 1625 McPhee Ave, Courtenay
<b>ANXIETY AND DEPRESSION</b>	<b>BOUNCE BACK</b> Free coaching over the phone	<b>T: 1866 639 0522</b> Bounce Back referral form
	<b>CONFIDENT PARENTS: THRIVING KIDS</b> Free coaching over the phone.	Confident Parents: Thriving Kids referral form
	<b>COMOX VALLEY MENTAL HEALTH AND SUBSTANCE USE (MHSU)</b> Self refer/PCP refers. Drop in intake.	941C England Ave, Courtenay
	 <b>ASTAT</b> (Adult Short Term Assessment Team) Focus on transitional situations ie. pregnant and anxiety or depressions.	<b>URGENT</b> <b>T: 250 331 8524</b>
	 <b>CBT GROUPS</b> Tuesday & Thursday (Wellness educational series, Grounding practice)	<b>NON URGENT</b> (faxed letter preferred) <b>F: 250 331 8525</b>
	 <b>ACSS</b> (Adult Community Support Services). Long term, team based, case worker support. Diagnosis includes psychosis.	
<b>ABUSE AND VIOLENCE</b>	<b>PUBLIC HEALTH</b> Self refer or PCP can call/fax public health to initiate contact by RN with patients permission. Call to make a same day appointment.	<b>T: 250 331 8520</b> Daily Intake 7 days a week 8.30am to 4.30pm 961 England Ave, Courtenay
	<b>TRANSITION SOCIETY</b> Counselling. Group Housing (Lilli House & Amethyst House). Women can self refer.	<b>T: 250 897 0511</b>
<b>EATING DISORDERS</b>	 <b>RECLAIMING OUR LIVES</b> Free drop in program	<b>T: 250 897 0511</b> Wednesdays 9am to 10.30am 625 England Ave, Courtenay
	<b>NORTH ISLAND REGIONAL EATING DISORDER PROGRAM</b> Adult patients can call program therapist. Online Referral Form.	Located at Comox Valley Hospital in the Wellness Centre. <b>T: 250 331 5900 ext 65325</b>
	<b>ST PAUL'S ADULT TERTIARY EATING DISORDERS PROGRAM</b>	Intake Nurse <b>T: 604 806 8654</b>
<b>FEEDING</b>	<b>BREAST FEEDING SUPPORT AT PUBLIC HEALTH</b> Drop in 10am - 12pm Thursdays Call to make same day appointment.	961 England Ave, Courtenay Intake 7 days a week 8.30am to 4.30pm <b>T: 250 331 8520</b>
	<b>COMOX VALLEY DEVELOPMENT ASSOCIATION (CDA)</b> Oral motor development assessment.	<b>T: 250 338 4288</b>

## MEDICATION USE IN PREGNANCY

### LACTMED

<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

## GRIEF AND LOSS

### GRACE BABY LOSS GROUP

Individual or group peer support

**T: 250 334 7252**

[amanda@gracesupportgroup.com](mailto:amanda@gracesupportgroup.com)

### COMOX VALLEY HOSPICE SOCIETY

Free counselling for loss and grief

**T: 250 339 5533**

### MOTHERING YOUR HEART

Facebook page

[www.facebook.com/motheringyourheart/](https://www.facebook.com/motheringyourheart/)

### STILL LIFE CANADA

Stillbirth and neonatal death education research and support society

[www.still-lifecanada.ca](http://www.still-lifecanada.ca)

## NUTRITION

### THE COMOX VALLEY FOOD BANK

**T: 250 338 0615**

### WOMEN'S DROP IN LUNCH @ the Transition Society

**T: 250 871 7577**

Tuesdays 11.30am to 1.30pm.  
625 England Ave

### HEALTHY FAMILIES PROGRAM

Programs and support for women and families from pregnancy to 6 years of age.

**T: 250 338 7575**

Comox Valley Family Services  
1415 Cliffe Ave, Courtenay

## SUBSTANCE USE

### COMOX VALLEY MENTAL HEALTH AND SUBSTANCE USE (MHSU)

Withdrawal management program, addiction services

### URGENT

**T: 250 331 8524**

### EARLY RECOVERY PROGRAM

PCP referral, self referral (walk in, phone). No wait list.  
Monday to Friday. Must be 24 hours sober.

**NON URGENT** (faxed letter preferred)  
**F: 250 331 8525**

### HEALTH CONNECTIONS CLINIC @ the Nursing Centre

Includes Opioid Agonist Therapy (OAT) methadone, suboxone

**T: 250 331 8502**

Drop in intake Monday, Wednesday,  
Friday 1pm to 4pm

## URGENT RESPONSE TO SUICIDAL IDEATION

### 911

Help making a high risk safety plan in the moment.

**T: 911**

### CRISIS NURSE IN ER AT COMOX VALLEY HOSPITAL

During the day page crisis nurse

**T: 250 331 5900**

CVH Switchboard, ask for ER Crisis Nurse

### MHSU

Intake apt to triage timely access, may include referral to ASTAT team.

### URGENT

**T: 250 331 8524**

### VANCOUVER ISLAND CRISIS PHONE LINE AND TEXT

Short term, emotional support, 24 hour help line.

**T: 1 888 494 3888**

Crisis text **T: 250 800 3806**

## ACCESS TO SPECIALIST

### LOCAL ACCESS TO PSYCHIATRY

Referral by PCP or CV MHSU intake by RN who have the ability to refer directly to psychiatry. Drop in or appointments at CV MHSU include 40-60 min intake, patients are then triaged to group or individualized CBT.

**R.A.C.E.** Includes perinatal psychiatry and addictions

**eCASE** Includes addictions medicine and pediatrics

**T: 1 877 696 2131**

## ONLINE TOOLS AND RESOURCES

### REPRODUCTIVE MENTAL HEALTH

Fact Sheets on reproductive phases and mental health  
Self care modules

[www.reproductivementalhealth.ca](http://www.reproductivementalhealth.ca)

### ANXIETY CANADA

Resources and self help

[www.anxietycanada.com](http://www.anxietycanada.com)

### PACIFIC POST PARTUM SUPPORT SOCIETY

Telephone and group support for women and partners

[www.postpartum.org](http://www.postpartum.org)

### OPEN MIND BC

Tools and Resources

[www.openmindbc.ca](http://www.openmindbc.ca)