Helplines

811 HealthLinkBC

Call **8-1-1** for non-emergency health information. Translation provided in 130+ languages. Once the call connects, say the language you need (ex. Mandarin) and an interpreter will join the call.

Interior Crisis Line Network

Call **1-888-353-2273**, open 24/7. Providing compassionate support, crisis de-escalation, suicide prevention, and information on local resources to the Interior Health Region

National Suicide Crisis Helpline

Call or text **9-8-8**, available 24/7. Confidential crisis intervention offered in English, French, with additional translation services.

1-800-SUICIDE / 1-800-784-2433

BC's 24-hour Suicide Prevention and Intervention Line

310-6789 Mental Health Support

BC's 24-hour Mental Health Support & Crisis Response Line. No area code needed

In the case of an emergency, please call 9-1-1

About Peace of Mind

The Peace of Mind Project helps newcomers and immigrants access mental health information, learn about available community resources, and reduce the stigma surrounding mental health. Our goal is to make mental wellness support easier to understand and access.

Learn More & See Other Translations Online

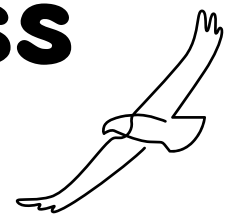
The resources found in this brochure are not ordered in any particular order and by no means are a comprehensive list of all the mental health resources in the Okanagan. We are simply highlighting some programs which we believe are doing excellent work.

Funded by

DIVERSEcity community resources society

Peace of Mind

Mental Wellness in the Okanagan



Taking care of your mental health is just as important as taking care of your physical health. Support is available, and reaching out for help is a sign of strength.

You are not alone



Feeling Stressed?

Mental Health & Substance Use Support @ Interior Health

Call 310-MHSU (6789) or walk into a local MHSU centre to self refer yourself. No area code is needed. Connect to local resources best suited towards your needs.

Canadian Mental Health Association - Kelowna & District

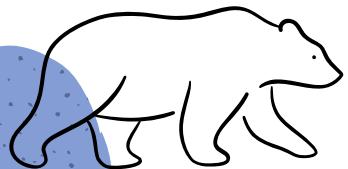
CMHA provides a wide variety of free wellness services, both in-person and online. Learn more about mental health or discover their counselling, housing, employment, and other services.

Pathways Central Okanagan

Learn about what health resources are available in the Central Okanagan, including mental health supports for adults, youth, and seniors

Walk-in Wellness @UBCO

Drop-in wellness appointments for anyone in the community.



Youth & Teens

This Space Belongs with You

Community mental health support for youth (12-24), 2SLGBTQIA+ and/or IBPOC

Y Mind Teen @YMCA

A free, 7-week, youth (13-18) mindfulness program. The YMCA also provides many group youth activities.

Third Space

Pay what you can counselling for youth 18-29

Kids Help Phone

Call **1-800-668-6868** or text **686868**. Learn, connect with youth, or get support.

Child & Youth Mental Health

BC's free mental health support for youth (0-18). An extensive list of resources are available in 11 languages on their website.

Family Support

Building Healthy Families

Family support through several free programs dedicated to support a variety of needs

Family Resource Centre Society for the North Okanagan

Family centered resources with some affordable and free programs.

Foundry

Supporting health and wellness of youth (12-24) & their families through free services

Senior's Distress Line

604-872-1234. A free, 24/7 help line for seniors/caregivers feeling lonely, distressed, or in crisis.