

Kamloops Mental Health Resource List

Name and Contact	Information and Service
<p><u>Ask Wellness Society</u> 433 Tranquille Road Kamloops, BC V2B 3G9 Phone: 250-376-7558</p> <p>ODP Northshore Phone: 778-257-1292</p> <p>OPD South Shore Phone: 250-320-2213</p>	<ul style="list-style-type: none"> • Shower • Laundry • Overdose Prevention • Access to a Computer • Assistance with completing application; BC Housing Registry, RAP, SAFER, or Income Assistance • Cobb’s bread on Tuesday • Harm Reduction Supplies
<p><u>Canadian Red Cross</u> 943 Victoria St, Kamloops, BC V2C 2C1 Phone: 250-372-2334</p>	<ul style="list-style-type: none"> • Current Emergency Responses • Emergencies and Disasters in Canada • International Programs • Violence, Bullying and Abuse Prevention • Restoring Family Links – Find Family • Migrant and refugee Services • International Humanitarian Law
<p><u>Canadian Mental Health</u> 857 Seymour St Kamloops, BC V2C 2H6 Phone: 250-374-0440</p>	<ul style="list-style-type: none"> • Wellness Programs • Youth • Campus • Club House • Suicide Prevention
<p><u>Elizabeth Fry Society</u> 827 Seymour St, Kamloops, BC V2C 2H6 Phone: 250-374-2119</p> <p>Elizabeth Fry Society 261B Victoria St, Kamloops, BC V2C 2A1 Phone: 250-374-2119</p> <p><u>Elizabeth Fry Society Housing</u> 130 St Paul St, Kamloops, BC V2C 2H8 Phone: 250-314-9552</p>	<ul style="list-style-type: none"> • Community Justice & Legal Services • Housing & Resources • Lizzy’s Closet • Youth Programs • Community Programs <ul style="list-style-type: none"> • Affordable and Subsidized Housing • Kamloops Elizabeth Fry Society operates three affordable housing buildings. To apply for any of our housing, please fill out an application with the BC Housing Registry.

	<ul style="list-style-type: none"> • <i>Elizabeth Court</i> A family oriented affordable housing complex providing 45 units of a mix of 2 and 3 bedrooms. Located in downtown Kamloops. • <i>Hill Top Apartments</i> Located on the North Shore, a family oriented affordable housing complex. Provides 46 units of a mix of 2 and 3 bedrooms. • <i>Cornerhouse</i> Cornerhouse provides 15 single units of subsidized housing.
<p><u>FNHA Kamloops</u> Duanna Virgo-Johnston MENTAL HEALTH & WELLNESS MANAGER Office: 250-374-3291 Work Cell: 250-319-9657</p> <p>Debra Robbins ADDICTIONS SPECIALIST Work Cell: 778-694-4548</p>	<ul style="list-style-type: none"> • Oversee FNHA Mental Wellness Team • Community Mental Wellness crisis response and resilience building. • Plan develop and coordinate • NNADAP Review, provides an advanced level of specialized expertise in supporting First Nation community development, specializes in addictions, substance use and prescription drug abuse.
<p><u>Interior Community Services</u> 396 Tranquille Rd, Kamloops, BC V2B 3G7 Phone: 250-554-3134</p> <p>765 Tranquille Rd, Kamloops, BC V2B 3J3 Phone: 250-376-3660</p>	<ul style="list-style-type: none"> • Child and Family • Youth • Community Living • Community Food Centre • Training and Education • Housing • Seniors
<p><u>Interior Health Authority</u> <u>Kamloops Mental Health & Addiction Services & Emergency Response</u> 235 Lansdowne St, Kamloops, BC V2C 1X8 Phone: 250-377-6500</p>	<ul style="list-style-type: none"> • Assessment • Treatment • Consultation • Education • Prevention • Information – Resources • Volunteer Opportunities

<p><u>Indian Residential School Survivor Society</u> 206-520 Chief Eli LaRue Way Kamloops, BC V2H 1H1</p> <p>Shirley David Phone: 250-828-1633 Ext. 302</p>	<p>IRSSS counseling teams, Cultural Support Workers and Residential Health Support Workers supports emotional, mental, and spiritual development, along with healing and recovery through culturally based values and guiding principles for survivors, families and communities. IRSSS is comprised of four services:</p> <p>Counselling</p> <ul style="list-style-type: none"> • Individual Counselling, Couples Counselling, Family Counselling, Group Counselling, Art Therapy Counselling, Art Therapy Groups, Psychology Educational Groups, Circles, Crisis Counselling, and Crisis Support. <p>Health Support</p> <ul style="list-style-type: none"> • Provide safe, confidential, respectful, and non-judgmental information for Former Residential School students and their families. <p>Cultural Services Request Forms</p> <ul style="list-style-type: none"> • IRSSS staff are available to present at community forums, schools, post-secondary, and other events. <p>Cultural Support</p> <ul style="list-style-type: none"> • IRSSS has 17 elders in BC who are qualified to provide guidance at gatherings, ceremonies, and workshops in the following cultural and spiritual activities such as: Smudging, Language, Sweat Lodges, Arts and Crafts, Long House, Translating, Traditional Medicines and Therapies, Traditions and Protocol, Healing and Sharing Circles, and Holistic Wellness Plans
<p><u>Kamloops Addictions Clinic</u> #104 - 220 3rd Ave Kamloops, BC, V2C 3M3 Phone: 250-374-2345</p>	<ul style="list-style-type: none"> • Counselling for Substance Usage • Connect with Community Resources • Completing Paperwork and Applications • Naloxone Training • Mental Health and Addictions Support • Harm Reduction Supplies • SMART Recovery
<p><u>KUU-US Crisis Response Services</u> Toll-free: 1-800-588-8717 Youth Line: 250-723-2040 Adult Line: 250-723-4050.</p>	<ul style="list-style-type: none"> • KUU-US services are for First Nations, by First Nations and all crisis response personnel are certified and trained in Indigenous cultural safety and therefore bring an understanding of First Nations history and trauma from the residential school to their roles. Last year, KUU-US helped over 10,000 individuals with mental health issues and crises related to residential school, child welfare, addiction, health concerns, divorce/separation, suicide ideation/survivorship, grief/loss, crime, abuse, peer pressure and financial distress.

<p>Mental Health Information Line 310-6789 (no area code needed)</p>	<ul style="list-style-type: none"> • Answered 24/7/365 it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns.
<p><u>Secwepemc Child and Family Services Agency</u> 300 Chilcotin Rd Kamloops, BC V2H 1G3 Phone: 250-314-9669</p>	<ul style="list-style-type: none"> • Support and consultation with families, health care providers and other community programs. • Individual Family Planning. • Referrals to early intervention therapists. • Developmental screening and assessments. • Assistance finding childcare. • Assistance accessing community resources. • Toy and equipment lending library. • Inclusion of traditional language and cultural activities.
<p><u>Secwepemc Child and Family Services Agency</u> 285 Seymour St, Kamloops, BC V2C 2E7 Phone: 250-461-7237</p>	<ul style="list-style-type: none"> • Individual counselling • Group counselling • Girls Groups/Boys Groups • Specialized groups such as art therapy groups • Family based therapy approaches • Attending school appointments, ICM's, Psychiatrist meetings, etc. • Referrals to other agencies • Assistance with obtaining assessments • Collaborating with professionals involved in a child's care such as doctors, teachers, schools, hospitals, and any other involved agencies • Suicide Risk Assessments/Crisis intervention • Mental Health Assessments
<p>Urban Aboriginal Health Clinic 376 Tranquille Road, Suite 201 Kamloops, BC V2B 3G6 Phone: 250-376-1991</p>	<ul style="list-style-type: none"> • Medical Clinic • Dental • Healthy Body • Healthy Living • Mental Health • Cosmetic Services
<p><u>Y Women's Emergency Shelter</u> 400 Battle St Kamloops, BC V2C 2L7 Phone: 250-374-6162</p>	<ul style="list-style-type: none"> • Provides safe supportive refuge for women with or without children who are abused or at risk of being abused by an intimate partner. Supportive counselling by phone and while in residence. Provides children's support staff and activities. Also offers referrals, advocacy and accompaniment to appointments, referrals to other transition houses.