**MENTAL HEALTH RESOURCES**

**PENTICTON SECONDARY SCHOOL RESOURCES**

**School Counsellors**

Ms. Richter (A-G)

Ms. Dunnett (H-O)

Mrs. Redford (P-Z)

**Youth Worker**

 Val Fricke

**Peer Listening Program** *\*access through school counsellors, youth worker or directly*

**School Nurse** *\*access through school counsellors, youth worker or directly*

Adele Jones (Interior Health)

250-770-3434

**LOCAL COMMUNITY RESOURCES**

**Foundry**

 Leanne – Youth Engagement Worker

250-462-6704 *\*has Online health and wellness resource for young people Foundrybc.ca*

**Radar**

A safe space drop-in program for LGBT2Q+ youth and their allies

 501 Main Street: Wednesdays 3:30 – 5:00pm

 Contact: Melissa radar.youth@penticton.ca or Radar Youth Penticton on Facebook

**MCFD** (Ministry of Children and Families)

1-800-663-9122

**OPT Clinic** (Options for Sexual Health)

1-800-739-7367

Tuesdays & Thursdays 6pm – 8pm *\*by appointment only*

**CYMH** (Child and Youth Mental Health)

Mental Health Walk-in Clinic

Tuesdays, Wednesdays and Thursdays 1pm – 3:30pm

**Pathways Addictions Resource Centre**

 #1 – 996 Main Street

250-492-0400

info@pathwaysaddictions.ca

**MENTAL HEALTH INFORMATION**

**Kids Help Phone**

Kids Help Phone is Canada’s only 24-hour, national bilingual telephone counselling service for children and youth. It provides counselling to children and youth directly between the ages of 4 and 19 years and helps adults aged 20 and over to find the counselling services they need.

1-800-668-6868

Text: TALK to 686868

Live Chat counselling at [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Canada Suicide Prevention Service**

1-833-456-4566

Text: 45645

Chat: crisisservicescanada.ca

**Mental Health Support and Information Line**

250-310-6789 *\*24/7 support*

**Youth in BC**

youthinbc@crisiscentre.bc.ca

real-time online chat 12pm – 1am daily

**WEBSITES**

Anxiety Disorders Association of Canada ([www.anxietycanada.ca](http://www.anxietycanada.ca))

Bounce Back Program <http://cmha.bc.ca/programs-services/bounce-back/>

Canadian Mental Health Association ([www.cmha.ca](http://www.cmha.ca))

Centre for Addiction and Mental Health ([www.camh.net](http://www.camh.net))

Here to Help ([www.heretohelp.ca](http://www.heretohelp.ca))

Mood Disorders Society of Canada ([www.mooddisorderscanada.org](http://www.mooddisorderscanada.org))

Schizophrenia Society of Canada ([www.schizophrenia.ca](http://www.schizophrenia.ca))

Teen Mental Health ([www.teenmentalhealth.org](http://www.teenmentalhealth.org))