

Child and Youth Substance Use & Wellness Resources

Interior Region Mental Health and Wellness



The Interior Region would like to share this quick reference guide to Youth Mental Health and Substance Misuse resources in the region. If you are looking for Withdrawal Management, Facility-Based Treatment, or Mental Health and Wellness Services tailored to substance misuse, see below for more information.

First Nations Health Authority: Virtual Psychiatry and Substance Use Service

P: 1.833.456.7655
E: fnvsups@fnha.ca



To access this service, have your health and wellness provider submit a referral. You can use the FNHA Virtual Doctor of the Day to obtain a referral to this service.

Health and Wellness providers offering referrals can contact: 1.833.456.7655 or fnvsups@fnha.ca for a copy of the VSUP referral package.

Two Service Stream Age Requirement (Substance Use/Psychiatry):

1. Substance Use Stream services youth 12 and up.
2. Psychiatry services youth 16 and up.

Facility-Based Withdrawal Management Services for Youth: Supporting the Withdrawal Process in an Inpatient Setting

Phoenix Centre

922- 3rd Avenue, Kamloops BC.
250.374.4634 or toll-free at 1.877.318.1177
W: www.phoenixcentre.org
24-Hour Operation, 7 Days a Week.

Admission Criteria

Youth aged 12-18 who:

1. Require medically monitored withdrawal services.
2. No referral required. Contact the agency directly to access services



The Bridge Youth & Family Services

1024 Laurier Avenue, Kelowna BC.
250.763.0456 or toll-free at 1.855.760.0456
W: www.thebridgeservices.ca
Monday-Friday 8:30am to 4:30pm

Admission Criteria

Youth aged 18 and under who:

1. Require medically monitored withdrawal services.
2. No referral required. Contact the agency directly to access services.



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Facility-Based Treatment Services for Youth:

Supporting the Path to Wellbeing through a Live-In Setting

A New Tomorrow: Treatment Solutions

1607 Greenfield Avenue, Kamloops BC.

P: 778.696.2147

W: www.ournewtomorrow.ca

E: admin@ournewtomorrow.ca

Nenqayni Wellness Centre

P.O. Box 2529, Williams Lake BC.

P: 250.989.0301 or toll-free at 1.888.668.4245

W: www.nenqayni.com/programs/youth-family-inhalant/

The Bridge Youth & Family Services

1024 Laurier Avenue, Kelowna BC.

P: 250.763.0456 or toll-free at 1.855.760.0456

W: www.thebridgeservices.ca

E: info@thebridgeservices.ca

Nechako Youth Treatment Program

1308 Alward Street, Prince George BC.

P: 250.565.2881

**Note: Contact the agencies directly to access services.*

Additional Resources

Foundry BC: Supporting Youth 12-24 Years with Mental Health & Substance Use Services



Interior Health: Youth Substance Use Treatment Application



Notes:

1. There is no charge for government-funded programs. Private programs will have cost to the client.
2. Call 310-MHSU (6478) to reach your local Interior Health Mental Health and Substance Use Centre.

Interior Health: Harm Reduction and Drug Testing Sites

