OKANAGAN COLLEGE COUNSELLING SERVICES | Last revised August 2023
Crisis and Mental Health Resources in the Community (Penticton)

24/7 AND CRISIS SUPPORTS

Here2Talk is a free 24-hr support for BC post-secondary students. To speak to a counsellor by
phone, app, or online you can download the Here2Talk app or visit here2talk.ca

Crisis Line Association of BC The Crisis Line provides individuals with 24-hour confidential
telephone crisis intervention and support. Phone 1.888.353.2273 (1.888.353.CARE)

Crisis Text Line: Text HOME to 686868 https://www.crisistextline.ca/how-it-works

KUU-US (Indigenous) Crisis Line 1.888.588.8717 http://www.kuu-uscrisisline.ca/

Hope for Wellness Helpline
The Hope for Wellness Help Line offers immediate mental health counselling and crisis
intervention to all Indigenous peoples across Canada. The toll-free line is open 24 hours a
day, 7 days a week, or you can use the chat box on their website.
Phone: 1.855.242.3310 https://www.hopeforwellness.ca
Languages: Cree, Ojibway, Inuktitut, English & French.

Indian Residential School Survivors Society Crisis Line: https://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line 1-866-925-4419

YouthSpace Youthspace.ca is an online crisis & emotional support chat. We listen without
judgement, and keep chats confidential & anonymous. Open every day between 6pm and
midnight. http://youthspace.ca/

Penticton Community Crisis Response Team (CCRT)
Crisis Response Teams help you with crisis intervention, including assessment and linkages to
appropriate community and hospital resources when you are experiencing an acute mental
health or substance use crisis.
7 days a week, 9am-11pm
Call the hospital at 250-492-4000 and ask to be connected to CCRT.

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SERVICES LINKED TO INTERIOR HEALTH

Foundry Penticton A ‘one stop shop’ for youth (age 12-24) and their families to access medical
care, mental health, substance use, counselling and social services. Walk-ins, scheduled virtual
and in-person appointments available.
Tel. 778-646-2292 https://foundrybc.ca/penticton/
501 Main Street, Penticton, BC V2A 5C6

Foundry Virtual Access our virtual services through the new Foundry BC app — co-created with
and for youth and their caregivers in British Columbia. https://foundrybc.ca/virtual/

Penticton Mental Health & Substance Use (Interior Health)
Call / walk in to schedule intake for mental health counselling
Substance use drop-in M-F 1-3pm
740 Carmi Ave Phone: 250-770-3555

Call your Family Doctor or go to a Walk-in Medical Clinic
Listing of clinics and wait times: https://bc.skipthewaitingroom.com/city/Penticton

Early Psychosis Intervention Program (Interior Health)
Provides assessment, treatment and family support for individuals 19-30yrs old, who
may be experiencing psychosis or schizophrenia.
https://www.earlypsychosis.ca/pages/help/interior-health-penticton
740 Carmi Ave, Penticton Phone: 250-770-3555
Monday to Friday from 8:00am - 4:00 pm

COMMUNITY ORGANIZATIONS/SERVICES

Canadian Mental Health Association South Okanagan Similkameen
As the nation-wide leader and champion for mental health, CMHA promotes the mental health
 of all and supports the resilience and recovery of people experiencing mental illness.
2852 Skaha Lake Road, Penticton Tel. 250-493-8999
https://sos.cmha.bc.ca/

Penticton & Area Access Centre Society
The Access Centre changes lives through poverty advocacy, awareness, and action. Services
include: legal advocacy, disability advocacy, tenant and landlord issues, Releasing and Integrating
Strong Emotions group, and volunteer tax services. http://accesscentre.org/
Consult website for drop-in hours or to schedule an appointment.
#209-304 Martin Street Phone: 250-493-6822

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Penticton and District Hospice Society
Offers compassionate care, comfort, support and learning to those who are dying or grieving.
https://www.pentictonhospice.com/bereavement-resource-centre/
105-725 Carmi Ave, Penticton Tel. 250-490-1107

Salvation Army Food Bank
Community Food Bank; Community Kitchen (offering nutrition education and hands-on training in
cooking nutritious meals); personal assistance (personal and emergency assistance); Christmas
assistance.
2399 South Main Street Phone: 250-492-4788
Hours: Monday to Friday – 8:30 a.m. to 4:00 p.m.

South Okanagan Brain Injury Society (SOBIS)
Provides support to individuals and families dealing with the effects of traumatic and acquired
brain injuries. Services include: Brain Injury Prevention & Education; Programs for clients, their
families, & caregivers; Advocacy & Homeless Outreach; and Vocational support.
http://www2.sosbis.com/
#2 – 996 Main Street Phone: 250-490-0613

South Okanagan Immigrant and Community Services (SOICS)
SOICS is a one-stop shop that provides a range of free services to all immigrants, temporary
foreign workers, postsecondary international students, and refugees through education,
advocacy and projects, which assist in their integration http://www.soics.ca/
340 Ellis St. Phone: 250.492.6299

South Okanagan Women in Need Society (SOWINS)
Outreach / Counselling programs are a free and confidential service for women who have
experienced or are at risk of abuse. Shelter and transition house services available. Service also
available to children who have experienced or witnessed abuse. No referral is necessary.
http://sowins.com/services/
#102-1027 Westminster Avenue West
Office phone: 250-493-4366 ext. 103 24-hour Crisis Line:1-800-814-2033

St. Vincent De Paul Society
The Society of St. Vincent de Paul is a Catholic organization dedicated to helping those in need
through supplying food and emergency help for families with social and economic problems.
Food hampers are delivered Mondays, Wednesdays & Saturdays after 8:30 a.m. Note: Two days
advance notice is required.
Phone: (250) 490-2796.

The Mental Wellness Centre
Our mission is to alleviate the suffering caused by mental illness and improve the quality of life
for those affected, their families, and their friends. Provide support and free education for
families, friends and those with mental illness, including peer support, groups, and a resource