

Pediatric Mental Health Resources for Vernon, BC

Local Services

1. Child and Youth Mental Health (CYMH)

- **Services:** Counselling and psychiatry access point for most moderate to severe mental health supports in BC.
- **Location:** 3007 35th Ave
- **Phone:** 1-250-549-5404
- **Website:** [CYMH](#)

2. Family Resource Centre

- **Services:** Affordable counselling and support programs for children, individuals, and families.
- **Website:** [Family Resource Centre](#)

3. North Okanagan Youth and Family Services Society (NOYFSS)

- **Services:** Free counselling and support for individuals and families through various programs.
- **Website:** [NOYFSS](#)

Provincial Resources

4. Kelty Mental Health

- **Services:** Navigation of mental health systems, peer support, and resource connections.
- **Website:** [Kelty Mental Health](#)

5. Family Smart

- **Services:** Support for parents and caregivers of children/youth dealing with mental health.
- **Contact:** info@familysmart.ca | 1-855-887-8004
- **Website:** [Family Smart](#)

6. The Foundry

- **Services:** Health and wellness resources for youth aged 12-24. Includes virtual appointments and group sessions.
- **Website:** [The Foundry](#) | [Virtual Support](#)

7. Bounceback

- **Services:** Free skill-building program for youth 15+ to manage anxiety, stress, and depression.
- **Website:** [Bounceback](#)

8. Youth in BC

- **Services:** Support, information, and resources for youth.
- **Website:** [Youth in BC](#)

9. Parent Support Services

- **Website:** [Parent Support BC](#)
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Local Counsellors (Private Pay)

- **Sky High Counselling:** [Sky High Counselling](#)
 - **Lisa Horton:** [Rainbow of Hope Counselling](#)
 - **Suzanne Harrington:** [Connect Counselling & Therapy Society](#)
 - **Lifespan Counselling:** [Lifespan Counselling](#)
 - **Stacey Boe:** [Okanagan Lighthouse Counselling](#)
 - **Family Matters Counselling:** [Family Matters Counselling](#)
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Helplines

- **1-800-SUICIDE:** 1-800-784-2433
 - **310-MENTALHEALTH:** 310-6789
 - **Aboriginal Crisis Line:** 1-800-588-8717
 - **Kids Help Phone:** 1-800-668-6868
 - **HealthLink BC:** 8-1-1 or [HealthLink BC](#)
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Take Action Today: Reach out to these resources to support your child's mental health and well-being.