

## **FEELING LIKE YOU WANT TO QUIT OR CUT DOWN ON YOUR SUBSTANCE USE?** **- HELP IS AVAILABLE -**

### **Online Education and Self-Help Programs**

- Kelty's Key
  - Free self-help courses to be worked through at your own pace
  - <https://www.keltyskey.com/courses/substance-use-problems/>
  
- Wellness Together
  - This online program provides tools and resources to help Canadians manage their physical and mental well-being throughout the pandemic. It includes modules on addressing low mood, substance use, social isolation, and relationship issues.
  - Website: <https://wellnesstogether.ca/en-CA>

### **One-on-One Counselling**

- Interior Health
  - To reach your local Mental Health and Substance Use Centre for community-based supports, call: 310-MHSU (6478)
  
- UBCO Walk-In Well-being Clinic
  - Email: [ipc.ok@ubc.ca](mailto:ipc.ok@ubc.ca)
  - Voicemail: (250) 807-8241
  - Website: <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>
  
- UBCO Problematic Substance Use Clinic
  - Phone: 250.807.8241 (press "1" for reception)
  - Email: [ipc.ok@ubc.ca](mailto:ipc.ok@ubc.ca)
  - <https://psych.ok.ubc.ca/psychology-clinic/problematic-substance-abuse-clinic/>
  
- Private Psychological Services
  - BC Psychological Association: [https://www.psychologists.bc.ca/find\\_psychologist](https://www.psychologists.bc.ca/find_psychologist)
  - BC Association of Clinical Counsellors: <http://bc-counsellors.org/counsellors/>

### **Crisis and Emergency Support**

- BC Suicide Help Line (24 hours): 1-800-784-2433 (1-800-SUICIDE)
  - website: <http://www.crisislines.bc.ca>
- Interior Crisis Line Network (available 24 hours): 1-888-353-2273
- Coping with Suicidal Thoughts:  
[http://www.comh.ca/publications/resources/pub\\_cwst/CWST.pdf](http://www.comh.ca/publications/resources/pub_cwst/CWST.pdf)
- Kelowna Community Response Team: (250) 212-8533
- Kelowna General Hospital Emergency: 2268 Pandosy Street
- Call 911 if you are in immediate danger or need urgent support