



**KNOWLEDGE  
NETWORK**

## **Taking Care: Child and Youth Mental Health**

PSYCHOSIS – GETTING HELP IN BC

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### **GETTING HELP IN BC**

There are a variety of ways to access resources and assistance throughout the province if your child is having a psychotic episode.

In some areas of British Columbia, early psychosis services may be available, either as an established program, a newly developing service or a contact person.

Call the following for early psychosis information if you live in:

Vancouver  
604-225-2211

Fraser Valley North  
604-469-5152

Fraser Valley South  
604-538-4278

Victoria  
250-889-4284

Campbell River  
250-850-5800 (Adult)

Courtenay  
250-338-9777 (Adult)

Cowichan Valley  
250-701-5910 (Adult)  
250-715-2896 (Youth)

Vernon  
250-549-5737

Kamloops  
250-851-7450 (Adult)  
250-376-7855 (Youth)

Kelowna  
250-868-7788 (19 - 25 years)  
250-861-7301 (13-18 years)

Penticton  
250-770-3555 (19-30 years old)  
250-487-4422 (18 and under)



There are currently about 100 publicly funded child and youth mental health teams across BC, which do not require a referral from a doctor. Click here for a complete list of offices where Ministry of Children and Family Development child and youth mental health services are offered in BC:

[http://www.mcf.gov.bc.ca/mental\\_health/pdf/services.pdf](http://www.mcf.gov.bc.ca/mental_health/pdf/services.pdf)

If you suspect someone you know is having a psychotic episode, you can take him or her directly to the local emergency ward.

Your family doctor, local clinic or school counsellor is also a good place to start. Physicians are trained in assessment and diagnosis of mental health disorders and can treat them directly or refer your child to an appropriate specialist if necessary. School counsellors are also very familiar with available treatment services in their geographic area.