

CLIENT RESOURCES

**taken from IHA ABI*

Mental Health Services

If you're feeling overwhelmed and isolated during this frantic time of COVID-19, please phone any of the following numbers for emotional support.

***Kelowna Crisis Line (24 hr):** 1-888-353-2273

***Seniors Mental Health:** 250-870-5777

***Mental Health Line BC:** 310-6789 (do not add 604, 778, or 250 behind number)

***811 (Non-Emergency Health Line)**

***Suicide Line:** 1-800-784-2433

***Mental Health Line:** 250-868-7788

***Kelowna Mental Health:** 250-469-7070

***Non-Emergency Police/Wellness Check Line:** 250-762-3300

***Canadian Mental Health Association Kelowna:** 250-861-3644