

# Adult MHSU Supports



## MHSU Programs & Services

**Entry point via Single Session Walk In Service (SSWIS) drop in or intake nurse scheduled assessment (self referral accepted)**

941C England Ave ~ 250-331-8524

MHSU Counselling & Groups	Withdrawal Mgt & OAT prescribing	Case Mgt (ACT, ICMT, ACSS)*
Outreach (IHOST Primary Care partnership)		PCCC (Psychiatry Collaborative Care Clinic)

Referral Form Link



\*ACT = Assertive Community Treatment | ICMT - Intensive Case Mgt Team | ACSS = Adult Community Support Services

## Nursing Centre Primary Care Services

615 Tenth St | 250-331-8502

- Chronic Disease & Chronic Pain Mgt Program
- Positive Wellness North Island
- NI Gender Care Service
- Health Connections Clinic



**Urgent & Primary Care Centre has MHSU Consultants (by referral & appt)**



MSP-funded mental health programs led by family physicians and psychiatrists to help adults manage mild-to-moderate anxiety, depression, stress, insomnia & ADHD.

CBT Skills Foundations	Skills for Success: ADHD Strategies
CBT Skills for Insomnia	Raising Resilient Kids Parenting

By referral for ages 17.5 +



<https://mind-space.ca>



BRITISH COLUMBIA

Free virtual CBT skills programs for those with mild to moderate challenges with mental health such as depression, worry, stress and anxiety.

- 1) BounceBack Coaching - (self or referral from health provider)
- 2) BounceBack Online - independent online program
- 3) BounceBack Today Video - online video series

[www.bouncebackbc.ca](http://www.bouncebackbc.ca)



First Nations Health Authority

- Mental Health Benefit - up to 22 hours of Counselling supports
- 24 hour a day support, virtual care and multiple crisis lines
- Residential Schools Support Program
- Suicide Prevention & Wellness Supports
- Residential Treatment Centres
- Non-medical cannabis supports & resources
- Overdose Prevention, Harm Reduction & OAT treatment



[www.fnha.ca](http://www.fnha.ca)



Free, confidential support on Denman and Hornby Islands:

- Mental Health Outreach Support & Counselling
- Substance Use Support
- Harm Reduction

<https://hornbydenmanhealth.com>



## CARE PATHWAYS SUMMARY

# Adult MHSU Supports con't

### · FOUNDRY ·

WHERE WELLNESS TAKES SHAPE

575 10th Street | 250-338-7341

Offering free and confidential services for young people 12 to 24 years old including drop-in counselling and several services as listed here:

[Brochure Link](#) | [Referral form](#) | [www.jhsni.bc.ca](http://www.jhsni.bc.ca)



<https://comoxhospice.com>

250-871-0696

Grief & Caregiver Supports may include: phone support, one-to-one companionship with a compassionate trained volunteer, a specific grief support group, mail outreach program, or limited short term one-to-one grief counselling.



**WACHIAY  
Friendship  
Centre**

Trauma-informed mental health programming, for rural and urban Indigenous communities, that safely address mental health concerns and support mental wellness within community-based, holistic, and integrated services. [www.wachiay.org](http://www.wachiay.org) | 778-225-0312



**AVI Health and  
Community Services**  
where harm reduction works

Crisis Response Team: The Peer Assisted Care Team includes both individuals with lived/living experience, and mental health professionals. Provides de-escalation crisis supports for mental health and substance use challenges for ages 13+.

[www.avi.org/location/comox-valley](http://www.avi.org/location/comox-valley) | 250-681-4878



Vancouver Island  
Crisis Society

*Helping People  
Find Their Way*

[www.viccrisis.ca](http://www.viccrisis.ca)

1-888-494-3888

Text: 250-800-3806



**Comox Valley  
Transition Society**

Individual Women's Counselling  
Men's Group (open drop in)  
Crisis Phone & Text and Sexual Assault lines  
<https://cvts.ca> | 250-897-0511



### The Village Clinic



Medical clinic offering OAT (Suboxone/Sublocade, Methadone, Kadian), peer support, social work and referral to treatment.

Mon- Wed & Fri: 9am - 5pm (closed 12:30-1:30pm)  
519E - 5th Street, Courtenay

[www.thevillageclinic.ca](http://www.thevillageclinic.ca) | 250.331.6333



### SERVICE DIRECTORY



**Pathways**<sup>TM</sup>

Pathways is a secure online tool to help optimize office workflow providing access to:

- referral pathways for clinicians,
- medical care directory,
- community & health authority service directory.

<https://pathwaysbc.ca>



\*\*\*\*This resource list is not exhaustive of the supports and services available to Comox Valley residents.\*\*\*



**Comox Valley**  
**Division of Family Practice**  
An FPSC initiative