

Adult MHSU Doorways to Care: Comox Valley

A resource for FPs, NPs, Allied Health providers, and clinic staff

MHSU SERVICES



SSWIS

Single Session Walk In Service
Brief solution-focused coaching
Walk ins, phone calls accepted
Mon-Fri: 9-12pm, 1-3pm *Closed
Wed afternoons

PSYCHIATRY

PCCC: Psychiatric Collaborative Care Clinic: A one-time psychiatric consult requiring a referral by FP/NP. *Include concise history and previous medication trials in referral

941C England Ave. Courtenay
Ph: (250) 331-8524 Fax: (250) 331-8525
For ages 19+

INTAKE

Assessment & treatment of more chronic mental health & substance use issues. Access to counselling, substance use support, detox, and residential treatment referrals

****Send CV referral form to ensure communications back re: patient****


TREATMENT GROUPS

- CBT, DBT & mindfulness skill dev't
- Virtual & in person
- Open to public - call for schedule



MILD TO MODERATE ANXIETY & DEPRESSION SUPPORTS


 **MINDSPACE** Virtual CBT groups incl. foundations, insomnia and ADHD by faxed referral. Contact with patient by email.


 **BOUNCEBACK** CBT coaching by referral. Self referral option for CBT workbooks & videos | 1-866-639-0522

 **BCalm** Virtual 8-week Art of Living Mindfully course by referral

CRISIS SERVICES

 CV Hospital
 Emergency Dept


 24-Hour Vancouver Island Crisis Line | **1-888-494-3888**


 **CRCL** Crisis Response, Community Led mobile team | Ph or text: **(250) 681-4878**
Mon-Fri 10am-10pm | Sat/Sun 10:30am - 5:30pm


 KUU-US BC Wide Indigenous Crisis & Support Line | **1-800-588-8717**



AFTER HOURS CARE

 **UPCC** Urgent & Primary Care Clinic
 MHSU consultants by appt for mild to moderate challenges
1-833-688-8722

 **Foundry**
Mental health & wellness services incl drop in counselling for ages 12-24 | (250) 338-7341


 **Hornby Denman Health** Mental Health Counselling & Substance Use supports
(250) 335-2885


 **CV Transition Society.** Counselling for women & Men's drop in group | (250) 897-0511

 **CV Hospice Society** Grief counselling
 (250) 871-0696

COMMUNITY SERVICES





 **The Village Clinic**
Refer via EMR or self refer. OAT (opioid agonist therapy), peer support & social work.
Ph: (250) 331.6333
Fax: (778) 299.2007


 **BC Centre on Substance Use**
24/7 Addiction Medicine Clinician Support Line: **(778) 945-7619**

ADDICTIONS MEDICINE

INDIGENOUS SUPPORTS

 **First Nation Health Authority** Virtual Substance Use & Psychiatry Services. Referral for access | 1-833-456-7655

 **Wachiay Friendship Centre** Mental health programs & services for urban Indigenous | (250) 338-7793

 **KFN Health Centre** Individual Counselling
(250)339-6591

 **RACE**
Rapid Access to Consultative Expertise
Get the app or call
(604) 696-2131

URGENT PSYCHIATRIC ADVICE

Scan here to access an electronic copy

