

# Mental Health

## ABORIGINAL CHILD & YOUTH MENTAL HEALTH

| Phone     | 250-741-5701   |
|-----------|--|
| Hours     | Monday- Friday 8:30 am- 4:30 pm  |
| Address   | <u>#301- 190 Wallace Street</u>  |
| Services  | Provides service to children/youth (up to 19) and families<br>who are seeking assistance regarding a mental health<br>concern. |
| Bus Route | #1, #20, #25, #30, #40, #50  |

## CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

| Phone     | 250-244-4042   |
|-----------|--|
| Hours     | Monday- Friday 10 am- 6:15 pm  |
| Address   | 437 Wesley Street  |
| Services  | Dedicated to the promotion and improvement of mental<br>health and quality of life in the community, through<br>effective services, advocacy, awareness and education,<br>resource generation, and partnerships. |
| Website   | www.cmhamidisland.ca   |
| Bus Route | #5, #6   |
| Social    |  |

#### MENTAL HEALTH RECOVERY PARTNERS - CENTRAL ISLAND

| Phone     | 250-760-6031   |
|-----------|--|
| Hours     | Tuesday- Thursday 12:30 pm- 4 pm (by appointment only)   |
| Address   | 2353 Rosstown Road   |
| Services  | Provides support for the caregivers of those suffering<br>from mental illness. They offer family-to-family education<br>programs to equip loved ones, as well as a bi-weekly<br>support group. |
| Website   | <u>mhrpci.com</u>  |
| Bus Route | #30  |
| Social    | 0  |

#### VANCOUVER ISLAND MENTAL HEALTH SOCIETY

| Phone     | 250-758-8711   |
|-----------|--|
| Email     | info@vimhs.org   |
| Address   | 2356 Rosstown Road   |
| Services  | Provides rehabilitative residences and community oriented support services for adults with a psychiatric disability including those with addictions. |
| Website   | www.vancouverislandmentalhealthsociety.org   |
| Bus Route | #30  |
| Social    |  |