



Health Services



Mental Health

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 health and quality of life in the community, through effective services, advocacy, awareness and education, resource generation, and partnerships.
Website	www.cmhamidisland.ca
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #72
Social	 

(CMHA) BOUNCEBACK

Phone	1-866-639-0522
Services	Free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. Available for youth 13-18 and 19+.
Website	www.bouncebackbc.ca
Email	bounceback@cmha.bc.ca
For youth	What is BounceBack?
For 19+	What is BounceBack?

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 from mental illness. They offer family-to-family education programs to equip loved ones, as well as a bi-weekly support group.
Website	mhrpci.com
Bus Route	#25, #30, #40
Social	

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	#25, #30, #40
Social	 

CHILD & YOUTH MENTAL HEALTH

Phone	250-741-5701
Hours	Intake on Wednesdays 9 am - 11 am, 1 pm - 3 pm
Address	#301 - 190 Wallace Street
Services	Provides service to children/youth (up to 19) and families who are seeking assistance regarding a mental health concern.
Bus Route	#1, #5, #20, #20A, #30, #40, #72