



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 #5, #6

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 #30

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 #30

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, #20, #25, #30, #40, #50