

# 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 who are seeking assistance regarding a mental health 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 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	<b>f o</b>

#### 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	<u>mhrpci.com</u>
Bus Route Social	#30 •

#### 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	