



WHAT ADULT MENTAL HEALTH AND SUBSTANCE USE (AMHSU) SERVICES ARE OFFERED BY HEALTH AUTHORITIES?

Adult mental health and substance use services are provided through the health authorities. Service availability and descriptions vary by **health authority, and then by communities** within the health authority. They also vary by **the name of the service**.

The information below provides general information on AMHSU services. Check with your local health authority (contact information next page) to find out what services are offered in your community.

Check with your local health authority to find out what Adult Mental Health Services are offered in your community.



Adult Mental Health Services

- ▶ A range of services for the chronically mental ill (serious and persistent) who will need longer term services.

Substance Use Community Based Services

- ▶ Services can include outreach, medical consultation, assessment, referral, education sessions, as well as individual, group, and family counselling/therapy, and case management.

Shorter Term Adult Mental Health Services

- ▶ Assessment and short-term interventions to address acute mental health issues (e.g. episodic depression, suicidal ideation).

Assertive Community Treatment (ACT)

- ▶ ACT teams work with clients who have complex medical, psychiatric, and social care needs who may have difficulty accessing community mental health and substance use services.

Early Psychosis Intervention (EPI)

- ▶ Please [click here](#) for more information on early psychosis intervention.

Intensive Case Management

- ▶ For clients who have a primary substance use issue and concurrent mental health disorder.

Developmental Disabilities Mental Health Services

- ▶ Please [click here](#) for more information on developmental disabilities mental health services.

Eating Disorders

- ▶ Serves children, youth, and adults with eating disorders, primarily Anorexia Nervosa and Bulimia Nervosa. Please [click here](#) for more information on eating disorders.

Tertiary Care Assessment and Treatment

- ▶ Highly specialized mental health services designed for individuals with severe mental illness that has not responded to treatment.

Primary Care Mental Health

- ▶ Please [click here](#) for more information on accessing primary care mental health services.

The information in this document is drawn from a variety of sources and was accurate at the time of publication. BCPS acknowledges that this information may be subject to change.



WHO QUALIFIES FOR HEALTH AUTHORITY AMHSU SERVICES?

Youth/adults age 19+, some exceptions may apply. It is best to inquire with health authority intake services to determine which services are most appropriate for your patient.

TO FIND OUT WHAT HEALTH AUTHORITY AMHSU SERVICES ARE AVAILABLE IN YOUR COMMUNITY

FRASER HEALTH

- ▶ Please [click here](#) for a list of AMHSU services provided by Fraser Health, or enter this link into your browser bit.ly/bcpsfraserservices
- ▶ Please [click here](#) for AMHSU contact information by Fraser Health community, or enter this link into your browser bit.ly/bcpsfrasercomm

INTERIOR HEALTH

- ▶ Please [click here](#) for a list of Interior Health AMHSU services, or enter this link into your browser bit.ly/bcpsinteriorservices
- ▶ Please [click here](#) for AMHSU contact information by Interior Health community, or enter this link into your browser bit.ly/bcpsinteriorcomm

ISLAND HEALTH

- ▶ Please [click here](#) for a list of Island Health AMHSU services and program contact information, or enter this link into your browser bit.ly/bcpsislandservices

NORTHERN HEALTH

- ▶ Please [click here](#) for a list of Northern Health AMHSU services, or enter this link into your browser bit.ly/bcpsnorthernservices
- ▶ Northern Health AMHSU services are community-specific. Please [click here](#) for community service contact information, or enter this link in your browser bit.ly/bcpsnortherncomm

VANCOUVER COASTAL HEALTH

- ▶ Please [click here](#) for a list of VCH AMHSU services and program contact information, or enter this link into your browser bit.ly/bcpsvcaccess
- ▶ VCH's Access Assessment Centre provides Vancouver residents age 17+ with a single point of access to non-emergency mental health and substance use services in Vancouver. Please [click here](#) for information and location of the VCH Access and Assessment Centre, or enter this link in your browser bit.ly/bcpsvancoastalassess

IS YOUR FIRST NATIONS PATIENT HAVING DIFFICULTY ACCESSING NEEDED SUPPORTS AND SERVICES?

Jordan's Principle is a federal program to ensure all First Nations children can access the products, services, and supports they need, when they need them. It can help with a wide range of health, social, and educational needs. This program applies to supports and services for First Nations youth age 19 or younger.

For more information, please [click here](#) or enter this link into your browser bit.ly/bcpsjordan



OTHER ADULT MENTAL HEALTH SERVICES IN YOUR COMMUNITY

Treatment Access BC (Addictions Treatment)

Treatment Access BC is a free patient-matching service for British Columbians seeking care, designed to help them find the most appropriate care and services available for their needs. Addiction service seekers navigate to the site and answer several basic questions about their condition – no identifying information is requested or kept. They then receive a listing of the licensed or approved services that match their needs.

Addiction service providers update their availability daily (or as many times as they wish), helping ensure a listing of providers with immediate availability. Only service providers who possess bona fide qualifications may have a listing on the site and providers are required to upload a copy of their licence or approval before their listing is made public.

- ▶ Please [click here](#) for more information, or enter this link into your browser <https://treatmentaccess.ca>

BounceBack[®]

BounceBack[®] is a free, evidence-based Cognitive Behaviour Therapy (CBT) program designed to assist primary care practitioners in providing support to adults and youth 15+ who need help managing low mood, mild to moderate depression, anxiety, and stress. Patients can access the online version directly by visiting <https://bouncebackbc.ca>

- ▶ Please [click here](#) to find out how to refer your patient to the BounceBack[®] telephone coaching option, or enter this link into your browser bit.ly/bcpsbouncebk
- ▶ You can also telephone the program at 1-866-639-0522.

The Foundry

Foundry centres offer integrated services to young people ages 12-24 in 8 BC communities; future sites are anticipated. **Primary care, counselling, and peer support services are offered on a walk-in basis. If you have a patient you would like to refer, please contact your local centre prior to the referral to support the young person's transition of care.**

- ▶ Please [click here](#) to find the most recent information on Foundry centre locations and hours of service, or enter this link into your browser bit.ly/bcpsfoundry

Pathways

Pathways is an online patient referral tool for use by GPs and specialists. Using a secure, password-protected website, physicians may quickly access current and accurate referral information, including appointment wait times and areas of expertise for specialists, clinics, and health services across British Columbia. Many Divisions include information on family physicians accepting new patients.

- ▶ Please [click here](#) to contact your local Division of Family Practice to learn more about Pathways in your area, or enter this link into your browser bit.ly/bcpsdivoffp
- ▶ Please [click here](#) for more information on Pathways, or contact administration@pathwaysbc.ca

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