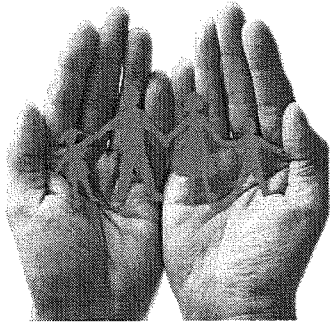


Canadian Mental
Health Association
Mental health for all

Supporting Our Families: Family Navigator

Are you caring for a child/youth or dependent adult up to age 25? Are you feeling overwhelmed as a result of mental health and/or substance use issues of your loved one?



CMHA's Interior Region Family Navigator works collaboratively with partners **in your community** to help Parents/Caregivers access relevant programs and services based on their individual needs. Receive help at the right time, in the right place, from the right people.

What can families expect from the Interior Region Family Navigator?



- To support families in their time of need
- Answer telephone-based inquiries
- Provide information on mental health and substance use issues and resources (online and community based)
- Connect families to necessary and relevant community based supports and services in the BC Interior
- Complete an assessment and develop a plan of care with parents/caregivers

Participating CMHA branches:

Cariboo Chilcotin, South Cariboo, Kamloops, Shuswap/Revelstoke, Vernon, Kelowna, South Okanagan, Kootenays.

To contact the Interior Region Family Navigator:

Telephone: 1-844-234-6663 **Email:** family.navigators@cmha.bc.ca
www.BCFamilyNavigator.com

With support from:  Interior Health