

Territorial Acknowledgement

The Western Communities MHSU Services acknowledges the traditional territories of the Lekwungen Pacheedaht, Sc'ianew, T'Souke and WSANEC peoples on whose land the services operate on, and whose stewardship and relationship with this land continues to this day. With this acknowledgement, the Western Communities MHSU Services commits to embodying the principles of truth and reconciliation and walking alongside the First Nations, Metis, Inuit and Indigenous Peoples of the Western Communities in the provision of mental health and substance use services.

Our Mission

Provide high quality, closer-to-home mental health and substance use services to adults residing in the Western Communities experiencing mental health and substance use challenges.

The Western Communities

The Western Communities is inclusive of View Royal, the Highlands, Langford, Colwood, Metchosin, Sooke, Jordan River, Shirley, and Port Renfrew.



Western Communities Mental Health and Substance Use Services

Contact Us

Western Communities
Mental Health and Substance Use Services
681-E Allandale Rd. Colwood BC, V9C 0S2
Ph: 250-370-5799



Our Team

The Western Communities MHSU Services provides a team-based care approach with a variety of health care professionals who will be involved in your care. Our team includes Counsellors, Nurses, Social Workers, Mental Health Clinicians, Peer Support Workers, Psychiatrists, Occupational Therapists, Program Assistants and Addiction Medicine. All staff work together to ensure individuals receive the care they need to support their recovery goals.

Our Hours

The Western Communities MHSU Services
Monday through Friday
8:30am-4:30pm
Closed Statutory Holidays

Single-Session, Same-Day Services

Mon, Tues, Thurs, Fri | 9:00am - 2:30pm
Wed | 9:00am - 1:00pm
Closed Statutory Holidays.



We aim to give you access to a range of quality mental health and substance use services

Our Services

Single Session, Same-Day Services

Anyone, including family and care givers, can walk or call in to the Western Communities MHSU Services for single session therapy. Sessions will focus on any challenge you are facing that day, including providing referrals, therapy or connection to community services.

Single-Session, Same-Day Services

Mon, Tues, Thurs, Fri | 9:00am - 2:30pm
Wed | 9:00am - 1:00pm
Closed Statutory Holidays.

MHSU Services

Individuals who need additional supports will be offered a connection to a Care Coordinator who will collaborate with you to identify your recovery goals. Your Care Coordinator will connect you with a variety of team members to help meet these goals. Services available through the Western Communities MHSU Services include group and individual counselling, medication support, psychiatry consultation, and life skills building. Staff will work with you, your family, and any community health professionals you might already be connected to in order to support your success and transition back to community.