Mental Health and Wellness Supports

**MENTAL HEALTH AND CRISIS SUPPORT LINES**
- **Hope for Wellness Helpline:** 1-855-242-3310
  Offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada
- **Indian Residential School Survivors Society:** 1-604-985-4464 or toll-free 1-800-721-0066
- **KUU-US Crisis Line Society:** 1-800-588-8717
  Indigenous crisis line in BC. Available 24 hours a day
- **Tsow-Tun Le Lum Society:** 1-250-268-2463
  Support line for people struggling with addiction, substance misuse and trauma, including residential school survivors

**DOMESTIC VIOLENCE OR ABUSE**
*If you are in immediate danger call 911*
- **Domestic Violence Help Line:** 1-800-563-0808
  (confidential, 24 hours a day, service in multiple languages)
- **VictimLinkBC:** 1-800-563-0808 confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week
- **KUU-US Crisis Line Society:** 1-800-588-8717
  Indigenous crisis line in BC operates 24 hours a day
- **Hope for Wellness Helpline:** 1-855-242-3310
  Offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

**ADDICTIONS AND SUBSTANCE MISUSE SUPPORTS**
- **Kids Help Line:** 1-800-668-6868
- **Adults Help Line:** 1-800-663-1441
- **Health Link BC:** 811
- **Interior Crisis Line Network:** 1-888-353-2273

**SUPPORT FOR CHILDREN AND YOUTH**
- **Kids Help Phone:** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234
  (no area code needed)
- **KUU-US Crisis Line Society Child and Youth Crisis:** 1-250-723-2040 or toll free 1-800-588-8717
  Available 24 hours a day

**FOR ONLINE RESOURCES FOR MENTAL HEALTH:**
- **First Nations Health Authority - Mental Health and Substance Use:** [https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use](https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use)
- **Canadian Mental Health Association** [https://cmha.ca/](https://cmha.ca/)

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If you or someone you know is struggling to maintain mental wellness, reach out for support to a hotline, a mental health counsellor or clinician, a doctor, a health and wellness provider or a nurse practitioner in your area. If you do not have access to a provider, call the First Nations Virtual Doctor of the Day for referral support at 1-855-344-3800. The service is available seven days a week from 8:30 a.m. to 4:30 p.m.

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**FNHA INTERIOR REGION**

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