



First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports

TELEPHONE AND ONLINE SUPPORT

Hope for Wellness Help

Line offers immediate mental health counselling and crisis intervention by phone or online chat. Call **toll-free** 1-855-242-3310 or start a confidential chat with a counsellor at hopeforwellness.ca.

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word “connect” to 686868 to access text support.

KUU-US Crisis Line Society

is available 24/7 to support Indigenous people.

Toll-Free: 1-800-KUU-US17 (588-8717)

kuu-uscrisisline.com

Adult/Elder: 1-250-723-4050

Child/Youth: 1-250-723-2040

Provincial Alcohol and Drug Information Referral Service

provides free referral services to support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12–24 and their caregivers. No referral or



assessment required.

In-person: foundrybc.ca/find-a-centre/

Virtual: foundrybc.ca/virtual/

Métis Crisis Line is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT

Mental Health and Wellness Counselling in BC may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor, call 1-855-550-5454 or visit

fnha.ca/benefits/mental-health to check if they are registered and if the service is eligible for coverage.

A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454**.

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS

Adah Dene Cultural Healing

Camp Society Margo Sagalon:

250-996-3813

Admin.elders@telus.net

Tracey Charlebois: 250-996-1475

Nakazdlieelders@telus.net

Gitanyow Human Services

Wanda Good: 250-849-5651

Wanda.e.good@gmail.com

FNHA Mental Health and Wellness
fnha.ca/what-we-do/mental-wellness-and-substance-use

Continued on Next Page

Carrier Sekani Family Services

For Vanderhoof: Catherine Lessard: 250-567-2900 or **Toll-free:** 1-800-889-6855 For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

Gitsxan Health Society

Martha Wilson: 250-842-6876

Indian Residential School

Survivors Society is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.

Carol Stegman: 604-985-4464 or **Toll-free:** 1-800-721-0066

Indian Residential Schools Resolution Health Support Program

provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at 1-877-477-0775.

National Indian Residential School Crisis Line

is a national service for anyone experiencing pain or distress as a result of their residential school experience.

Toll-Free: 1-866-925-4419

Nuu Chah Nulth Tribal Council

Call: 250-724-5757

Okanagan Nation Alliance

Toll-free: 1-866-662-9609

Tsow-Tun-Le-Lum Society

Toll-free: 1-888-590-3123

SUPPORT FOR SUBSTANCES

Virtual Substance Use and Psychiatry Service. A free, referral-based service from [FNHA eHealth and Virtual Health](#) for First Nations people in BC and their family members. Health care providers, including the [First Nations Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday.

Carrier Sekani Family Services

Call: 250-567-2900 or **Toll-free:** 1-800-889-6855 and ask for an ARP Team member rjohn@csfs.org

Kackaamin Family Development Centre

Call: 250-723-7789 or **Toll-free:** 1-833-205-6946

Namgis Treatment Centre

Call: 250-974-8015 or **Toll-free:** 1-888-962-6447 Ext. 2141

Nenqayni Wellness Centre

Call: 250-989-0301 or **Toll-free:** 1-888-668-4245

North Wind Wellness Centre

Call: 250-843-6977 or **Toll-free:** 1-888-698-4333

Telmexw Awtexw

(Sts'ailes First Nations)
Call: 604-796-9829

Tsow Tun Le Lum

Call: 250-268-2463 or **Toll-free:** 1-888-590-3123

Wilp Si'Satxw Healing Centre

Call: 778-202-0162, 778-202-1349 or **Toll-free:** 1-877-849-5211

OTHER CULTURALLY SAFE SUPPORTS

The [First Nations Virtual Doctor of the Day](#) provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment.

[Tsow-Tun Le Lum Society](#) provides confidential outreach services such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit tsowtunlelum.org.

Missing and Murdered Indigenous Women and Girls Health Support Services

is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected. Call Health Benefits toll-free 1-855-550-5454 for more information.

Suicide Prevention Toolkit

Help, Hope and Healing: A Planning Toolkit for First Nations and Aboriginal Communities to Prevent and Respond to Suicide is an FNHA publication available at fnha.ca/WellnessSite/WellnessDocuments/FNHA-Hope-Help-and-Healing.pdf.

This information has been verified as of February, 2023.