

## EMERGENCY HELP

Call 911 if you are having a medical emergency.

## NON-EMERGENCY MENTAL WELLNESS & CULTURAL SUPPORTS

### FNHA Mental Wellness & Counselling Support through Health Benefits

For detailed information and a list of providers registered with health benefits visit [www.fnha.ca/benefits/mental-health](http://www.fnha.ca/benefits/mental-health) or call 1-855-550-5454.

### 310 – Mental Health

Call 310-6789 (no area code needed) toll-free anywhere in B.C. to access emotional support, information and resources specific to mental health and substance use issues. Available 24 hours a day.

### KUUS-US:

The KUU-US Crisis Line Society operates a 24-hour provincial Aboriginal Crisis line for:

Adults/Elders (250)723-4050

Child/Youth (250) 723-2040

Toll Free 1-800-588-8717

<https://www.kuu-uscrisisline.ca/>

### National Indian Residential School Crisis Line

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours a day.

1-866-925-4419

### Hope for Wellness Helpline:

The Hope for Wellness Help Line offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

1-855-242-3310

Chat Line: <https://chat.fn-i-hopeforewellness.ca/>

### Indian Residential School Society

IRSS is a provincial organization with a 20-year history of providing services to residential school survivors. For more information, contact: 1-800-721-0066

### **Tsow-Tun Le Lum Society**

Provides programs that address the issues of addictions and substance abuse and supports survivors of trauma and residential schools.

1-250-268-2463

Facebook: TLL RHSW Support

Email: [rhwcoor@Tsowtunlelum.org](mailto:rhwcoor@Tsowtunlelum.org)

### **Indian Residential School Providers:**

The following IRS programs continue to support their *member* communities with virtual care (telephone or distance) sessions to observe physical distancing:

#### **Adah Dene Cultural Healing Camp Society (IRSS PROVIDER)**

For cultural healing supports contact Margo Sagalon at 250-996-3813 or [admin.elders@telus.net](mailto:admin.elders@telus.net) or Tracey Charlebois at 250-996-1475 or [nakazdlielders@telus.net](mailto:nakazdlielders@telus.net)

#### **Carrier Sekani Family Services (IRSS PROVIDER)**

For the Vanderhoof office, call Catherine Lessard at 250-567-2900 (office) or 250-996-8090 (cell).

For the Prince George office, call Rhonda Hourie or Cheryl Thomas at 778-675-0419.

#### **Gitanyow Human Services (IRSS PROVIDER)**

Contact Wanda Good at 250-849-5651 or [wanda.e.good@gmail.com](mailto:wanda.e.good@gmail.com).

#### **Gitxsan Health Society (IRSS PROVIDER)**

Contact Ardythe Wilson at 250-842-8251 or [irsmanager@gitxsanhealth.com](mailto:irsmanager@gitxsanhealth.com) or Pam Torres at 778-202-1355 or [irsmhsupport3@gitxsanhealth.com](mailto:irsmhsupport3@gitxsanhealth.com) or Gary Patsy at 778-202-1703 or [irsmhsupport1@gitxsanhealth.com](mailto:irsmhsupport1@gitxsanhealth.com)

### **Kids Help Phone**

Call 1-800-668-6868 to speak to a professional counsellor. Available 24 hours a day.

Text CONNECT to 686868

### **1-800-SUICIDE**

Call 1-800-SUICIDE (1-800-784-2433) toll-free anywhere in B.C. if you or someone you know is in crisis. The Crisis Centre provides mental health or substance use support. Available 24 hours a day.

### **BC Alcohol and Drug Information and Referral Service**

Call 1-800-663-1441 toll-free anywhere in B.C. Available 24 hours a day.

### **BC Partners for Mental Health and Addictions Information**

For help and support via email at [bcpartners@heretohelp.bc.ca](mailto:bcpartners@heretohelp.bc.ca). Let them know where you're writing from so they can provide community specific information. A volunteer will email you back within 3 business days.

### **Northern BC 24 Hour Crisis Line**

Provides free, confidential, 24 hour emotional support, suicide intervention, and referral information. <https://crisis-centre.ca> or call toll free 1-888-562-1214.

### **Crisis Centre Online Chat**

Get support, information, and resources for ADULTS in B.C. Online chat is available from 12:00 p.m. to 1:00 a.m. <https://criciscentreachat.ca>

Get support, information, and resources for YOUTH in B.C. Online chat is available from 12:00 p.m. to 1:00 a.m. <https://youthinbc.com>

### **Northern BC Youth Support Line**

Provides free, confidential, 24-hour phone support for youth. <https://crisis-centre.ca> or call toll free 1-888-564-8336.

### **The Seniors' Distress Line**

Call 1-604-872-1234