



# Mental Health and Cultural Supports

## TELEPHONE AND ONLINE SUPPORT

### Virtual Substance Use and Psychiatry Service.

A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://FNHA.ca/VirtualHealth)

### First Nations and Inuit Hope for

Wellness Help Line and On-line Counselling Service offers mental health counselling and crisis intervention to Indigenous people across Canada.

Toll-Free: 1-855-242-3310

[www.hopeforwellness.ca](http://www.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 Services** is available 24/7 to support Indigenous people in BC.

<https://www.kuu-uscrisisline.com/24-hour-crisis-line>

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

Adult/Elder: 1-250-723-4050

Child/Youth: 1-250-723-2040

**National Indian Residential School Crisis Line** supports former Residential School students. The crisis line provides emotional and crisis services 24/7.

Toll-Free: 1-866-925-4419

**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:** <https://foundrybc.ca/find-a-centre/>

**Virtual:** <https://foundrybc.ca/virtual/>

## FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. 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 (IRS RHSP)

### Adah Dene Cultural Healing Camp Society

Margo Sagalon: 250-996-3813  
[Admin.elders@telus.net](mailto:Admin.elders@telus.net)

Tracey Charlebois: 250-996-1475  
[Nakazdlieelders@telus.net](mailto:Nakazdlieelders@telus.net)

### 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

### Gitanyow Human Services

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

### Gitsxan Health Society

Martha Wilson: 250-842-6876

### Nuu Chah Nulth Tribal Council

Vina Robinson: 1-250-724-3939  
[vina.robinson@nuuchahnulth.org](mailto:vina.robinson@nuuchahnulth.org)

Daily Elliott: 250-720-1736

### Indian Residential School Survivors Society

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

### Okanagan Nation Alliance

Toll-free: 1-866-662-9609

### Tsow-Tun-Le-Lum Society

Toll-free: 1-888-590-3123

## FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

### Carrier Sekani Family Services

Call: 250-567-2900 or Toll-free: 1-800-889-6855 and ask for an ARP Team member Email: [rjohn@csfs.org](mailto: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 Awtxew

(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

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All information in this document is accurate as of September, 2022.