



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

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

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

Tracey Charlebois: 250-996-1475
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

Gitsxan Health Society

Martha Wilson: 250-842-6876

Nuu Chah Nulth Tribal Council

Vina Robinson: 1-250-724-3939
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

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

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