



First Nations Health Authority  
Health through wellness

## 24 Hour Mental Health Services

**Are you currently seeing a counselor?  
Would you be comfortable with calling a counselor or  
using telehealth?**



KUU-US Crisis Line Society

### **KUU-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/>



### **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.  
Toll Free 1-855-242-3310

Chat line:

<https://chat.fn-i-hopeforwellness.ca/>



INDIAN RESIDENTIAL  
SCHOOL SURVIVORS  
SOCIETY

### **Indian Residential School Survivors Society:**

We are a provincial organization with a 20-Year history of providing services to Indian Residential School Survivors.

1-604-985-4465

1-800-721-0066

<http://www.irsss.ca>



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

We provide programs that address the issues of addictions and substance abuse, and support survivors of trauma and residential schools

1-250-268-2463

FB TTL RSHW Support

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