



**INTERIOR REGION**

First Nations Health Authority

# Mental Health and Wellness Supports

## MENTAL HEALTH AND CRISIS SUPPORT LINES

- **Hope for Wellness Helpline:** 1-855-242-3310  
Offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada
- **Indian Residential School Survivors Society:**  
1-604-985-4464 or toll-free 1-800-721-0066
- **KUU-US Crisis Line Society:** 1-800-588-8717  
Indigenous crisis line in BC. Available 24 hours a day
- **Tsow-Tun Le Lum Society:** 1-250-268-2463  
24-hour support line for people struggling with addiction, substance misuse, and trauma - including residential school survivors.

## ADDICTIONS AND SUBSTANCE MISUSE SUPPORTS

- **Kids Help Line:** 1-800-668-6868
- **Adults Help Line:** 1-800-663-1441
- **Health Link BC:** 811
- **MHSU Interior Health:** 1-888-353-2283

## FOR ONLINE RESOURCES FOR MENTAL HEALTH:

- **First Nations Health Authority - Mental Health and Substance Use:**  
<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>
- **Canadian Mental Health Association**  
<https://cmha.ca/>
- **First Nations Health Authority - novel coronavirus (COVID-19)**  
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness>

## DOMESTIC VIOLENCE OR ABUSE

*If you are in immediate danger call 911*

- **Domestic Violence Help Line:** 1-800-563-0808  
(confidential, 24 hours a day, service in multiple languages)
- **VictimLinkBC:** 1-800-563-0808 confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week
- **KUU-US Crisis Line Society:** 1-800-588-8717  
Indigenous crisis line in BC operates 24 hours a day
- **Hope for Wellness Helpline:** 1-855-242-3310  
Offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

## SUPPORT FOR CHILDREN AND YOUTH

- **Kids Help Phone:** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234  
(no area code needed)
- **KUU-US Crisis Line Society Child and Youth Crisis:**  
1-250-723-2040 or toll free 1-800-588-8717  
Available 24 hours a day

If you or someone you know is struggling to maintain mental wellness, reach out for support to a hotline, a mental health counsellor or clinician, a doctor, a health and wellness provider or a nurse practitioner in your area. If you do not have access to a provider, call the First Nations Virtual Doctor of the Day for referral support at 1-855-344-3800. The service is available seven days a week from 8:30 a.m. to 4:30 p.m.