



## Notice to Kispiox & Sikedox Members

Following all Federal and Provincial Orders, Directives and Guidelines and protocols by our local Health Centres, FNHA, and Northern Health, our FAST Volunteers are all working from home and taking safety precautions to ensure we are keeping ourselves and our communities safe. Many, if not most, of our communities are closing access to all outside visitors.

During this period, our volunteers will be unable to respond to suicidal ideations and behaviours.

If someone is communicating these thoughts over social media or other means, our volunteers cannot meet with the individual, however, we are advising if and when possible, they may use private messaging (not FACE Book) to support someone. Based on our ASSIST Training they will direct this individual to seek medical attention as soon as possible.

In order to support someone who is in suicidal crisis, please call 911 immediately. The local RCMP and BC Paramedics will continue to provide this service which they are well equipped and trained to handle.

Please call **Sandra Rodgers, FAST Coordinator @ 778-202-1428** (24/7 Contact number).

Mental Health supports are also available at:

Kuu-us Crisis Line Society: (24/7) [1-800-588-8717](tel:1-800-588-8717)

Native Youth Crisis Hotline: [1-800-784-2433](tel:1-800-784-2433)

Mental Health Info Line: [310-6789](tel:310-6789)

**“Embracing life through suicide awareness and community empowerment”**