



First Nations Health Authority
Health through wellness

Mental Health & Cultural Supports

AVAILABLE DURING THE COVID-19 PANDEMIC



TELEPHONE AND ONLINE SUPPORT

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll-Free: 1-855-242-3310

Hope for Wellness Chat Line:

www.hopeforwellness.ca

Kids Help Phone

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

KUU-US Crisis Services

The KUU-US Crisis line is available 24/7 to provide support to Indigenous people in BC. For more information visit: <http://www.kuu-uscrisisline.ca/>

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

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service

This Service provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

FNHA MENTAL WELLNESS & COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides clients with access to Mental Wellness and Counselling services from a qualified mental health provider. All services require prior approval. A list of providers registered with Health Benefits, including those available to provide support over the phone or internet, can be found by visiting the FNHA First Nations Health Benefits Mental Health [Provider List](#) or by contacting **1-855-550-5454**.

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

The IRS RHSP offers emotional and cultural support through approved partners across the province. You can contact IRS RHSP partners directly through the contact information listed below or you can call First Nations Health Benefits at **1-855-550-5454**.

Adah Dene Cultural Healing Camp Society

Margo Sagalon: 250-996-3813

Admin.elders@telus.net

Tracey Charlebois: 250-996-1475

Nakazdlielders@telus.net

Carrier Sekani Family Services

For Vanderhoof: Catherine Lessard:
250-567-2900 or 1-800-889-6855 (toll-free)

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

Ardythe Wilson: 250-842-8251

irsmanager@gitxsanhealth.com

Pam Torres: 778-202-1355

irmsupport3@gitxsanhealth.com

Gary Patsey: 778-202-1703

irmsupport1@gitxsanhealth.com

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

Stu Mitchell: 604-985-4464 or

Toll-free: 1-800-721-0066

Okanagan Nation Alliance

Rachel Marchan: 1-250-470-7048 or
1-866-662-9609 (toll-free)

earlyyears@syilx.org

Tsow-Tun-Le-Lum Society

Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

FNHA supports ten residential treatment and healing centres across BC. 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.

The balance of FNHA's treatment centres have moved to providing virtual support to individuals and families who have attended their programs previously and/or are responding to new requests for emotional and cultural support from First Nations people. You are welcome to reach out directly to the centres below.

Carrier Sekani Family Services

Call: 250-567-2900 or 1-800-889-6855 (toll-free) 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 1-888-962-6447 (toll-free) Ext.2152

Nenqayni Wellness Centre

Call: 250-989-0301 or 1-888-668-4245 (toll-free)

North Wind Wellness Centre

Call: 250-843-6977 or

Toll-free: 1-888-698-4333

Telmexw Awtextw (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 1-877-849-5211 (toll-free)

All information in this document is accurate as of April 3, 2020.