



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](http://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**. If you contact an IRS RHSP provider directly, the provider will be required to submit an approval form to Health Benefits.

### **Adah Dene Cultural Healing Camp Society**

Margo Sagalon: 250-996-3813

[Admin.elders@telus.net](mailto:Admin.elders@telus.net)

Tracey Charlebois: 250-996-1475

[Nakazdlieelders@telus.net](mailto:Nakazdlieelders@telus.net)

### **Carrier Sekani Family Services**

For Vanderhoof: Catherine Lessard:

250-567-2900 (office) or 250-996-8090 (cell)

For Prince George: Rhonda Hourie or

Cheryl Thomas: 778-675-0419

### **Gitanyow Human Services**

Wanda Good: 250-849-5651

[Wanda.e.good@gmail.com](mailto:Wanda.e.good@gmail.com)

### **Gitsxan Health Society**

Ardythe Wilson: 250-842-8251

[irsmanager@gitxsanhealth.com](mailto:irsmanager@gitxsanhealth.com)

Pam Torres: 778-202-1355

[irmsupport3@gitxsanhealth.com](mailto:irmsupport3@gitxsanhealth.com)

Gary Patsey: 778-202-1703

[irmsupport1@gitxsanhealth.com](mailto:irmsupport1@gitxsanhealth.com)

### **Nuu Chah Nulth Tribal Council**

Vina Robinson: 1-250-724-3939

[vina.robinson@nuuchahnulth.org](mailto: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

[earlyyears@syilx.org](mailto:earlyyears@syilx.org)

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

Rebecca Visschere: 1-250-268-2463

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 and ask for an ARP Team member

Email: [rjohn@csfs.org](mailto: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

### **Nenqayni Wellness Centre**

Call: 250-989-0301

### **North Wind Wellness Centre**

Call: 250-843-6977 or

Toll-free: 1-888-698-4333

### **Telmexw Awtekw (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 or 778-202-1349

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