



VANCOUVER COASTAL REGION  
First Nations Health Authority

# Mental Health & Substance Use Services for Indigenous Communities

\*online or phone access during COVID-19\*

During this unprecedented time of physical distancing, please take a moment to familiarize yourself with some online and tele-health support services for Mental Health and Substance Use. As your partner in Health and Wellness FNHA staff will continue to source information to access online services during the COVID-19 pandemic.

## Indian Residential School Survivors Society

- <http://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>
- Individuals are able to access health and cultural supports via telephone through:
  - 1 604 985 4465
  - Toll-free: 1 800 721 0066

## The KUU-US Crisis Line Society

- <https://www.kuu-uscrisisline.ca/>
- 24 Hour Crisis Line for Adults/Elders & Youth
  - Toll Free Line: 1 800 588 8717
  - Adults/Elders: 1 250 723 4050
  - Child/Youth: 1 250 723 2040

## Kilala-lelum Clinic

<https://kilalalelum.ca/kilala-lelum-covid-19-response/>

- Providing Virtual Cultural Support
  - 604 620 4010

## Tsow-Tun Le Lum

- Providing tele-health and cultural supports
  - <http://www.tsowtunlelum.org/>
  - 1 250 268 2463

## Canadian Mental Health Association

- <https://cmha.ca/news/covid-19-and-mental-health>

## The Foundry – North Shore

- In support of physical distancing while continuing to provide drop in support the Foundry will be moving to a tele-health support model
  - <https://foundrybc.ca/northshore>
  - Serving youth – ages 12 – 24 years old
  - Mon – Thurs 1:00 - 5:00 PM

- 604 984 5060

### **The First Nations Health Authority Website**

- Online pandemic resources for communities and individuals
  - <https://www.fnha.ca/>

## **Substance Use Services**

### **Canadian Addictions Certification Federation**

- Offering free 1 - 1 counselling sessions during this time
  - <https://caccf.ca/see-a-councilor-now/>

### **Online support groups and speakers series with a focus on AA/NA topics and meetings**

- <https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/mobilebasic>

### **By phone NA/AA meetings**

- Access a **group phone meeting** by calling the directory
  - Online meeting information <http://www.vancouveraa.ca>
  - 604-434-3933 (24 Hours a Day)

### **Alcohol and Drug Information Referral Service**

- Toll-free: 1 800 663 1441
- Lower Mainland: 604 660 9382

### **Other Information**

- FNHA received confirmation that BC Liquor Stores will not be closing; however, they may implement measures related to social distancing. There is a clear recognition that restricting access to alcohol for heavy users can result in fatal consequences
- Any FNHA client coverage issues (drugs or access to medical supplies and equipment), please encourage an immediate call our Health Benefits Service team
  - Toll Free: 1 855 550 5454
- Harm Reduction Guidelines for COVID-19:
  - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/vulnerable-populations/people-who-use-substances>