

**First Nations Health Authority**  
**Interior Region Mental Health and Wellness:**  
**Quick Reference Support Lines**



**Mental Health and Crisis Support Lines**

**Hope for Wellness Helpline: 1-855-242-3310**

Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

**Indian Residential School Survivors Society  
1-604-985-4464/toll-free: 1-800-721-0066**

**KUU-US Crisis Line Society at 1-800-588-8717**

Toll Free Aboriginal provincial crisis line operates 24 hour

**Tsow-Tun Le Lum Society: 1-250-268-2463**

24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and /or residential school survivors

**Addictions and Substance Misuse Supports**

Kids Help Line – 1-800-668-6868

Adults Help Line – 1-800-663-1441

HealthLink BC 811

MHSU Interior Health 1-888-353-2283

**Domestic Violence or Abuse**

**If you are in immediate danger call 911**

**Domestic Violence Help Line at 1-800-563-0808**  
(free, confidential, 24/7, service in multiple languages)

**VictimLinkBC at 1-800-563-0808** toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

**KUU-US Crisis Line Society at 1-800-588-8717**  
Toll Free Aboriginal provincial crisis line operates 24 hour

**Hope for Wellness Helpline: 1-855-242-3310** Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

**Support for Children and Youth**

**Kids Help Phone: 1-800-668-6868**

**Helpline for Children in BC: 310-1234**

**KUU-US Crisis Line Society Child and Youth  
Crisis 1-250-723-2040 or toll free  
1-800-588-8717** crisis line operates 24 hour

**For online resources for Mental Health:**

**First Nation 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 Nation Health Authority /novel coronavirus (COVID-19)**

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

**If you or someone you know is struggling to maintain Mental Wellness you can reach out for support to either to a hotline, a Mental Health Counsellor Clinician, a Doctor, Health Care Provider or Nurse Practitioner in your area.**