



## MENTAL HEALTH SUPPORT AND RESOURCES

### **For One to One counselling over the phone:**

**Sharnelle Matthew**, MSW, Mental Health Clinician is available directly at **(250) 320-5100**

**Tracy Davison**, Mental Health Clinician at QHS is available by appointment through QHS's MOA at **(250) 314-6732**

### **For 24 hr Crisis Counselling over the phone:**

**Kuu-Us Crisis Line** is available **24 hrs/7days** a week at **1-800-588-8717**

**For additional resources, see second page**