

## **THE FIRST NATION ACTION & SUPPORT TEAM (FAST) PROGRAM,**

7700 Sik-e-dakh Road, Glen Vowell, B.C.

TEL: (250) 842-5165

FAX: (250) 842-2186

The First Nation Action & Support Team (FAST) is administered by Gitxsan Health Society to service the communities of Kispiox, Sik-e-dakh, Gitanmaax, Gitsegukla, Gitwangak, Gitanyow, Hagwilget, Moricetown, Kitsumkalum, Kitselas, and Gitxaala.

For more information contact the Sandra Rodgers, FAST Coordinator ext. 406

### **F A S T**

Serving 12 First Nations: Gitanmaax Kispiox, Sik-e-dakh, Gitsegukla, Gtiwangak, Gitanyow, Hagwilget, Witset (Moricetown), Kitsumkalum, Kitselas Gitxaala and Haisla

What you can expect from FAST:

- Follow-up contact if you have been to the hospital with suicidal thoughts or actions.
- To provide support and/or assist with finding resources to ensure assistance for anyone who has been affected by the loss of a loved one thru suicide
- Referral services to community programs and services
- Set up and Co-ordinate Grief & Loss community Workshop
- Set up and facilitate Through the Pain community Workshops

Help is available. Please reach out. Speak up. You are not alone.

If you are in crisis, call 9-1-1 for help

Crisis line: 1 (888) 562-1214

More numbers to talk to someone:

Crisis Line: 1 (888) 784-2433    Teen Line: 1 (888) 564-8336

KUU-US Crisis Line Society First Nations and Aboriginal specific 24/7 crisis line based in Port Alberni and serving the entire province. Toll-free: 1-800-588-8717

Youth Line: 250-723-2040 – Adult Line: 250-723-4050.

Native Youth Crisis Hotline – 1-877-209-1266

Answered by staff 24/7. Available throughout Canada and US.

Youth in BC Visit [www.youthinbc.com](http://www.youthinbc.com) for youth resources or chat with a counsellor online.

You can also call 1-866-661-3311 (toll-free in BC) 24 hours a day.

“Embracing life through suicide awareness and community empowerment”