

Alcohol and Substance Abuse Program

The goal of the Substance Abuse Prevention Program shall be to develop community substance abuse prevention plans that are both wulp-based and individualized, which include the following components:

- community needs assessments to determine the extent and effects of substance abuse,
- systems for coordinating existing helping resources,
- protocols for regular consultation with the huwulp and with families,
- culturally appropriate prevention and treatment strategies that are integrated with the development of health Gitxsan communities,
- identification of gaps in services, and strategies to develop appropriate programs to meet these needs, and
- Promotion of health alternatives to substance abuse.

We are pleased to offer CONFIDENTIAL Counselling services to members from Kispiox and Sik-e-dakh.

If you would like to see anyone in our Mental Health Team, please call either:

- Lorraine Half, National Native Addiction & Drug Counsellor (Monday -Friday)
- Rhoda Wilson, National Native Addiction & Drug Counsellor (Mon -Wed in Kispiox and Thurs/Fri in Sikedakh).
- Martha Wilson, Mental Health Counsellor (Mon/Tues in Kispiox and Wed-Fri in Sikedakh).

For after hours, if you are feeling overwhelmed, depressed, confused, suicidal or just need someone to listen please call the CRISIS LINE 1 888 562-1214. It is available 24 hours a day and 7 days a week. It is confidential and they do not have call display.

There is a Youth Support Line at 1 888 564-8336 (teen) that operates 4 p.m. to 11 p.m., 7 days a week, after hours calls are directly forwarded to the 24 hour line. There is a Youth Chat website for youth in crisis or who may need information or referrals. The website has the same hours as the youth line.

Check out the website www.northernyouthonline.ca

For suicidal crisis, call 1-800-SUICIDE (784-2433)

Also you can check out the following links to connect with 24 Hr KUU-US CRISIS SERVICES
~ A PLACE WHERE YOU CAN TALK, TRUST, AND FEEL

Youth

Clinical