

Mental Wellness Supports Listing for Northern BC Communities

WINTER 2021

24/7

KUU-US Crisis Response
1-800-588-8717

**National Indian Residential
School Crisis Line**
1-866-925-4419

BC Crisis Line
1-877-820-7444

**Northern BC YOUTH
Crisis Line**
1-888-564-8336

Text: 250-564-8336

Online chat:
<https://crisis-centre.ca>

Mental Health
(no area code needed)
310-6789

Hope for Wellness
1-855-242-3310

Online chat:
<https://chat.fn-i-hopeforwellness.ca>



BY APPOINTMENT

INDIAN RESIDENTIAL SCHOOL PROVIDERS FOR HEALTH AND CULTURAL SUPPORTS

Indian Residential School Survivors Society (IRSSS)

- Available to all, not just survivors and their families
- Phone (toll-free): 1-800-721-0066
- Website: <https://www.irsss.ca/>

Tsow-Tun Le Lum Society (TTLLS)

- Health and cultural supports by phone or video
 - Toll Free: 1-888-403-3123
 - Website: <https://www.tsowtunlelum.org/>
- Facebook: <https://www.facebook.com/pages/Tsow-Tun-Le-Lum/168809469810921>

Gitanyow Human Services (GHS)

- For Gitanyow and Kitwanga: 250-849-5572
- In Gitsegukla call Frances Turner: 250-849-5288

Carrier Sekani Family Services (CSFS)

- For Indian Residential School Support Services 1-866-567-2333
- In Vanderhoof call Stephanie Blond 778-675-4036

Gitxsan Health Society (GHS)

- GHS services Kispiox, Sik-e-dakh (Glen Vowell) and Gitanmaax
- Call Ardythe Wilson 250-842-8251

Adah Dene Healing Society (ADHS)

- ADHS services Fort St James and surrounding communities including Prince George
- For a virtual care appointment 250-996-5024
- Margo Sagalon 250-996-3813
- Tracey Charlebois 250-996-1475

OTHER SUPPORTS

First Nations Virtual Doctor of the Day

- Phone (toll-free) 1-844-935-1044
- Hours 8:30 a.m. to 4:30 p.m. seven (7) days a week
- Website: <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

Virtual Substance Use & Psychiatry Service (VSUPS)

- Phone (toll-free) 1-833-456-7655 to request a referral for VSUPS
- Substance Use and Addictions Medicine: Monday to Friday 9:30 a.m. to 5:30 p.m.
- Psychiatry: Monday to Friday 10 a.m. to 3 p.m.
- Website: <https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

First Nations Health Benefits Mental Health Provider List