

HEALTH SUPPORTS AND RESOURCES

Virtual Doctor of the Day Open to all First Nations people and their families living in BC. All doctors and allied health care professionals are trained to follow the principles and practices of cultural safety and humility. Call **1-855-344-3800** to book an appointment with the Virtual Doctor of the Day.

By calling **8-1-1**, you can speak to a health services navigator, who can help you to find health information and services; or connect you directly with registered nurse, registered dietitian, qualified exercise professional, or pharmacist.

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free **1-855-242-3310** or start a confidential chat with a counsellor at **hopeforwellness.ca**.

Tswo Tun Le Lum Society Toll-free line **1-888-403-3123**

Indian Residential School Crisis Line is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free **1-866-925-4419**.



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Kuu-Us Crisis Line Society provides crisis services for Indigenous people in BC.

Adults/Elders line: **250-723-4050**

Youth line: **250-723-2040**

Or call toll free **1-800-588-8717**

Learn more at www.kuu-uscrisisline.com.

Métis Crisis Line is a service of Métis Nation BC.

Call **1-833-MétisBC (1-833-638-4722)**.

Kids Help Phone 24/7 A National support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. Call **1-800-668-6868** or text the word “connect” to **686868** to access text support.

Call **1-800-SUICIDE** at **1-800-784-2433** anytime of the day or night if you or someone you know is thinking about ending their own life or needs someone to talk to about suicidal thoughts or ideas.

If you are experiencing a health emergency call 911 or go to the nearest hospital.

