

# TRUTH & RECONCILIATION RESOURCES



## **Interior Health Region**

Phone: 310-MHSU (6478)



## **Indian Residential School Survivors Society (IRSSS)**

Phone: 604-985-4464 or 1-800-721-0066



## **Kids Help Phone 24/7**

Phone: 1-800-668-6868 or text the word "connect" to 686868



## **KUU-US Crisis Line Society - Adults & Elders**

Phone: 250-723-4050 or 1-800-588-8717



## **KUU-US Crisis Line Society - Youth**

Phone: 250-723-2040 or 1-800-588-8717



## **1-800-SUICIDE** - offers support for those feelings of distress

Phone: 1-800-784-2433



## **Tsow-Tun-Le-Lum Society** (cultural support & counselling)

Phone: 1-888-403-3123



## **Hope for Wellness Help Line** (instant counselling & intervention)

Phone: 1-855-242-3310 or visit: [hopeforwellness.ca](http://hopeforwellness.ca)

