

# Indigenous Wellness Resources

## First Nations and Inuit Mental Health and Wellness

If you're experiencing emotional distress and want to talk, contact the toll-free **Hope for Wellness Help Line** at **1-855-242-3310** or the online chat at **hopeforwellness.ca** open 24 hours a day, 7 days a week. If someone you know is in immediate danger, call 9-1-1 or the number for emergency services in your community.

## National Indian Residential School Crisis Line

Emotional and crisis referral services open 24 hours  
1-866-925-4419

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## First Nations Health Authority

The FNHA, located in West Vancouver, provides information about health programs for First Nations across BC including mental wellness and substance use:

### General Inquiries:

Phone: 604-693-6500

Toll Free: 1-866-913-0033

Health Benefits (toll-free): 1-855-550-5454

Website address (see Mental Health section): <http://www.fnha.ca/>

## FNHA Indian Residential Schools Information Line

1-877-477-0775

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## KUU-US Crisis Line Society

The KUU-US Crisis Line Society operates a 24/7 Aboriginal crisis line serving the entire province. **Toll Free Line (1-800-588-8717)**, for Adults/Elders (250-723-4050), Child/Youth (250-723-2040).

## Native Youth Crisis Hotline

1-877-209-1266

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

## BC Crisis Line

1-800-SUICIDE (1-800-784-2433)

Open 24 hours a day.