



# SUPPORTS AND RESOURCES

If you're not sure how to connect with a referral partner, or someone to help, start by calling:

## **FNHA VIRTUAL DOCTOR OF THE DAY**

1-855-344-3800 (Toll free, 7 days a week 8:30am to 4:30pm)

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

## **FNHA VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE**

Provide virtual specialist support in addictions medicine and psychiatry. FNHA Virtual Doctor of the Day, or your usual medical professional, and can give you a referral for this service.

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

**To support your mental health and wellbeing, you can reach out to:**

## **KUU-US CRISIS LINE SOCIETY**

24 Hour Crisis Line for Indigenous people across BC

Adults/Elders Line: 250-723-4050

Youth line: 250-723-2040

Toll free: 1-800-8717

## **INDIAN RESIDENTIAL SCHOOL CRISIS LINE**

National service for anyone experiencing pain or distress as a result of their residential school experience.

604-985-4464 or;

Toll free crisis support (24/7)

1-800-721-0066

## **COUNSELLING**

Various services are available through the FNHA Health Benefits.

Before booking an appointment, call 1-855-550-5454 or visit

<https://www.fnha.ca/benefits> to ensure the service is eligible for coverage.

## **TSOW-TUN LE LUM SOCIETY**

To access cultural support or counselling support services, please call toll-free line at 1-888-403-3123; or main office at (250) 390-3123

<https://www.tsowtunlelum.org/>

**For assistance navigating barriers, questions, or the Pathway to Treatment, contact [MHWPprograms@fnha.ca](mailto:MHWPprograms@fnha.ca) or your community health centre:**

Contact info to go here



**VANCOUVER ISLAND REGION**  
First Nations Health Authority