



VANCOUVER ISLAND REGION
First Nations Health Authority

COAST SALISH

Mental Health Supports

FOR MENTAL HEALTH & CRISIS SUPPORT LINES:

- **Hope for Wellness Helpline:**

1-855-242-3310 Offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

- **Indian Residential School Survivors Society:**

1-604-985-4464 or toll-free 1-800-721-0066

- **KUU-US Crisis Line Society:**

1-800-588-8717 Indigenous crisis line in BC. Available 24 hours a day.

- **Tsow-Tun Le Lum Society:**

1-250-268-2463 24-hour support line for people struggling with addiction, substance misuse, and trauma - including residential school survivors.

FOR ADDICTIONS & SUBSTANCE MISUSE SUPPORTS:

- **Kids Help Line:** 1-800-668-6868

- **Adults Help Line:** 1-800-663-1441

- **Health Link BC:** 811

• Cowichan Valley Mental Health and Substance Use: 250-709-3040

• Nanaimo Mental Health Substance Use: 250-739-5710

• Victoria Mental Health and Substance: 250-519-3485

FOR DOMESTIC VIOLENCE OR ABUSE:

If you are in immediate danger call 911

- **Domestic Violence Help Line:**

1-800-563-0808 (confidential, 24 hours a day, service in multiple languages)

- **KUU-US Crisis Line Society:** 1-800-588-8717 Indigenous crisis line in BC operates 24 hrs/day

- **VictimLinkBC:**

1-800-563-0808 confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

- **Hope for Wellness Helpline:** 1-855-242-3310 Offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

FOR CHILDREN AND YOUTH SUPPORTS:

- **Kids Help Phone:** 1-800-668-6868

- **Helpline for Children in BC:** 310-1234 (no area code needed)

- **KUU-US Crisis Line Society Child and Youth Crisis:** 1-250-723-2040 or toll free 1-800-588-8717 Available 24 hours a day

If you or someone you know is struggling to maintain mental wellness, reach out for support to a hotline, a mental health counsellor or clinician, a doctor, a health and wellness provider or a nurse practitioner in your area. If you do not have access to a provider, call the First Nations Virtual Doctor of the Day for referral support at 1-855-344-3800. The service is available seven days a week from 8:30 a.m. to 4:30 p.m.