

Indigenous-Centred Mental Health Resources

First Nations Health Authority

Mental Health Benefits Plan

<https://www.fnha.ca/benefits/mental-health>

Health provider list: <https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

Tsow-Tun Le Lum

Counselling & Cultural Supports

1-888-403-3123 (poster attached). Indigenous community members can call directly, or support/health care staff can call on behalf of someone seeking to connect with an Elder or Knowledge Keeper. Supports are being offered virtually at this time.

BC Aboriginal Network on Disability Society

Various Resources for Indigenous People with Disabilities

<http://www.bcands.bc.ca/>

KUU-US Crisis Line Society

Crisis Line for B.C.

The KUU-US Crisis Line Society operates a 24 hour provincial aboriginal crisis line for Adults/Elders (250-723-4050), Child/Youth (250-723-2040), Toll Free Line (18005888717).

Canadian Addiction Counsellors Certification Federation

Counselling with Indigenous-Specific Counsellors

<https://caccf.live.clinic/>

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.

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.

Métis Crisis Line is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

Missing and Murdered Indigenous Women and Girls Health Support Services is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected. Call Health Benefits toll-free 1-855-550-5454 for more information.

Hulitan Social Services Society

250-384-9466

902-A Caledonia Avenue

Victoria, BC V8T 1E8

- Aboriginal children and families counselling
- Free
- Self-referral

<http://www.hulitan.ca/>

Non-Indigenous Mental Health Resources

Citizen's Counselling

250-384-9934

941 Kings Road

Victoria, BC V8T 1W7

- Adults, couple & group counselling
- Sliding scale; Lowest \$10/session
- Self-referral

<http://www.citizenscounselling.com/index.html>

Family Services of Greater Victoria

250-386-4331

1004 North Park Street

Victoria, BC V8T 1C6

- Individual, couple, family & child counselling
- Sliding scale; Lowest \$30/session
- Self-referral

<http://www.fsgv.org/>

South Island Centre for Counselling and Training

250-472-2851

3821 – A Cedar Hill Cross Road

Victoria, BC V8P 2M6

- Individual, couple, family and child counselling
- Sliding scale; Lowest \$10/session
- Self-referral

<https://www.southislandcentre.ca/>

Beacon Community Services

250-656-0134

9860 Third Street

Sidney, BC V8L 4R2

- Adult, youth, and children counselling
- Seniors peer counselling (Free)
- Youth and family services
- Self-referral (Sliding scale; Lowest \$5/session)

<https://beaconcs.ca/>

Discovery Youth & Family Services (VIHA)

250-519-5313

Esquimalt Health Unit

530 Fraser Street 2nd floor

Victoria, BC V9A 6H7

- Substance abuse youth (13-19) & family counselling
- Free
- Self-referral

<https://www.viha.ca/youth-substance-use/discovery.html>

Esquimalt Neighbourhood House Society

250-360-0644

511 Constance Avenue

Esquimalt, BC V9A 6N5

- Adults and couples counselling
- Youth (13-18), and Family
- Free
- Self-referral

<http://www.enh.bc.ca/>