



VANCOUVER ISLAND REGION
First Nations Health Authority

Coast Salish Community Mental Health and Cultural Supports— Esquimalt, Songhees, Scia'new, T'Sou-ke, Tsawout, Tsartlip, Tseycum, Pauquachin, Malahat, Metis

MENTAL HEALTH & WELLNESS TELEPHONE & ONLINE SUPPORT

Virtual Substance Use and Psychiatry Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the Virtual Doctor of the Day program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

KUU-US Crisis Services is available 24/7 to support Indigenous people. <https://www.kuu-uscrisisline.com>
Toll-Free: 1-800-KUU-US-17 (1-800-588-8717)
Adult/Elder: 1-250-723-4050
Child/Youth: 1-250-723-2040

FNHA First Nations Health Benefits Mental Health Provider List
First Nations Health Benefits provides coverage for clients to attend virtual and in-person counselling sessions. See [Mental Health](#) in Health Benefits: <https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>.

Kids Help Phone 1-800-668-6868

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Services
1-855-242-3310

Vancouver Island Crisis Line
1-888-494-3888 (24/7)

Tsow-Tun-Le-Lum Society
1-888-403-3123

Vancouver Island Crisis Society
<https://www.vicrisis.ca>. Crisis chat 7 nights a week from 6:00—10:00 p.m.

Vancouver Island Crisis Text Services
1-250-800-3806. Text this number, available 7 nights a week from 6:00-10:00 p.m.

Mental Health Support Line
310-6789

COMMUNITY-BASED MENTAL HEALTH & WELLNESS SUPPORTS

Victoria Mental Health Centre
(Island Health)
250-370-8175

Victoria Native Friendship Centre
250-384-3211

Foundry Victoria (mental health and substance use supports for youth ages 12-24)
250-383-3552

Aboriginal Child and Youth Mental Health (MCFD)
778-974-4258

Canadian Mental Health Association
250-216-4228

Aboriginal Health Liaison Nurses
Cathy Condy-250-812-1464

Monique Pat-250-480-8333

OTHER RESOURCES & SUPPORTS

Mid Island Métis Association
250-585-7441

Legal Aid BC
1-866-577-2525

Native Court Worker
1-877-811-1190 ext. 356

For more information please call 1-604-816-9070 or email Stevie.Niebergal@FNHA.ca.

This information is up to date as of June 2, 2021.