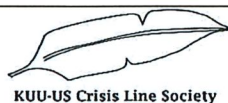


24 Hour Mental Health Services

**Are you currently seeing a counselor?
Would you be comfortable with calling a counselor or
using telehealth?**



KUU-US:

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 1-800-588-8717

<https://www.kuu-uscrisisline.ca/>



Hope for Wellness Helpline:

The Hope for Wellness Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.
Toll Free 1-855-242-3310

Chat line:

<https://chat.fn-i-hopeforwellness.ca/>



**INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY**

Indian Residential School Survivors Society:

We are a provincial organization with a 20-Year history of providing services to Indian Residential School Survivors.

1-604-985-4465

1-800-721-0066

<http://www.irsss.ca>



Tsow-Tun Le Lum Society:

We provide programs that address the issues of addictions and substance abuse, and support survivors of trauma and residential schools
1-250-268-2463

FB TTLL RHSW Support

email: rhwcoor@Tsowtunlelum.org