



Mental Wellness Supports During an Extraordinary Event for Aboriginal Partners

Contact the your local [Mental Health & Substance Use Centre](#) to connect with a [service](#) to best meet your needs:

310-MHSU (6478)

Call 310-MHSU if you need support for:

- Mental health concerns including anxiety, depression, paranoia, psychosis or if you are unsure if you need support
- Substance use services (harm reduction supplies, overdose prevention services, naloxone, treatment options including opioid agonist treatment, safe supply and counselling)

Help / Support Lines

KUU-US (Aboriginal Crisis Line): 1-800-588-8717

Métis Crisis Line: 1-833-638-4722

Indian Residential School Survivors Society: 1-866-925-4419

Hope for Wellness (Indigenous) Help line/Online chat: 1-855-242-3310

Interior Crisis Line Network: 1-888-353-2273

Kids Help Phone: 1-800-668-6868

BC211: Dial **211** to connect to local community, health and government resources

[Help Lines Fact Sheet:](#) A compilation of trustworthy Help Lines to support you and guide you to other resources.

Mental Health & Substance Use Services

For Adults:

- [Mental Health Services Directory](#)
- [Substance Use Services Wheel](#)

For Youth:

- [Mental Health Services Directory for Youth](#)
- [Substance Use Services Directory for Youth](#)
- [Child & Youth Service Directory \(includes partner services\)](#)

Mental Health & Substance Use Resources

- [MHSU Resource List](#)
- [Mental Health Services](#)
- [Substance Use Resources](#)
- [Mobile Apps / Virtual Treatment Fact Sheet](#)
- [Facility Based Services Beds List](#)
- [Home Detox Resource](#)
- [Outpatient Withdrawal Management Services](#)

Overdose Prevention / Harm Reduction

- [Overdose Prevention / Harm Reduction Fact Sheet](#)
 - [Overdose Prevention/Supervised Consumption Services](#)
 - [Overdose Prevention / Supervised Consumption Sites](#)
 - [Drug Checking Locations](#)
 - [Lifeguard App](#)
- Download here [App Store](#) or [Google Play](#)

Virtual Foundry

Contact [Foundry Virtual BC](#) for:

- Virtual drop-in counselling sessions
- Peer support check-ins
- Groups for youth aged 12-24
- Call 1-833-308-6379

MHSU Navigational Support for Care Providers

- If a community member needs to be connected to a MHSU service please contact the [local site](#) and ask to speak with the Community Integrated Care Coordinator/Team Lead who oversees access to services or the local MHSU Manager.
- If needing enhanced support for navigation, please contact an **Aboriginal Mental Wellness team member**, who support Nation MHSU priorities and can provide local IH MHSU service information and bridge to local services and contacts.
 - **Aboriginal Mental Wellness Team:** aboriginalmentalwellness@interiorhealth.ca
 - **Deb Trampleasure** (250) 267-2714 debora.trampleasure@interiorhealth.ca
 - **Audrey Ward** (778) 257-0341 audrey.ward@interiorhealth.ca
 - **Jody Wagner** (250) 258-5311 jody.wagner@interiorhealth.ca
 - **Danielle Kreutzer** (250) 319- 8421 danielle.kreutzer@interiorhealth.ca
 - **Cathy Collinge** (778) 257-1761 cathy.collinge@interiorhealth.ca

Consultation Support for Care Providers

- [Compass Mental Health:](#) Call **1-855-702-7272**
Supports providers with information/resources for children 0-25 with mental health and substance use concerns.
- [BCCSU 24/7 Addiction Medicine Clinician Support Line:](#) Call **778-945-7619**
Provides telephone consultation to physicians, nurse practitioners, nurses, midwives and pharmacists involved in addiction and substance use care in BC.
- [First Nations Virtual Substance Use and Psychiatry Service:](#)
Health and Wellness providers call **1-833-456-7655** for assistance or to make a referral. If a client doesn't have a health and wellness provider and needs a referral, call the
- [First Nations Virtual Doctor of the Day](#) call **1-855-344-3800** to book a virtual appointment with a primary care Physician

