



# Wildfire Resources for Aboriginal Partners

Interior Health Mental Health and Substance Use Services

Contact the [Access Services Program](#) at 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](#)

### Mental Health & Substance Use Resources

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

### Overdose Prevention / Harm Reduction

- [Overdose Prevention / Harm Reduction Fact Sheet](#)
  - [Overdose Prevention 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 is already connected or needs to be connected to a MHSU service please contact the [local site](#) and ask to speak with the Community Integrated Care Coordinator/or 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 Practice Lead who support nation MHSU priorities and can provide information about available IH MHSU services and bridge to local services and operational contacts.
  - **Jody Wagner** 1-250-258-5311 [Jody.Wagner@interiorhealth.ca](mailto:Jody.Wagner@interiorhealth.ca)
  - **Deb Trampleasure** 1-250-267-2714 [Debora.Trampleasure@interiorhealth.ca](mailto:Debora.Trampleasure@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 at 1-855-344-3800.

