



Mental Wellness Supports During an Emergency Response for Aboriginal Partners

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.
 - **Deb Trampleasure** (250) 267-2714 debora.trampleasure@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 at 1-855-344-3800.



Aboriginal Mental Wellness Team | Mental Health & Substance Use Network

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