

# Where TO GET CARE



**You have access to mental health and substance use (MHSU) support.**

Call to be connected with MHSU services in your community.



**310-MHSU**

## **IN A CRISIS, CALL ONE OF THESE SUPPORT LINES:**

- Interior Crisis Line: **1-888-353-2273 (CARE)**
- KUU-US Crisis Line (toll free): **1-800-588-8717**
- Métis Crisis Line: **1-833-638-4722**
- Kids Help Line for mental health supports: **1-800-668-6868**

**First Nations support** is available by connecting with your health and wellness provider or the First Nations Virtual Doctor of the Day.

Call **1-855-344-3800** to book an appointment.



Learn more about where to access care through Interior Health

**InteriorHealth.ca**



Interior Health