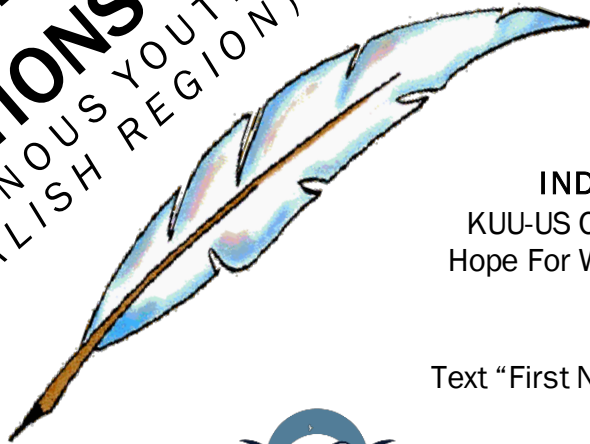


# KEEPSAFE CONNECTIONS FOR INDIGENOUS YOUTH (FRASER SALISH REGION)



## FIRST NATIONS HEALTH AUTHORITY



- Health Benefits toll-free: 1-855-550-5454
- Mental Wellness & Counselling: 1-855-550-5454
- Addictions Treatment:  
<https://www.fnha.ca/Documents/First-Nations-Treatment-Centres-in-BC.pdf>



## ABORIGINAL CHILD & YOUTH MENTAL HEALTH (ACYMH) - MCFD

- For assistance locating CYMH information, and the nearest location in your area, call 811 or visit <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>



## MÉTIS NATION BC

- Culturally safe and trauma-informed mental health services to Métis Youth aged 15 to 29. Apply at: <https://www.mnbc.ca/portal/register/>



## FRASER HEALTH AUTHORITY

- **START team:** Confidential mental health crisis intervention services for children and teens (1-844-782-7811; Monday to Friday 9am to 9pm; Weekends 12pm-9pm)
- **Aboriginal YCDTs (Youth Concurrent Disorders Therapists):** For youth experiencing a combination of emotional and/or psychiatric problems in addition to problematic substance use. ([FHMHSUYCDT@fraserhealth.ca](mailto:FHMHSUYCDT@fraserhealth.ca))
- **EPI Program (Early Psychosis Intervention):** Assessment and treatment of psychosis for people between 13 and 30 years old. (1-866-870-7847)
- **Fraser Health Crisis Line (24/7):** Immediate, free and anonymous emotional support, crisis intervention and community resource information (604-951-8855 or toll-free at 1-877-820-7444)

\* FIRST NATIONS YOUTH LIVING ON RESERVE CAN ALSO CONTACT THEIR BAND OFFICE FOR MENTAL HEALTH SERVICES \*

## INDIGENOUS CRISIS & SUICIDE PREVENTION LINES

KUU-US Crisis Line: 1-800-KUU-US17 or 1-833-MÉTIS-BC  
Hope For Wellness Line: 1-855-242-3310 or online chat @ [chat.fn-i-hopeforwellness.ca](http://chat.fn-i-hopeforwellness.ca)

## INDIGENOUS TEXT LINE (KIDS HELP PHONE)

Text "First Nations" "Metis" or "Inuit" to 68 68 68 (youth) or 741 741 (adults)

## SUICIDE PREVENTION CENTER

1-800-SUICIDE

## MENTAL HEALTH SUPPORT LINE

310-6789 (no area code)

## TEEN LINE

1-866-661-3311 ([www.youthinbc.ca](http://www.youthinbc.ca)) or

[www.youthspace.ca](http://www.youthspace.ca) (free email counselling, help by text message or online chat for young people under 30)

## RAPE/SEXUAL ASSAULT CENTER

1-877-392-7583 (WAVAW)

## DOMESTIC VIOLENCE HOTLINE

1-877-392-7583 (WAVAW)

## SEXUAL ABUSE HOTLINE

1-800-563-0808 (VictimLinkBC)

## CHILD ABUSE HOTLINE

Helpline @ 310-1234 (no area code needed)

## YOUTH COUNSELLING SERVICES

Free drop-in counselling sessions for youth 12 to 24 years old at 1-833-FØUNDRY

## CHILDREN'S SERVICES

Kids' Help Phone: 1-800-668-6868 or text CONNECT to 686868

## INDIAN RESIDENTIAL SCHOOLS SURVIVORS SOCIETY

1.866.925.4419 (IRSSS)

## LEGAL ASSISTANCE/VICTIM ASSISTANCE

1-800-563-0808 (VictimLinkBC)

## EMERGENCY SHELTERS

[www.bchousing.org](http://www.bchousing.org)

## YOUTH SHELTERS

<http://youthinbc.com/category/resources/safe-houses-shelters/>

## YOUTH IN CARE

Representative for Children & Youth Advocates:

1-800-476-3933; <https://rcybc.ca>

## SUBSTANCE USE SERVICES

FNHA: 1-866-913-0033

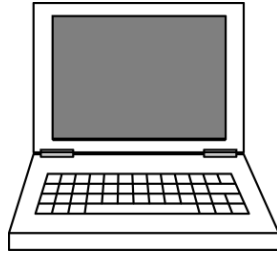
Fraser Health: [www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/youth-substance-use-services](http://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/youth-substance-use-services)

## ALCOHOLICS ANONYMOUS

[www.bcyukonaa.org](http://www.bcyukonaa.org); 604-435-2181

# DIGITAL RESOURCES

FOR INDIGENOUS YOUTH  
(FRASER SALISH REGION)



## CBT (Cognitive Behavioural Therapy) FREE WEB-BASED PROGRAMS

<https://anxietycanada.com> (5+ - guided by supportive adult)

<http://stresslr.ca> (9 to 11 years old)

<http://www.livinglifetothefull.ca> (13+)

<https://dwdonline.ca> (13+)

[www.bouncebackbc.ca](http://www.bouncebackbc.ca) (15+)

[moodgym.anu.edu.au](http://moodgym.anu.edu.au) (18+)

## WEBSITES

- [www.cultureforlife.ca](http://www.cultureforlife.ca)
- <https://wemattercampaign.org>
- <http://www.indigenouslyouthwellness.ca>
- [www.metisyouthbc.com](http://www.metisyouthbc.com)
- <https://newjourneys.ca>
- <https://foundrybc.ca>
- <http://www.heretohelp.bc.ca>
- <https://keltymentalhealth.ca>
- [www.seizetheawkward.com](http://www.seizetheawkward.com)
- <https://agedout.com>
- <https://fbcyicn.ca>



## LIVE CHAT

- <https://chat.fn-i-hopeforwellness.ca/> online chat counselling service for Indigenous people in Canada
- [www.youthspace.ca](http://www.youthspace.ca) online chat or text 778-783-0177 between 6pm and midnight PST
- [youthinbc.com](http://youthinbc.com) online chat between noon and 1am PST
- Kids Help Phone Indigenous crisis text line: Text “First Nations” “Metis” or “Inuit” to 68 68 68 (youth) or 741 741 (adults)
- Facebook Messenger: send a private message to “Crisis Text Line powered by Kids Help Phone”

## MOBILE APPS



### Breathr

*Breathr teaches you easy and fun ways to practice mindfulness, which has benefits for your mind, body and relationships. Developed by the BC Children’s Hospital.*

### FNHA App

*The First Nations Health Authority App provides information to support the health, wellness and safety of BC First Nations as well as a direct link to FNHA services, information and resources and other holistic health information, support and tools.*

### Foundry BC

*Young people aged 12-24 and their caregivers can use the app or web portal to drop-in or schedule a virtual counselling appointment, find peer support, join a group or browse our library of tools and resources.*

### Mindshift

*Designed to help teens and young adults cope with anxiety. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.*

### MY3 (includes safety planning)

*Stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal.*

### Cultural Connections

*Search the App Store for “First Peoples’ Cultural Council” or “Gabriel Dumont Institute” to connect with your culture through learning traditional First Nations and Métis language(s).*