

# MENTAL HEALTH & WELLNESS SUPPORTS

## Fraser Salish Region



### INDIGENOUS ADULTS

#### KUU-US Crisis Services

(24/7 telephone support)  
1-800-KUU-US17 (1-800-588-8717)  
1-833-MÉTIS-BC (1-833-638-4722)  
Adult/Elder: 1-250-723-4050

#### Fraser Health Crisis Line

(24/7 telephone support)  
Crisis intervention counselling, emotional support and information on local services  
1-877-820-7444 or 604-951-8855

#### Hope for Wellness

(24/7 telephone and online)  
Mental health counselling and crisis intervention for Indigenous peoples  
1-855-242-3310  
Online chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

#### Indian Residential School Crisis Line

(24/7 telephone support)  
Emotional and crisis supports for Residential School survivors  
1-866-925-4419

#### FNHA Mental Health Benefits

<https://www.fnha.ca/benefits/mental-health>  
1-855-550-5454

#### Alcohol and Drug Information and Referral

(24/7 telephone support)  
Information and referral to education, prevention and treatment services  
1-800-663-1441 or 604-660-9382

### INDIGENOUS YOUTH

#### KUU-US Crisis Services

(24/7 telephone support)  
1-800-KUU-US17 (1-800-588-8717)  
1-833-MÉTIS-BC (1-833-638-4722)  
Child/Youth: 1-250-723-2040

#### Fraser Health START Team

Mental health crisis assessment and intervention for youth aged 6 to 18  
1-844-START11 (1-844-782-7811)  
*Mon-Fri:* 9am to 9pm  
*Weekends/Holidays:* Noon to 9pm

#### Kids Help Phone

(24/7 telephone and text support)  
Professional counselling, information and referrals for youth  
1-800-668-6868 or  
Text “First Nations” “Metis” or “Inuit” to: 686868

#### Foundry

Health and wellness supports, services and resources for youth aged 12 to 24  
*In-person:* <https://foundrybc.ca/get-support/find-a-centre/>  
*Virtual:* <https://foundrybc.ca/virtual/>

#### Youth Substance Use Services

Visit [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)

Fraser Health's **Aboriginal Health Liaison Referral Line** (*all ages*)

Information, navigation, advocacy and access to health care services that meet cultural needs  
(i.e. Elders in Residence, Traditional Medicines, Sacred Spaces)

NO REFERRAL NEEDED

1-866-766-6960