

COVID-19 INDIGENOUS RESOURCES



FIRST NATION HEALTH AUTHORITY **WELLNESS RESOURCES, PODCASTS, AND MORE**

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>



HOPE FOR WELLNESS HELPLINE **24/7 MENTAL HEALTH COUNSELLING AND CRISIS INTERVENTION**

Culturally competent counsellors |
Cree, Ojibway, Inuktitut, French & English
1-855-242-3310 | hopeforwellness.ca



METIS CRISIS LINE **24/7 SUPPORT AND CRISIS INTERVENTION**

1-833-METIS-BC (1-833-638-4722)



KUU-US CRISIS RESPONSE SERVICES **24/7 SUPPORT**

Adults/Elders: 250-723-4050
Child/Youth: 250-723-2040
Toll Free Line: 1-800-588-8717
www.kuu-uscrisisline.ca



TALK 4 HEALING **24/7 culturally sensitive counselling, advice and support to Indigenous women.**

Culturally competent counsellors
Ojibway, Oji-Cree, Cree, English, French
1-855-554-4325 | www.talk4healing.com



TLA'AMIN HEALTH **Health, wellness, child development centre and more**

1 (604) 483 3009 | <https://www.tlaaminhealth.com/>

