

INDIAN RESIDENTIAL SCHOOL RESOURCES SD 43

JANUARY 20 2022

The Indian Residential Schools Crisis Line

Indian Residential School Survivors and Family 1-866-925-4419

The Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of his or her Residential school experience.

Mental Health and Wellness Support for Indigenous Peoples from First Nations Health Authority FNHA. Click here for full details of supports : <https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

KUU-US Crisis Line Society: a 24-hour provincial Indigenous crisis line.

Adults call 250-723-4050; children **and youth** call 250-723-2040. **Toll-free** 1-800-588-8717.

First Nations and Inuit Hope for Wellness Help Line: Phone toll-free 1-855-242-3310 or chat online at hopeforwellness.ca.

The Métis Crisis Line: available 24 hours a day at 1-833-MétisBC, 1-833-638-4722.

Tsow Tun Le Lum: Phone 1-888-403-3123

Indian Residential School Survivors Society (IRSSS): Phone 1-800-721-0066 or 604-985-4464