

EMOTIONAL SUPPORT RESOURCES

Indian Residential School Survivors & Family Crisis Line 1-800-925-4419

The Indian Residential School Crisis Line is available 24 hours a day for anyone experiencing pain or distress as a result of their Residential school experience. This line is also available to family of former students.

KUU-US Crisis Line Society 1-800-588-8717 or 1-800-KUU-US17

First Nation and Aboriginal specific crisis line available 24/7, regardless of where individuals reside in BC.

Child & Youth Text line: 250-723-2040

Adult & Elder: 250-723-4050

Kid's Help Phone 1-800-668-6868

To speak to a professional counsellor, 24 hours a day.

or text **CONNECT** to **686868**

First Nations & Inuit Hope for Wellness Helpline 1-588-242-3310

If you are experiencing emotional distress and want to talk

or online chat at www.hopeforwellness.ca open 24 hours a day, 7 days a week.

BC Bereavement Helpline 1-877-779-2223 or 604-738-9950

To provide support to anyone coping with grief and loss.

Monday—Friday 9am—5pm

1-800-SUICIDE

If you are in distress or are worried about someone in distress who may hurt themselves, call 24 hours a day to connect to a BC crisis line without a wait or busy signal.

Answered by staff 24/7. Available throughout Canada and US.