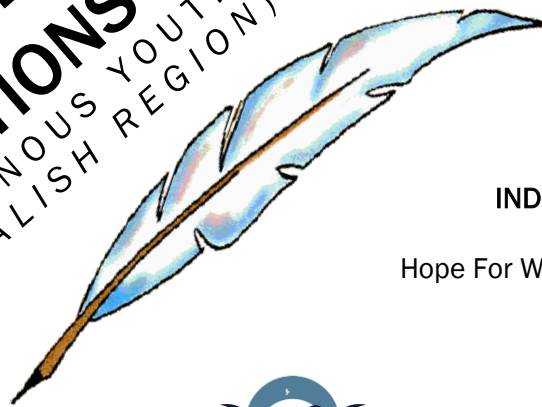


KEEPSAFE CONNECTIONS FOR INDIGENOUS YOUTH (FRASER SALISH REGION)



FIRST NATIONS HEALTH AUTHORITY

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



CHILD & YOUTH MENTAL HEALTH (CYMH) SERVICES - 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>



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. (Coordinator: cindy.hoang@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
Hope For Wellness Line: 1-855-242-3310 or online chat @
chat.fn-i-hopeforwellness.ca
SUICIDE PREVENTION CENTER
1-800-SUICIDE
MENTAL HEALTH SUPPORT LINE
310-6789 (no area code)

TEEN LINE

1-866-661-3311 (www.youthinbc.ca) or
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-F0UNDRY

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

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

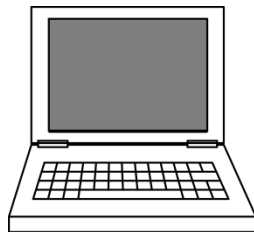
Fraser Health: <https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/substance-use-addictions/youth-substance-use-services#.XuumAvIKipq>

ALCOHOLICS ANONYMOUS

www.bcyukonaa.org; 604-435-2181

DIGITAL RESOURCES

FOR INDIGENOUS YOUTH
(FRASER SALISH REGION)



FREE WEB-BASED CBT (Cognitive Behavioural Therapy) PROGRAMS

- www.bouncebackbc.ca (15+)
- <https://dwdonline.ca> (teens)
- <http://stresslr.ca> (9 to 11 years old)
- moodgym.anu.edu.au (18+)
- <http://www.livinglifetothefull.ca> (13+)
- <https://anxietycanada.com> (5+ - guided by supportive adult)



LIVE CHAT:

- <https://chat.fn-i-hopeforwellness.ca/> online chat counselling service for Indigenous people in Canada
- www.youthspace.ca online chat or text 778-783-0177 between 6pm and midnight PST
- youthinbc.com online chat between noon and 1am PST
- Kids Help Phone crisis text line: Text CONNECT to 686868 anywhere in Canada

WEBSITES

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



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.

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.

Mindshift

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.

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.

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).