



INTERIOR REGION
First Nations Health Authority

24-HOUR WELLNESS SUPPORTS

The *FNHA Interior Region Mental Health and Wellness Team* would like to share this resource for keeping you and your loved ones healthy



INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

TOLL-FREE LINE
1-800-721-0066



TSOW TUN LE LUM SOCIETY

TOLL-FREE LINE
1-888-403-3123



YOUTH HELP LINE

TEXT CONNECT
TO **686868**



KUU-US CRISIS LINE SOCIETY

TOLL-FREE LINE
1-800-588-8717
YOUTH-SPECIFIC LINE
1-250-723-2040



Interior Health

INTERIOR HEALTH CRISIS LINE NETWORK

TOLL-FREE LINE
1-888-353-2273

INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SUPPORT

Call **#310-MHSU (6478)** to reach the nearest Interior Health Mental Health & Substance Use Centre.

Monday-Friday, 08:30-04:30pm

