**Mental health Supports for Staff and Students:**

[Healing and wellness resources | Indian Residential School History and Dialogue Centre (ubc.ca)](https://irshdc.ubc.ca/for-survivors/healing-and-wellness-resources/)

(This link provides self-care strategies, several embedded links for students, survivors and family members, community members and Indigenous peoples)

[First Nations Health Authority (fnha.ca)](https://www.fnha.ca/)

(Comprehensive supports varying from traditional healing, mental wellness, tips guides and resources)

[NEW MENTAL HEALTH SUPPORTS FOR MÉTIS PEOPLE IN BC – Métis Nation British Columbia (mnbc.ca)](https://www.mnbc.ca/news/2021/new-mental-health-supports-for-metis-people-in-bc/)

(Pilot program providing Métis youth and adults in B.C. with funding for counselling)

[PUBLICATION-Mental-Health-and-Resiliency-Supports-2020-05-01b.pdf (fnesc.ca)](http://www.fnesc.ca/wp/wp-content/uploads/2020/05/PUBLICATION-Mental-Health-and-Resiliency-Supports-2020-05-01b.pdf)

(Comprehensive list of Mental Health and Resiliency supports from FNESC)

**24/7 supports**

[KUU-US Crisis Line](https://www.kuu-uscrisisline.com/)

1-800-588-8717

[Indian Residential School Survivors and Family](https://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line)

1-866-925-4419

**Mon – Fri, 8am – 8 pm PT:**

**Weekends, 10 am – 2pm PT:**

[Tsow-Tun-Le-Lum Society](https://www.tsowtunlelum.org/)

1-888-403-3123

**British Columbia Resources**

[Aboriginal Wellness Program](http://www.vch.ca/your-care/aboriginal-health)

604-675-2551 or 1-866-884-0888

[Canadian Mental Health Association - British Columbia Division](http://www.cmha.bc.ca/)

1-800-555-8222

[HeretoHelp](https://www.heretohelp.bc.ca/connect/community-resources)

1-800-661-2121

**National Crisis Hotlines**

[Kids Help Phone](http://www.kidshelpphone.ca/)

1-800-668-6868

[Crisis Services Canada](http://www.crisisservicescanada.ca/)

1-833-456-4566 or text 45645

[First Nations and Inuit Hope for Wellness Help Line](https://www.hopeforwellness.ca/)

1‑855‑242-3310