

## VANCOUVER COASTAL REGIONAL HEALTH & WELLNESS SUPPORTS



### INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY (IRSS)

<http://www.irsss.ca>

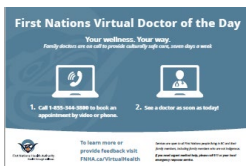
- 1-800-721-0066
- The Indian Residential School Survivor Society (IRSS) will be open during the 2022 Holiday Season, including the 24 hour Crisis Line. The highly trained and dedicated staff have created a work schedule to ensure continued services.

#### The 24 Hour Crisis Line

- A personal, family, or community crisis can happen at any time. The IRSS has a team with culturally-safe training to support survivors/students, their families and loved ones

### FIRST NATIONS VIRTUAL DOCTOR OF THE DAY

- Provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day
- Call 1-855-344-3800 to book an appointment. Learn more at [fnha.ca/virtualdoctor](https://fnha.ca/virtualdoctor)



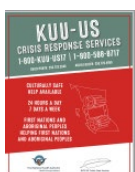
### VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE

- Is an FNHA service providing virtual specialist support in addictions medicine and psychiatry to First Nations people in BC and their family members. This service requires a referral from a health and wellness provider. The first Nations Virtual Doctor of the Day provides referral support for anyone who does not have a provider



### TSOW-TUN LE LUM SOCIETY

- Provides confidential outreach services in BC, such as counselling, cultural supports and personal wellness programs
- 1 888 403 3123 or visit [www.tsowtunlelum.org](http://www.tsowtunlelum.org).



### KUU-US CRISIS LINE SOCIETY

- Provides crisis services for Indigenous people
- 1 800 588 8717 or visit <https://www.kuu-uscrlsline.ca/>

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### MISSING & MURDERED INDIGENOUS WOMEN & GIRLS HEALTH SUPPORT SERVICES

- A national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected
- Call 1 855 550 5454 for more information



### MENTAL HEALTH AND WELLNESS COUNSELLING IN BC

- You may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor
- Call 1 855 550 5454 or visit [fnha.ca/benefits](https://fnha.ca/benefits) to check if they are registered and if the service is eligible for coverage



### REGIONAL HEALTH & WELLNESS SUPPORTS

The contact person for wellness supports is Jen Smith

- If you require further supports or are looking for clarifying questions, please reach out to Jen Smith at [Jennifer.L.Smith@fnha.ca](mailto:Jennifer.L.Smith@fnha.ca) or call 604 329 0903