

## Do you or someone you care about need support?

### Support Services for Youth, Adults and Families:

- **Interior Health Crisis Line (for anyone)**
  - 1-888-353-2273
  - [Mobile Apps/Virtual Treatment link](#)
- **KUU-US Crisis Line Society**
  - 24-hour provincial Indigenous crisis line
  - Children and youth call 250-723-204 or 1-800-588-8717
  - Adults call 250-723-4050 or 1-800-588-8717
  - Website: <https://www.kuu-uscrisisline.com/24-hour-crisis-line>
  - Facebook: <https://www.facebook.com/KUUusCrisisLineSociety>
- **The Métis Crisis Line**
  - 24 hours a day
  - 1-833-638-4722
  - Website: <https://www.kuu-uscrisisline.com/24-hour-crisis-line>
- **BC Helpline for Children**
  - 24-hour helpline for all BC youth
  - 310-1234 (no area code needed)
  - [Helpline website](#)
- **Foundry BC**
  - Provincial support for all youth aged 12-24
  - 1-833-308-6379
  - Website: <https://foundrybc.ca/>
  - [Foundry App](#)
- **Interior Health Community Mental Health Services**
  - Connection to mental health and substance use counselling services for adults
  - 310-MHSU (6478)
  - Website: [Interior Health](#)
- **Hope for Wellness Help Line**
  - 24/7 Mental health and crisis support for Indigenous Peoples across Canada
  - 1-855-242-3310
  - Website: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)
- **Indian Residential School Survivors Society (IRSSS)**
  - 1-800-721-0066 or 604-985-4464
  - Website: <https://www.irsss.ca/>
  - Facebook: <https://www.facebook.com/survivorssociety>