

COUNSELLING

And Crisis Support

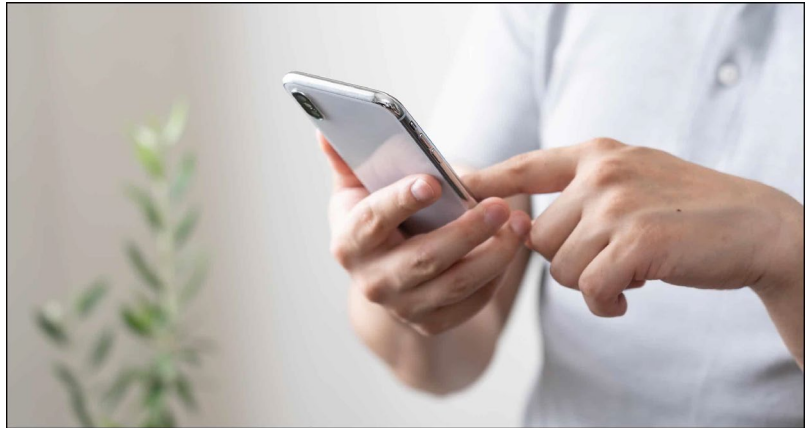
Many of us are experiencing feelings of loss, anxiety, or depression

Wellness Together
Canada through
Homewood Health
and
Kids Help Phone
Offer counselling
with professionals

Services are
FREE and
CONFIDENTIAL
Any time of day
24 / 7

Various Languages are Available

ALWAYS CALL 9-1-1
In Case of
an
Emergency



<https://wellnesstogether.ca>

If you, or someone you care about wants to speak with a counsellor:

Call 1-866-585-0445 (Adults)

1-888-668-6810 (Youth)

Hope for Wellness Helpline for Indigenous People

1-855-242-3310

If you having difficulties, you can call these confidential support lines on any day at any time:

BC Mental Health Support Line **310-6789** *no area code required*

KUU-US Indigenous Line: **1-800-588-8717**

If you are having **suicidal** thoughts or are concerned about someone who is: **1-800-784-2433**

OR – **Text for crisis support:**

Adults: Text/type WELLNESS to the number 741741

Youths: Text/type WELLNESS to the number 686868

Frontline Workers: Text/type FRONTLINE TO 741741

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support

HEMBC
Health Emergency
Management