

Emotional Support Resources

- ❖ **Indian Residential School Survivors and Family Crisis Line 1-866-925-4419**
The Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of their Residential school experience. This line is also available to family of former students.

- ❖ **KUU-US Crisis Line Society 1-800-KUU-US17 (1-800-588-8717)**
First Nations and Aboriginal specific crisis line available 24/7, regardless of where individuals reside in BC.
Child and Youth Text line: **250-723-2040**
Adult and Elder: **250-723-4050**

- ❖ **Kid's Help Phone** at 1-800-668-6868 to speak to a professional counsellor, 24 hours a day or text **CONNECT** to **686868**.

- ❖ **First Nations and Inuit Hope for Wellness Helpline** - If you are experiencing emotional distress and want to talk, contact the toll-free Hope for Wellness Help Line at **1-855-242-3310** or the online chat at hopeforwellness.ca open 24 hours a day, 7 days a week.

- ❖ **BC Bereavement Helpline**- To provide support to anyone coping with grief and loss.
Call the Helpline at 604-738-9950, Monday - Friday 9am - 5pm
Toll free **1-877-779-2223**

- ❖ **1-800-SUICIDE** If you are in distress or are worried about someone in distress who may hurt themselves, call SUICIDE (1-800-784-2433) 24 hours a day to connect to a BC crisis line, without a wait or busy signal.
Answered by staff 24/7. Available throughout Canada and US.