

Mental Health Resources

Here are a list of resources for anyone who may be triggered through our data collection process, and needs crisis intervention.

1. Kuu-us crisis line: <https://www.kuu-uscrisisline.com/>
 - a. Adults/Elders (250-723-4050)
 - b. Youth (250-723-2040)
 - c. Toll free (1-800-588-8717)

2. Vancouver Island Crisis line: <https://www.vicrisis.ca/>
 - a. Call: 1-888-494-3888
 - b. Text: 250-800-3806 every evening from 6:00 pm to 10:00 pm

3. TEECHUKTL MENTAL HEALTH
 - a. Northern Region: (250) 283-2012
 - b. Central Region: (250) 725-3367
 - c. Southern Region: (250) 724-3939

4. Crisis Centre BC: <https://crisiscentre.bc.ca/get-help/>
 - a. Mental Health Support Line: **310-6789**
 - b. Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)
 - c. Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

5. Online Hope for Wellness: <https://www.hopeforwellness.ca/>
 - a. Call 1-855-242-3310 (toll-free)
 - b. connect to the online Hope for Wellness chat.

6. Other Mental Health Support Canada: <https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>