

NEED TO TALK?

Some cultural training topics may be sensitive or emotionally challenging. If you find anything triggering or need mental health support, please refer to the resources below.

TSAWWASSEN FIRST NATION

604-948-5239

healthservices@tsawwassenfirstnation.com

Monday – Friday 8:30 AM – 4:30 PM

** TFN Mental Health Team is not available outside of regular working hours*

HEALTH & FAMILY SERVICES AFTER HOURS EMERGENCY

604-834-5431

EXTERNAL RESOURCES FOR IMMEDIATE HELP

24 Hour Kuu-us Crisis Line

24 hours a day, 7 days a week

Toll free: 1-800-588-8717

Adults/Elders: 250-723-4050

Child/Youth: 250-723-2040

NEW! Chat and text available

7 days a week 6:00 pm to 7:00 am

778-601-8009

Chimo Crisis Lines

8am – midnight, 7 days a week

604-279-7070

1-800-SUICIDE

24 hours a day, 7 days a week

1-800-784-2433

310-Mental Health Support

24 hours a day, 7 days a week

310-6789

**Do not add 604, 778 or 250*

Suicide Crisis Helpline

24 hours a day, 7 days a week

9-8-8 *Call or text

RESIDENTIAL SCHOOL SURVIVORS RESOURCES

Hope for Wellness Help Line

24 hours a day, 7 days a week

1-855-242-3310 (CALL)

www.hopeforwellness.ca (CHAT)

Indian Residential School Survivors Society (IRSSS)

1-866-925-4419

Indian Residential Schools Resolution Health Support (IRS RHSP)

1-866-925-4419