



## Yuufu?if?ath Government Support & Contacts

### Helplines and Support Contacts for the Holiday Season (and beyond).

Please note on the Updated Provincial Health Orders, dated December 20, 2021, the current Provincial Health Orders are in effect until **January 31, 2021**.

#### First Nations Health Authority Doctor of the Day

**1-855-344-3800** to book an appointment

- ☎ Medical Office Assistants are available to help **seven days per week** from **8:30 a.m. to 4:30 p.m.**
- ☎ Clients call in, an appointment time is given to speak to the Doctor.

#### Virtual Substance Use and Psychiatry Service

**1-833-456-7655** for assistance or referral

- ☎ Referral-based service available at no cost to all BC First Nations people and their family members, even if those family members are not indigenous.
- ☎ Health and wellness providers can call for you. If Doctor of the Day supports are contacted first, they can contact this service if it is required and if a client consents them in contacting this service.

#### KUU-US Crisis Response Service

**1-800-588-8717** or 1-800-KUU-US17

- ☎ Crisis AND Support line (does not have to only be “crisis”; line can be accessed when someone just wants support or to talk.
- ☎ By First Nations for First Nations, culturally safe, by phone suicide prevention & crisis response; family members, community members and nurses can also consult with them when concerned about someone.
- ☎ Will do safety monitoring calls as required.

#### Tsow Tun Le Lum

Toll free **1-888-403-3123**; or main office at (250) 390-3123

- ☎ Staff and cultural teams provide confidential outreach services such as counselling and cultural support by phone, video, or other means as possible.

#### The First Nations and Inuit Hope for Wellness Help Line

**1-855-242-3310** or online chat counselling available. [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

- ☎ The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. (Indigenous Services Canada)



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### **Crisis Centre BC**

Distress Line: **1-866-661-3311**

Suicide Helpline: **1-800-SUICIDE** or 1-800-784-2433

- ☎ For individuals who are or know someone who is having thoughts of suicide.
- ☎ **If your crisis is an emergency, call 911.**

### **310 Mental Health Support**

310-6789 (no area code needed)

- ☎ For emotional support, information, and resources specific to mental health (BC resource):

Sincerely,

### **Yuufu?if?ath Government – Ucluelet First Nation**

*If you feel sick, stay home, and opt for a test if you COVID-like symptoms and are advised by a doctor or nurse. 24/hr Nurse Helpline: 8-1-1.*