



FRASER SALISH REGION
First Nations Health Authority

Mental Health and Wellness Supports

FNHA INDIVIDUALS: HERE TO SUPPORT

Mental Health and Wellness

Navigation of mental health and substance use services including treatment, harm reduction, virtual psychiatry services, counselling, and/or traditional wellness

Sierra Kortenbach: Regional Mental Health and Wellness Liaison

Mobile: 778.884.2289

Sierra.kortenbach@fnha.ca

Community support for addictions related and wellness planning.

Catarina Witt: Addictions Specialist

Mobile: 604.768.7011

Catarina.witt@fnha.ca

Program and Service Supports

Assistance for individuals and community in navigating the healthcare system, connect to and access appropriate health, wellness, and social services

Jennifer Charchun: Family Wellness System Navigator

Mobile: 778.347.3538

Jennifer.charchun@fnha.ca

Marilyn Dalton: Wellness System Navigator

Mobile: 778.684.1728

Marilyn.dalton@fnha.ca

Nardia Brown: Wellness System Navigator

Mobile: 604.831.2651

Nardia.brown@fnha.ca

Support for communities to initiate, develop, coordinate, and support community health and wellness initiatives and health literacy.

Jennifer Heaven: Community Wellness Initiatives Facilitator

Mobile: 604.226.8261

Jennifer.heaven@fnha.ca

Nadine Mross: Community Wellness Initiatives Facilitator

Mobile: 604.226.8261

Nadine.mross@fnha.ca

ADDITIONAL SUPPORTS

Fraser Health

Refer or connect with a Fraser Health Aboriginal Health Liaison

1.866.766.6960

MENTAL HEALTH AND CRISIS SUPPORT LINES

Hope for Wellness Helpline: 1.855.242.3310

24 hour immediate mental health, counselling and crisis intervention

Indian Residential School Survivors Society:

1.604.985.4464 or toll-free 1.800.721.0066

KUU-US Crisis Line Society: 1.800.588.8717

Indigenous crisis line in BC. Available 24 hours a day

Tsow-Tun Le Lum Society: 1.250.268.2463

24-hour support line for those struggling with addiction, substance misuse, and trauma, including residential school survivors.

DOMESTIC VIOLENCE OR ABUSE

Domestic Violence Help Line: 1.800.563.0808

Confidential and available 24 hours a day with service in multiple languages

VictimLinkBC: 1.800.563.0808

confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

KUU-US Crisis Line Society: 1.800.588.8717

Indigenous crisis line in BC: operates 24 hours a day

Hope for Wellness Helpline: 1.855.242.3310

ADDICTIONS AND SUBSTANCE MISUSE SUPPORTS

Adults Help Line: 1.800.663.1441

Health Link BC: 811

ONLINE RESOURCES FOR MENTAL HEALTH

First Nations Health Authority - Mental Health and Substance Use:

<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

FOR CHILDREN AND YOUTH

Kids Help Phone: 1.800.668.6868

KUU-US Crisis Line Society Child and Youth Crisis:

1.250.723.2040 or toll free 1.800.588.8717

SAFETY IN GATHERING: SUPPORTING EACH OTHER DURING COVID-19

MESSAGE FROM TK'EMLÚPS TE SECWÉPEMC (KAMLOOPS INDIAN BAND)

A statement from the Office of the Chief, Kukpi7 Rosanne Casimir has expressed gratitude for the widespread support provided to the community.

The community has requested the media not visit until further notice out of caution and concern for the wellbeing of the community, and others visiting to show support.

If you plan to visit the community, please continue to be mindful of provincial health orders to protect everyone during this vulnerable time.

You can read the full statement at <https://tkemlups.ca/may-21-statement-from-the-office-of-the-chief-kukpi7-rosanne-casimir/>

As communities choose to gather in solidarity, FNHA would like to support pandemic safety and the use of Personal Protective Equipment, sanitizer, and masks.

If you have any questions, or require support, please contact an FNHA representative.

PROVINCIAL COVID-19 GUIDELINES

Physical distancing and masks continue to be required in public indoor settings.

If you or anyone in your family feels sick stay at home and get tested immediately

Outdoor personal gatherings are permitted with up to 10 people

Indoor personal gatherings are permitted with up to 5 people, or 1 other household.

Organized gatherings are permitted with the following guidelines:

- Outdoor seated gatherings up to 50 people, or Indoor seated gatherings up to 10 people (with a safety plan)

Note: Funerals and Baptisms have separate guidelines.

TRAVEL

Recreational travel within your region is allowed, however non-essential travel between travel regions continues to be restricted.

RESOURCES

To learn more about BC's Restart Plan:

<https://www2.gov.bc.ca/gov/content/covid-19/info/restart#step-one>

BC Centre for Disease Control Guidance for Outdoor Assemblies, Rallies, and Protests During the COVID-19 Pandemic:

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-guidance-outdoor-assemblies-rallies-protests.pdf>