

# LIST OF SUPPORTS AND RESOURCES

*If you experience negative thoughts or have questions about your health, please contact one of these free, confidential resources:*



## My Post Care

provides support and addresses medical side effects, emotional well-being, and family planning options, as well as personalized support through email notifications addressing the post-abortion care journey. <https://mypostcare.ca/about-us/>

## 310-Mental Health

provides emotional support, information, and resources specific to mental health in British Columbia. Participants can call the toll-free line at 310-6789 (no need to dial an area code) 24 hours a day, 7 days a week.

## Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Participants can call the toll-free Help Line at 1-855- 242-3310 or connect to the online chat at [hopeforwellness.ca](https://hopeforwellness.ca).

## Sex Sense line

can answer your questions about sex, sexuality, and other sexual health-related questions. You can call Sex Sense (toll-free 1-800-739-7367) or email at [www.optionsforsexualhealth.org/sex-sense](http://www.optionsforsexualhealth.org/sex-sense). Sex Sense is open Monday to Friday 9 am-9pm.

## First Nations Health Authority Virtual Doctor of the Day

program enables members of BC First Nations with limited or no access to their own doctors to make virtual appointments at: <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>.

## First Nations Health Authority

offers mental wellness and counselling services through the Health Benefits program. Counselling services are available with prior approval to all Indigenous people (including non-status). Information about eligibility and providers can be found at <https://www.fnha.ca/benefits/mental-health> or by calling 1-855-550-5454.

## National Indian Residential School Line

offers 24/7 mental health support to former Residential School students. Participants can call the toll-free support line at 1-866-925-4419.

## KUU-US Indigenous Phone Line

offers 24/7 support to Indigenous people in BC. Information can be found at <https://www.kuu-uscrisisline.com>. Participants can call the toll-free line at 1- 800-KUU-US17 (1-800-588-8717)

## Tsow-Tun-Le-Lum Society

offers counselling and cultural support such as Elder guidance via telephone, Facebook, Zoom, or FaceTime. Support is available Mondays-Fridays 8:00am – 8:00pm and Saturdays and Sundays 10:00am – 2:00pm PST. To access supports participants can call the toll-free telephone number at 1-888-403-3123.

## Métis Nation BC

operates a 24/7 Help Line. Participants can call the toll-free line at 1-833-638- 4722.