



Illustration: Shoshannah Greene and Jess Stanley | Art direction: Estella Lum

Community saves lives

We are all part of a shared community. We come together for ceremony, mourning, celebrations, gratitude, harvest, support, and belonging. Together, we have a responsibility to understand how substance use can impact our loved ones and what it means to be there for those who need us — what it means to paddle when someone else can't. We must paddle together, work in rhythm, and become part of a greater whole. Community heals and community saves lives.



Need help?



In collaboration with PEEP

Have questions? Need help?

We're here for you.



Available to First Nations (status and non-status), Inuit, and Métis:

United Way alcohol & drug information and referral service

Education and prevention resources, support groups, and counselling and treatment services.

1-800-663-1441 | Lower Mainland: (604) 660-9382

HealthLink BC

Call or text **2-1-1** for reliable non-emergency health information and advice in BC.

Wellness programs and harm reduction resources



Opioid treatment
1-833-804-8111

BC Mental Health and Substance Use Services



Crisis line
310-6789

KUU-US (Indigenous) 24/7 crisis lines

Toll free: 1-800-588-8717

Youth line: 250-723-2040

Adult and elder line: 250-723-4050

Suicide crisis helpline: Call 9-8-8

Mental health line: Call 3-1-0

Kids Help Phone: 1-800-668-6868

Text: 686868

Available to all First Nations living in BC:

First Nations Health Authority

Indigenous virtual doctor of the day

1-855-344-3800

FNHA-approved treatment centres



Application to FNHA-approved treatment centres



Available to all Métis living in BC:

Métis Nation BC

Mental health and harm reduction



24/7 crisis line

1-833-Metis-BC (1-833-638-4722)

