



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

Setbacks happen

In the game of life, setbacks on the path to wellness from substance use are normal. Wellness looks different for everyone, and it's okay to have ups and downs along the way. They are stepping stones to success. Every step forward — no matter how small — is a victory. Celebrate every step forward on your journey to wellness.



Need help?



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)

