



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:**

## 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 **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)

