



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

Find your community

Sometimes, starting fresh can feel lonely. It might mean creating new connections, which can be hard. But facing that change is the first step to finding support and building new relationships. Feeling disconnected is a part of life and finding belonging takes time. Our lives may not be the same, but starting a journey to wellness can lift us up. We can all find our true community.



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)

