We are all people

People who use substances are our relatives. They are our sisters, brothers, fathers, mothers, aunts, uncles, cousins, loved ones, friends, and neighbours. Together, we become our stories, our histories, our memories, and our future. We sit across from each other at the table and at the drum circle. Let's remember our teachings: respect, truth, courage, humility, wisdom, honesty and love. We are all people.



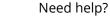














In collaboration with PEEP

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

First Nations 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)











In collaboration with Peer Engagement and Evaluation Project (PEEP)