



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

# We each have our own journey

There are many paths to wellness. We all swim in the same stream and we all meet challenges differently. No one way is the right way. Substance use might be part of our stories, but it does not define us. We can use more wisely, we can take our time, and we can choose the path that is right for us. We each have our own journey.



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

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)

