

Indigenous Students

Counselling and Crisis Resources

- **Hope for Wellness Help Line** offers immediate counselling and crisis intervention to all Indigenous peoples across Canada. It is available 24/7 and services are offered in English and French, and by request in Inuktitut, Cree, Ojibway. Call the toll-free Help line at **1-855-242-3310** or connect to the online chat at hopeforwellness.ca
- **National Indian Residential School Crisis Line (IRSSS)**
Access emotional support and crisis referral services by calling the 24-hour national crisis line at **1-866-925-4419**
- **KUU-US Crisis Line Society**
The KUU-US Crisis Line Society operates a 24/7 Aboriginal crisis line serving the entire province. Please see more online information at <https://www.kuu-uscrisisline.ca/>
 - BC Wide Toll Free: 1-800-KUU-US17 (**1-800-588-8717**)
 - Métis Crisis Line BC Toll Free: 1-833MétisBC (**1-833-638-4722**)Alternatively, individuals can be directed to the Adult/Elder Crisis Line: 250-723-4050 or the Child/Youth Crisis Line: 250-723-2040
- **Native Youth Crisis Hotline, 1-877-209-1266**
Answered by staff 24/7 and available throughout Canada and the US.
- **BC Crisis Line, 1-800-SUICIDE**
If you are in distress or are worried about someone in distress who may hurt themselves, call anytime 24 hours a day to connect to the Crisis Line.
- The Crisis Line Association of BC, **310-Mental Health**
Call **310-6789** (no area code needed) toll-free anywhere in BC 24/7 to access emotional support, information and resources specific to mental health and substance use issues.
- **First Nations Health Authority**
The FNHA, located in West Vancouver, provides information about health programs for First Nations across BC including mental wellness and substance use, you can access a list of providers registered to offer services through their mental health benefits program at www.fnha.ca/benefits/mental-health or call **1-855-550-5454** for more information.
- **UBC Student Assistance Program (UBCSAP)** call 1-833-590-1328 toll-free in North America, or call collect 1-604-757-9734 outside North America. Free, 24/7 personal counselling and life coaching, accessible anywhere in the world, offered in many languages through phone, video-counselling, or ecounselling.
- **Here2Talk.ca or call 1-877-857-3397** Get started with free, 24/7 single-session counselling by phone or online chat for all UBC students globally.