

# Holiday Mental Wellness Supports Listing for Northern BC Communities

DECEMBER 2020

## First Nations Virtual Doctor of the Day

- Phone (toll-free) 1-844-935-1044
- Hours 8:30 a.m. to 4:30 p.m. seven (7) days a week
- Website: <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

## Virtual Substance Use & Psychiatry Service (VSUPS)

- Phone (toll-free) 1-833-456-7655 to request a referral for VSUPS
- Substance Use and Addictions Medicine: Monday to Friday 9:30 a.m. to 5:30 p.m.
- Psychiatry: Monday to Friday 10 a.m. to 3 p.m.
- Website: <https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

## Indian Residential School Survivors Society (IRSSS)

- Phone (toll-free): 1-800-721-0066
- IRSSS will remain open for calls and staffed with health and cultural supports throughout the holidays.
- Website: <https://www.irsss.ca/>

## Tsow-Tun Le Lum Society (TTLLS)

- TTLLS will remain open and staffed for health and cultural supports throughout the holidays.
- Toll Free: 1-888-403-3123
- Tsow-Tun Le Lum services all five FNHA regions
- Website: <https://www.tsowtunlelum.org/>

## Gitanyow Human Services (GHS)

- GHS will remain open and staffed for virtual care throughout the holidays at the numbers listed
- Wanda Good will be on call for Gitanyow and Kitwanga: 250-849-5651
- Frances Turner will be on call in Gitsegukla: 250-849-5288

## Carrier Sekani Family Services (CSFS)

- For Indian Residential School Support Services in Vanderhoof: on call Stephanie Blond 778-675-4036
- CSFS Toll Free Number: 1-866-567-2333

## Adah Dene Healing Society (ADHS)

- ADHS is open throughout the holidays for virtual care via phone and Facebook. The priority is COVID-19 supports.
- ADHS services Fort St James and surrounding communities including Prince George.
- Margo Sagalon 250-996-3813
- Tracey Charlebois 250-996-1475

## Gitxsan Health Society (GHS)

- TGHS is open throughout the holidays for virtual care via phone and Facebook
- GHS services Kispiox, Sik-e-dakh (Glen Vowell) and Gitanmaax
- Pamela Torres 778-202-1355

[First Nations Health Benefits Mental Health Provider List](#)



KUU-US Crisis Response  
**1-800-588-8717**

Northern BC Crisis Line  
**1-888-562-1214**

Northern BC YOUTH  
Crisis Line  
**1-888-564-8336**

Text: **250-564-8336**

Online chat:  
<https://crisis-centre.ca>