

# Mental Health and Wellness Supports



ćiřaaʔath [Tseshaht]

First Nation

ʔuuʔatumin yaqck<sup>w</sup>iimitqin

(Doing it for our Ancestors)

Alberni Indian Residential School Project

Tseshaht First Nation is providing counselling supports to Tseshaht members, Elders, Survivors and all other Survivors of AIRS during our research/investigation ʔuuʔatumin yaqck<sup>w</sup>iimitqin project (AIRS Research Project).

Counselling support is also available through Linda Pelech who can be reached at **250.242.0114**

We extend our gratitude to:

- NTC Teechukṭl Mental Health,
  - NTC Quu-asa
  - Tsow Tun Lelum
  - Uut Uustukyuu Society
- for their continued in person/virtual cultural supports.

## IF YOU'RE IN NEED OF SUPPORT, PLEASE REACH OUT:

**Quu'asa Cultural Support**

250-724-3939

**Tsow - Tun Le Lum Society**

1-888-403-3123

**Metis Crisis Line**

1-888-403-3123

**Kuu-Us Crisis Line Society**

1-800-388-8717

[www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com)

**IRSS Crisis Line 24/7**

1-800-721-0066

**Hope For Wellness**

1-855-242-3310

**First Nations Health Authority**

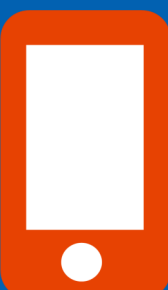
<https://www.fnha.ca/benefits/mental-health>

**Coastal Health**

[http://www.vch.ca/locations-services?search\\_term=counselling](http://www.vch.ca/locations-services?search_term=counselling)

**NTC Teechukṭl Mental Health**

<https://nuuchahnulth.org/services/teechukṭl-mental-health>



Did you know, if you text **686868** when you are feeling down, depressed or suicidal, a crisis worker will text you back immediately and will continue to text with you until you feel ok. Many people don't like talking and feel more comfortable texting. This service is free.

**Tseshaht First Nation 5091 Tsuma-as Drive | Port Alberni | 250 724 1225**