

Mental Health and Wellness Supports



ćišaaʔath [Tseshaht]

First Nation

ʔuuʔatumin yaqckʷiimitqin

(Doing it for our Ancestors)

Alberni Indian Residential School Project

Support for members, Elders, Survivors and all other Survivors of AIRS during our ʔuuʔatumin yaqckʷiimitqin Research project (AIRS Project).

Counselling support is also available through Linda Pelech who can be reached at:
250.730.0547

We extend our gratitude to:

- NTC Teechuktl Mental Health
- Tsow Tun Le Lum
- Uut Uustukyuu Society for their continued in person/virtual cultural supports.

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

Teechuktl Mental Health
250.724.3939

Tsow-Tun-Le-Lum Society
1.888.403.3123

Metis Crisis Line
1.888.403.3123

Kuu-Us Crisis Line Society
1.800.588.8717
www.kuu-uscrisisline.com

IRSSS Crisis Line 24/7
1.800.721.0066

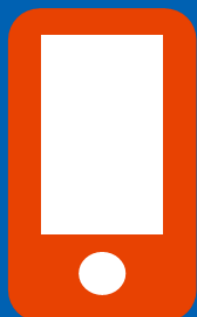
Hope For Wellness
1.855.242.3310

First Nations Health Authority

<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/residential-schools>

Coastal Health

http://www.vch.ca/locations-services?search_term=counselling



Did you know, if you text **686868** when you're feeling down, depressed or suicidal, a crisis worker will text you back

Tseshaht First Nation 5091 Tsuma-as Drive | Port Alberni | 250.724.1225