

# COUNSELLING

## By Phone

Many of us are experiencing feelings of loss, anxiety, or depression

Wellness Together  
Canada through  
*Homewood Health*  
*and*

*Kids Help Phone*  
Offer counselling  
with a professional

Services are  
FREE and  
CONFIDENTIAL  
Any time of day  
24 / 7

**ALWAYS CALL 9-1-1**  
In Case of  
an  
Emergency



<https://wellnesstogether.ca>

If you, or someone you care about wants to speak with a counsellor:

Call 1-866-585-0445 (Adults)

1-888-668-6810 (Youth)

Hope for Wellness Helpline for Indigenous People

1-855-242-3310

**If you are in distress** you can call these confidential support lines on any day at any time:

Mental Health Support Line (BC wide) **310-6789** *no area code*

KUU-US Indigenous Line: **1-800-588-8717**

If you are having suicidal thoughts: **1-800-784-2433**

OR - Text:

Adults: Text/type WELLNESS to the number 741741

Youths: Text/type WELLNESS to the number 686868

Frontline Workers: Text/type FRONTLINE TO 741741

WELLNESS TOGETHER

**Canada**

Mental Health and  
Substance Use Support

**HEMBC**  
Health Emergency  
Management