



You are not alone. If you're having a tough day or going through a difficult situation please reach out to any of these numbers where someone is ready to help you through:

Kuu-us Crisis Line Society (24/7) 1-800-588-8717

Native Youth Crisis Hotline 1-800-784-2433

Mental Health Info Line 310-6789 (no area code required)

PG Crisis Line 1-888-562-1214

Blaine at Kitsumkalum Health 250-635-6172

1-844-869-5993