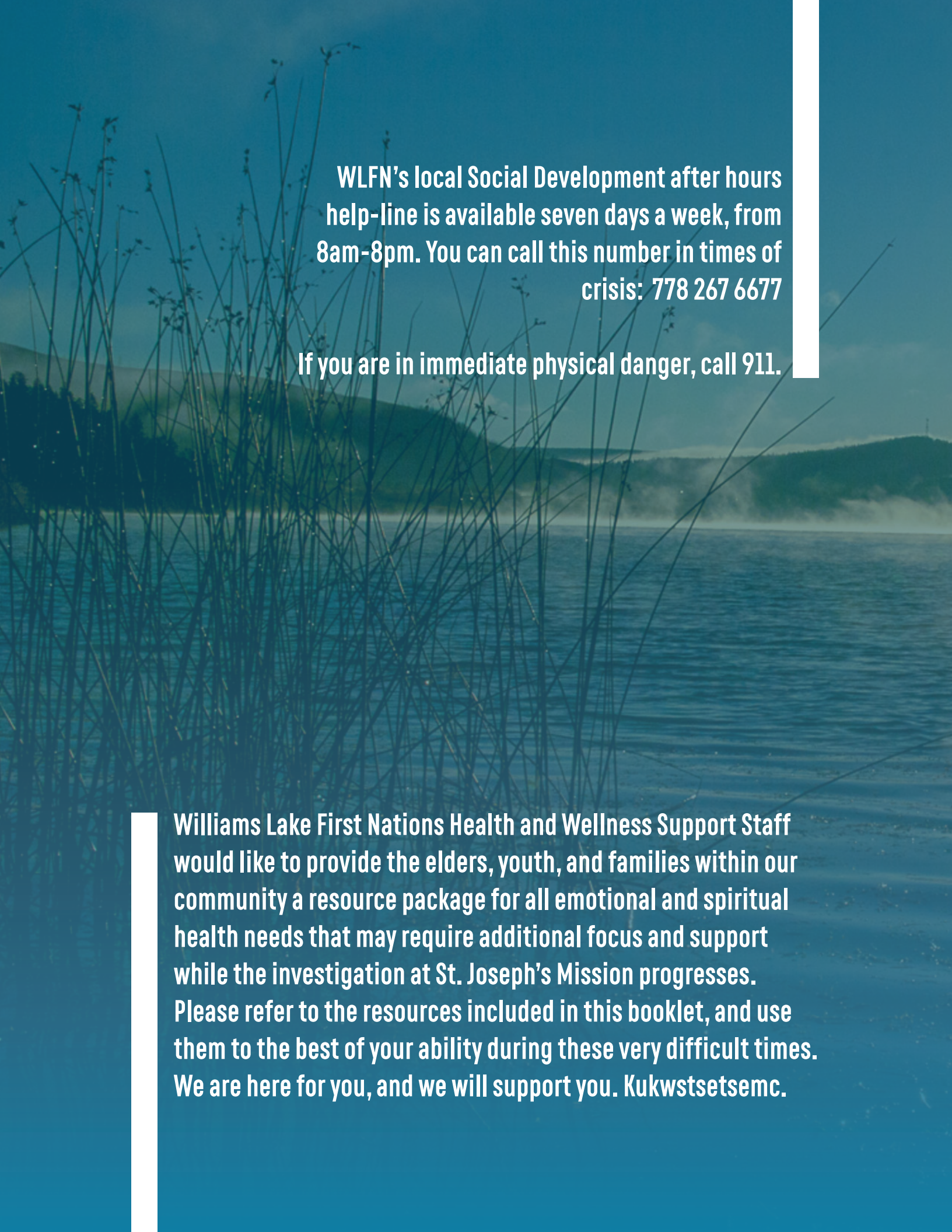


**Williams Lake**  
FIRST NATION

Williams Lake First Nation  
*Emergency Emotional &  
Spiritual Health Resources*



**WLFN's local Social Development after hours help-line is available seven days a week, from 8am-8pm. You can call this number in times of crisis: 778 267 6677**

**If you are in immediate physical danger, call 911.**

**Williams Lake First Nations Health and Wellness Support Staff would like to provide the elders, youth, and families within our community a resource package for all emotional and spiritual health needs that may require additional focus and support while the investigation at St. Joseph's Mission progresses. Please refer to the resources included in this booklet, and use them to the best of your ability during these very difficult times. We are here for you, and we will support you. Kukwtsetsemc.**

# 24 Hour Support

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**Hope for Wellness Help Line** offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free 1-855-242-3310 or start a confidential online chat with a counsellor at [hopeforwellness.ca](http://hopeforwellness.ca).

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**Indian Residential School Crisis Line** is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.

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**Interior Health Authority Interior Crisis Line Network:** If you are in crisis, call 1-888-353-2273 for immediate assistance. Open 24 hours a day, 7 days per week

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**Kuu-Us Crisis Line Society** provides crisis services for Indigenous people across BC. Adults/Elders line 250-723-4050; youth line 250-723-2040. Or call toll free 1-800-588-8717. Learn more at [www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com).

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**Métis Crisis Line** is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

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**Aboriginal Victims Services:** Provides information and services in navigating trauma and grief support, safety planning, referrals to programs and supports, emotional support, information on government programs and assistance, victim impact statements, public awareness events, interacting with police and hospitals, rights, and more. Call 250-267-4979.

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## Additional Culturally Safe Supports

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**Indian Residential School Survivors Society (IRSSS)** is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status. Call toll-free 1-800-721-0066 or visit [www.irsss.ca](http://www.irsss.ca).

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**Tsow-Tun Le Lum Society** provides confidential outreach services such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit [www.tsowtunlelum.org](http://www.tsowtunlelum.org).

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**Virtual Substance Use & Psychiatry Service** is an FNHA service providing virtual specialist support in addictions medicine and psychiatry. This service requires a referral from a health and wellness provider who can support the individual on their journey. First Nations Virtual Doctor of the Day can provide referral support for anyone who does not have a provider who can refer them to the program.

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**The FNHA** and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.

# Services Covered by First Nations Health Benefits

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**Indian Residential Schools Resolution Health Support Program** provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at 1-877-477-0775.

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**Mental Health and Wellness Counselling in BC** may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor, call 1-855-550-5454 or visit [fnha.ca/benefits](http://fnha.ca/benefits) to check if they are registered and if the service is eligible for coverage.

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**Missing and Murdered Indigenous Women and Girls Health Support Services** is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected. Call Health Benefits toll-free 1-855-550-5454 for more information.

## Indian Residential Schools Resolution Health Program

The Indian Residential Schools Resolution Health Support Program provides mental health and emotional supports to eligible former Indian Residential School students and their families. The support is offered before, during and after their participation in Settlement Agreement processes and includes:

- common experience payments
- the independent assessment process
- truth and reconciliation commission events and commemoration activities

### The Importance of the Program

Indian Residential Schools did tremendous harm to First Nations in Canada. Helping people heal from the damage is critically important for individuals, families, communities and Nations. The consequences of the abuse suffered in these schools continues to have an intergenerational effect – essentially, the harm caused to students affects First Nations families and communities over generations.

The schools, created by the federal government, were operated by churches for more than 100 years. They caused serious harm to children, communities and Nations through forced assimilation and abuse (physical, mental and sexual). Children were forcibly removed from communities by the RCMP. At school children were punished for speaking their language, even when it was the only language they knew. Mortality rates were between 40 and 60% in the schools' early years.

### Making the Program Yours

The aim of the Residential Schools Program is to ensure that eligible former students of residential schools, and their families, have access to appropriate and safe mental health, emotional and cultural support.

Services are offered, using a wholistic approach, by a Cultural Support Worker or a Residential School Health Support Worker.

To request any of these services, please call toll free **1-877-477-0775**.

# Other Resources

## National Indian Residential School Crisis Line:

1-866-925-4419 | This line has been set up to provide support, including emotional and crisis referral, for former Residential School students

## Williams Lake First Nation Cultural Support Staff:

Williams Lake First Nation has a dedicated Cultural Support Staff who can aid in traditional healing and wellness, ceremony, organization of traditional healers, and can deliver medicines, sweat lodge ceremonies, and more to community members in needs.

Please contact David Archie at 1-778-220-7934 for support.

## Three Corners Health Services Society Mental Health Support Line:

Three Corners Support Staff for mental and emotional health support: Phone: 250-398-9814; 8:30am-4:30pm Monday to Friday, 8:30am-4:30pm.

Three Corners Counsellor Bill McGinnis: Call to book a session at 250-267-3034.

## WLFN Cwelcwélt Health Station & Social Development Offices

The Cwelcwélt Health Station is the central hub of the community which provides program delivery and an overall strategic direction of Indigenous-led health and wellness in the Williams Lake First Nation community, on and off reserve. The health station offers:

- Men's and Women's Wellness groups
- Elder's support services and advocacy
- Community social worker – Community engagement, advocacy, and support services/connection to support services.
- Counselling support services (children, youth, adults, and elders)
  - Cherrie Carr (counselling services) in community every Wednesday from 12:00pm-4:30pm
  - Bill McGinnis (counselling services) in community every Tuesday from 1:00pm-4:30pm
- Medicine groups, healing circles, support groups

### Cwelcwélt Health Station

Open Monday to Friday,  
from 8:30am until 4:30pm  
(closed from 12-1pm for lunch)

**p. 250 296 3532**  
2780 Indian Drive  
Sugar Cane, BC  
V2G 5K8





# Health Station/Social Development Contacts:



## **Kiera Dolighan**

Director of Health and Wellness

ph. 250 296 3507 ext 180

[kiera.dolighan@wfn.ca](mailto:kiera.dolighan@wfn.ca)



## **Judy Ventry**

SJM Outreach Coordinator

ph. 250 296 3507 ext 191

[judy.ventry@wfn.ca](mailto:judy.ventry@wfn.ca)



## **Kyleen Toyne**

Social Development Coordinator

ph. 250 296 3507 ext 186

[kyleen.toyne@wfn.ca](mailto:kyleen.toyne@wfn.ca)



## **David Archie**

Manager of Culture and Language

ph. 250 296 3507 ext 113

[david.archie@wfn.ca](mailto:david.archie@wfn.ca)



## **Danikka Murphy**

Community Cultural Assistant

ph. 250 296 3507 ext 113

danikka.murphy@wfn.ca



## **Leah Martin**

Community Social Worker

ph. 250-296-3507

leah.martin@wfn.ca



## **Carla Berkelaar**

Elder's Support Worker

ph. 250 296 3507 ext 119

carla.berkelaar@wfn.ca



## **Lisa McAlpine**

Circle of Strength Coordinator

ph. 250 296 3507 ext 140

lisa.mcalpine@wfn.ca

*CULTURALLY CENTERED*

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*FUTURE FOCUSED*



**Williams Lake**  
FIRST NATION

2561 Quigly Drive Williams Lake, BC V2G 0B1  
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