

# Indigenous Health Programs, Services, and Supports

## Provincial & National Indigenous Organizations

### **BC Association of Aboriginal Friendship Centres** [BC Association of Aboriginal Friendship Centres](#)

Provides a network of Indigenous-led Friendship Centres across BC that deliver wraparound, community-based services to Indigenous people living in urban areas or away from home.

Services include:

- Health and wellness programming
- Youth, family, and Elders supports
- Education, employment, and training
- Cultural programming and community connection
- Violence prevention and outreach services

### **Métis Nation British Columbia** [Métis Nation British Columbia](#)

Represents Métis people in BC and delivers a broad range of culturally relevant programs and services including:

- Health, housing, and mental wellness supports
- Skills training, education, and employment programs
- Children, family, youth, and Elder services
- Cultural, language, and community initiatives

### **First Nations Health Authority (FNHA)** [First Nations Health Authority](#)

Supports the health and wellness of First Nations people in BC through:

- Health benefits (e.g., medications, travel, equipment)
- Mental health and wellness programs
- Cultural and community-based supports
- Virtual health services and care coordination

### **Indigenous Services Canada – Indigenous Health** [Indigenous Services Canada – Health](#)

Provides federal programs related to:

- Primary care and public health
- Non-insured health benefits (NIHB)
- Mental health and wellness supports
- Community health programming

## Regional Indigenous Health Services (Navigation & Liaison)

These programs provide navigation, advocacy, and culturally safe care coordination within the health system:

- [Fraser Health Indigenous Health Liaisons](#)
- [Interior Health Aboriginal Health & Wellness](#)
- [Island Health Indigenous Health Services](#)
- [Northern Health Aboriginal Patient Liaison Program](#)
- [Provincial Health Services Authority Indigenous Health](#)
- [Vancouver Coastal Health Indigenous Health](#)

Services typically include:

- Support navigating healthcare services
- Advocacy to ensure culturally safe care
- Coordination between patients, families, and care teams
- Connection to cultural, spiritual, and community supports
- Assistance with discharge planning and transitions of care

## Virtual Care & Counselling

**First Nations Virtual Doctor of the Day** [First Nations Virtual Doctor of the Day](#)

A culturally safe virtual primary care service offering:

- Same-day or scheduled virtual appointments (video or phone)
- Access to physicians (many of Indigenous ancestry)
- Care for non-emergency concerns and referral support
- Service designed for individuals without a regular primary care provider

**Hope for Wellness Helpline** [Hope for Wellness Helpline](#)

A national, culturally competent crisis and counselling service that provides:

- 24/7 emotional support and crisis intervention
- Phone and online chat counselling
- Trauma-informed, culturally safe support for Indigenous people
- Referrals to additional community services

## **FNHA Mental Health and Wellness Supports** [FNHA Mental Health & Wellness](#)

Provides a range of culturally safe supports including:

- Crisis lines and immediate emotional support
- Access to counselling and mental health providers
- Substance use and addiction services
- Cultural healing and trauma-informed supports

## **Advance Care Planning**

Advance care planning resources designed specifically for Indigenous peoples, supporting culturally safe conversations about future health decisions and end-of-life care.

- First Nations Health Authority [FNHA Advance Care Planning](#)
  - [Preparing a Basket with What Matters to You](#)
  - [Preparing for the Journey Booklet: Wholistic End-of-Life-Care for First Nations People Living in BC](#)
  - [Your Care, Your Choices: Planning in Advance for Medical Care Your Care Your Choices Planning in Advance for Medical Care](#)
  - [Canadian-Virtual-Hospice-FNHA-Coming-Full-Circle.pdf](#)
- Canadian Virtual Hospice [Living My Culture](#)

## **Crisis and Immediate Support Lines**

### **Hope for Wellness Helpline** [Hope for Wellness Helpline](#)

- 1-855-242-3310 (24/7 counselling and crisis support)

Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services. Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

### **KUU-US Crisis Line Society** [KUU-US Crisis Line Society](#)

- Adults/Elders: 250-723-4050
- Youth: 250-723-2040
- Toll-free: 1-800-588-8717

**Indian Residential School Survivors Society (IRSSS)** [IRSSS | Indian Residential School Survivors Society](#)

**The National Indian Residential School Crisis Line**

Crisis support is available to former Indian Residential School students and their families 24 hours a day, 7 days a week at 1-866-925-4419 (toll-free).

**Métis Crisis Line**

- 1-833-638-4722 [Métis Crisis Line \(KUU-US\)](#)

**Tsow Tun Le Lum**

- 1-888-403-3123 (counselling and cultural support) [Tsow Tun Le Lum Society](#)

**Missing and Murdered Indigenous Women and Girls Crisis Line**

Crisis support is available to individuals impacted by the issue of missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ people 24 hours a day, 7 days a week at 1-844-413-6649 (toll-free).