

# Scw'exmx Community Health Service Society

## Mental Health & Addiction Services

### Adults

The Mental Health Department serves three Nlaka'pamux Communities, Coldwater, Nooaitch and Shackan.

If you or a family member would like to receive Mental Health Counselling, support or resources during this time, SCHSS offers services.

For all referrals, please contact:

**May George - Mental Health Manager**

**Phone: 250-378-9745 or email: [george.m@schss.com](mailto:george.m@schss.com)**

Monday -Friday: 8:30 am – 4:30 pm (referral can be done via phone)

**Should you require assistance and/or support outside of our support services or after hours, please contact one the following 24- hour Mental Health Services:**

- **KUU-US:** The KUU-US Crisis Line Society operates a 24-hour provincial Aboriginal Crisis line for:
  - **Adults/Edlers:** 250-723-4050
  - **Child/Youth:** 250-723-2040
  - **Toll Free:** 1-800-588-8717 **Online:** <https://www.kuu-uscrisisline.com/>
- **Hope for Wellness Helpline:** The Hope for Wellness Help Line offers 24-hour immediate mental health counselling and crisis intervention to all indigenous people across Canada.
  - **Toll Free:** 1-800-242-3310
  - **Chat Line:** <http://www.hopeforwellness.ca/>
- **Indian Residential School Survivors Society:** A provincial organization with a 20-Year history of providing services to Indian Residential School Survivors.
  - **1-604-985-4465**
  - **1-800-721-0066**
  - **Online:** <http://www.irsss.ca>
- **Tsow-Tun Le Lum Society:** Provide programs that address the issues of addictions and substance abuse, and support survivors of trauma and residential schools.
  - **1-250-268-2463**
  - **FB TTLL Support Email:** [rhwcoor@Tsowtunlelum.org](mailto:rhwcoor@Tsowtunlelum.org)
- **Suicide Crisis Helpline:** Call or Text **988**

**If it is an emergency, please call 911**

