



Tla'amin Health
4895 Salish Drive
Powell River, B.C. V8A 0B6
Tel: (604) 483-3009

RESOURCES FOR HIGHLY CONTAGIOUS RESPIRATORY ILLNESS/COVID-19

GENERAL ATTACHMENTS/RESOURCES

- Self-assessment tool for COVID19: <https://covid19.thrive.health>

- VCH AND FNHA:

<https://www.fnha.ca/Documents/FNHA-Communicable-Disease-Management-Resources-Regions.pdf>

TLAAMIN HEALTH – please call 604-483-3009 to be redirected to all staff



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POWELL RIVER CLINICAL COUNSELLORS – FNHA APPROVED CLINICAL COUNSELLOR LIST

- **BERGHAUSER, RICK – 604-223-2717**
- **BOURGUIGNON, DIANE – 604-414-9956**
- **DRUMMOND, CHRIS – 604-483-6337**
- **EDWARDS, MAUREEN – 604-344-0077**
- **JACKSON, SHONA – 604-223-7927**
- **VAUGHAN, AMY – 604-314-7576**
- **WALFORD, CHRIS – 604-223-4415**

These Clinical Counsellors have all taken cultural competency training required by FNHA and can directly bill FNHA for counselling session with any Indigenous person in BC, at no cost to our Nation or the individual.

OTHER MENTAL WELLNESS RESOURCES

Peak Resilience COVID19 Resource Guide

<https://peak-resilience.com/blog/2020/3/15/covid-19-amp-your-mental-health-a-comprehensive-resource-guide>

Healthlink BC: Dial 811

Alcohol & Drug Information and Referral Service: 1-800-663-1441 (toll-free in B.C.)
- find resources and support

Centre for Suicide Prevention: www.suicideinfo.ca
- research and links to national distress websites.

Mental Health Information Line: 310 – 6789 (No area code needed)
- Answered 24/7/365 it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns.

Here to Help: www.heretohelp.bc.ca/



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- We're here to help you find quality information, learn new skills, and connect with key resources in BC.
- Explore strategies to help you take care of your mental health and use substances in healthier ways, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one.

1-800-SUICIDE

- If you are in distress or are worried about someone in distress who may hurt themselves, call SUICIDE (1-800-784-2433)
- Open 24 hours a day to connect to a BC crisis line, without a wait or busy signal.

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service:

- Hope for Wellness Chat Line: www.hopeforwellness.ca
- The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.
- Toll-Free: 1-855-242-3310

Kid's Help Phone: 1-800-668-6868

- speak to a professional counsellor, 24 hours a day

KUU-US Crisis Services (24-hour Crisis Services):

<http://www.kuu-uscrisisline.ca/>

- The KUU-US Crisis line is available 24-hours a day, seven days a week – regardless of where clients live in BC. Clients in need can call any time and receive immediate assistance.
- Toll-Free: 1-800-KUU-US17 (1-800-588-8717)
- Adult/Elder: 1-250-723-4050
- Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line

- Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.
- Toll-Free: 1-866-925-4419

Native Youth Crisis Hotline - 1-877-209-1266

- Answered by staff 24/7. Available throughout Canada and US.

Trans Lifeline - 1-877-330-6366 - www.translifeline.org



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- Trans Lifeline is a non-profit dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have. This is a FREE helpline run by volunteers and supported by the community.

Youth in BC: www.youthinbc.com

- Find youth resources or chat with a counselor online.
- You can also call 1-866-661-3311 (toll-free in BC) 24 hours a day.

For a complete list of all crisis line numbers in BC go to: <http://www.crisislines.bc.ca/>

Better Help: <https://www.betterhelp.com/about/>

- Offers Advice, articles, strategies.
- Scroll down the right-hand side and there's a long list of categories to click on and get resources for each.
- Example: Abuse, ADHD, Adolescence, Alzheimer's, Ambition, Anger etc.
- Example: Anger advice: <https://www.betterhelp.com/advice/anger/>

Anxiety Canada: <https://www.anxietycanada.com/>

- Anxiety in children, Adults, Youth
- Video & Audio Resources
- MAP – My Anxiety plan – how to deal with symptoms step-by-step

7 Cups of Tea: <https://www.7cups.com/>

- Online Therapy & Free Counseling, Someone to Talk to
- Listening volunteers
- Mental Health & Anxiety Issues

SUBSTANCE USE/ADDICTIONS

Drug and Poison Information Centre: <http://www.dpic.org/>

- 24 hour lines: 1 (800) 567-8911 or 604-682-5050

FNHA Naloxone Information:

<https://www.fnha.ca/.../resources-for-com...>

HealthLink BC – BC Mental Health & Substance Use:

<https://www.healthlinkbc.ca/.../r.../bcmhsus>



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BCCDC Harm Reduction services:

- Fentanyl information and resources: <http://towardtheheart.com/fentanyl/>
- Naloxone information and resources: <http://towardtheheart.com/naloxone/>

VCH POWELL RIVER RESOURCES

VCH Mental Health & Substance Use

In-take, counsellors, and referrals
604-485-3300
Monday - Friday | 8:30am - 4:30pm
5000 Joyce Ave | Mental Health @ Hospital

VCH Intensive Case Management Team

Wrap-around care with Nurses & Outreach Workers
At home withdrawal management services
7 days a week | 9am-7pm
604-485-3300 ext. 4505 | 5000 Joyce Ave | Mental Health @ Hospital

VCH Overdose Outreach Team

Navigation to health, social, and community resources
Overdose prevention, Naloxone, and Opioid Agonist Therapy
Monday- Friday | 8:30am-4:30pm
604-223-0413 | 5000 Joyce Ave | Mental Health @ Hospital

VCH Mental Health Emergency Services Team

Brief crisis intervention, stabilization, and support
Support to clients and family (phone and in-person)
7 days a week | 9am-4pm
604-414-3528 (cell) | 604-485-3300 | 5000 Joyce Ave @ Hospital

VCH Harm Reduction Services Program qathet RD / Powell River

604-485-3310 / Jessica @ 604-223-7761 (MON- FRI 9-4)

Helplines



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Access Central Intake Line for Treatment & Recovery Programs: 1-866-658-1221 | (7 DAYS /WEEK 9AM – 7PM)

24/7 KUU-US Crisis Response Services Culturally Safe Support: 1-800-588-8717

24/7 Alcohol & Substance Use Info & Referral Help line: 1-800-663-1411

24/7 Canada Suicide Prevention Services Help line: 1-833-456-4566



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FNHA REGIONAL RESOURCES

<p>FNHA COVID-19 Inquiries <i>If you have general FNHA provincial questions specific to COVID-19, please email COVID19@fnha.ca</i></p>	<p>Kim Brooks, Regional Executive Director Kim.Brooks@fnha.ca Naomi Williams, Director, Regional Engagement Naomi.Williams@fnha.ca Brent Tom, Regional Health Liaison Brent.Tom@fnha.ca</p>
<p>Nursing Services & Supplies Support URL: https://www.fnha.ca/what-we-do/nursing-services URL: https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus</p>	<p>Garry Eugene, Manager, Regional Nursing Services Garry.Eugene@fnha.ca Sam Noizadan, Community Health Practice Consultant Sam.Noizadan@fnha.ca Communicable Disease Control cdmgmt@fnha.ca</p>
<p>First Nations Health Benefits Program Support URL: https://www.fnha.ca/benefits</p>	<p>James Lascelle, Manager, Community Relations James.Lascelle@fnha.ca Jenny Smith, Community Relations Representative Jennifer.Smith@fnha.ca</p>
<p>Environment Public Health Services Support URL: https://www.fnha.ca/what-we-do/environmental-health</p>	<p>Amber Lee, Manager, Vancouver Coastal/Fraser Salish Amber.Lee@fnha.ca</p>
<p>Mental Health, Wellness & Traditional Wellness Support URL: https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use</p>	<p>Cassandra Puckett, Manager, Regional Mental Health & Wellness Cassandra.Puckett@fnha.ca Jen Smith, Mental Health & Wellness Liaison Jennifer.L.Smith@fnha.ca Jody Jones, Traditional Wellness Coordinator Jody.Jones@fnha.ca</p>
<p>Maternal, Child & Family Health Services Support URL: https://www.fnha.ca/what-we-do/maternal-child-and-family-health</p>	<p>Tara McLaughlin, Aboriginal Head Start Advisor Tara.McLaughlin@fnha.ca</p>
<p>First Nations-led Primary Care Support URL: https://www.fnha.ca/about/news-and-events/news/improving-access-to-first-nations-led-primary-health-care</p>	<p>Ann Hunter, Manager, Primary Care Ann.Hunter@fnha.ca Alexia Krepiakevich, Regional Project Developer Alexia.Krepiakevich@fnha.ca</p>
<p>VCH Regional COVID-19 Inquiries URL: http://www.vch.ca/your-care/aboriginal-health URL: http://www.vch.ca/about-us/news/vancouver-coastal-health-statement-on-coronavirus</p>	<p>Leslie Bonshor, Executive Director, Aboriginal Health Leslie.Bonshor@vch.ca Dion Thevarge, Director, Aboriginal Mental Health, Substance Use & Special Projects Dion.Thevarge@vch.ca Jake Adrian, Communications Lead, Aboriginal Health Jake.Adrian@vch.ca</p>



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