

INTERIOR REGION FNHA COVID -19 AVAILABLE SUPPORTS



| Name | Services | Available Dates | Contact |
|---|--|--|---|
| Mary Louie Traditional Healer | Traditional Healer support via telephone. | January 13-15, 2021 9am-4pm Daily Jan 18 -22, 2021 9am-4pm Daily Jan 25 th 9-4pm | Home: 250-499-0293 |
| Katherine Haller Traditional Healer | Traditional Healer support via telephone. | Jan 18-22, 2021 9am -3pm Jan 25-29, 2021 9am- 3pm | Home: 250-394-4216 |
| Rod Tomma Traditional Healer | Traditional Healer support via telephone. | Jan 11-15, 2021 9am-6pm Daily Jan 18-22, 2021 9am-6pm Daily | Phone: 250-299-5881 |
| Barb Marchand | Cultural Support via telephone or zoom if requested. | Jan 13-15, 2021 9am-5pm Daily Jan 18-22, 2021 9am -5pm Daily Jan 25 & 26, 2021 9am-5pm Daily | Home: 250-256-4841 |
| Darrell Bob | Cultural Support via telephone or zoom if requested. | Jan 13-15, 2021 4pm-11pm Daily Jan 18-22, 2021 4pm-11pm Daily Jan 25 & 26, 2021 4pm-11pm Daily | Phone: 250-256-0045 |
| Fred Johnson | Cultural Support via telephone | Jan 11-15,2021 6-9pm Jan 18-22, 2021 6-9pm Jan 25-29, 2021 6-9pm Weekends Included: January 16,17,23,24,30,31 9-3pm Daily | Phone: 250-440-5889 |
| Rhona Bowe | Cultural Support via telephone. | Jan 11-15, 2021 Daily 9am-6pm Jan 18-22, 2021 Daily 9am-6pm | Phone: 778-220-2457 |
| Dylan Smeaton Body Talk Practitioner | The Body Talk System is a complimentary healthcare modality that supports the internal processes necessary to retain clarity of perception and emotional management during uncertain and/or stressful environments | January 15-24 th Daily 9am-3:30pm Including Weekends. | Call Jennifer at 250-486-7687 to schedule an appointment with Dylan. |
| Darlene McIntosh | Long Distance healing touch, energy work, clearing stress and meditation. | Jan 13-15, 2021 Daily 9am-4pm Jan 18-22, 2021 Daily 9am-4pm Jan 25 & 26, 2021 Daily 9am-4pm | Cell: 250-981-7884 |

ADDITIONAL MENTAL HEALTH SUPPORTS AVAILABLE:

FNHA Virtual Doctor: If you do not have a doctor of your own, or have lost access due to the COVID-19 pandemic, call 1-855-344-3800 to book an appointment. Medical Office Assistants are available to help you seven days per week from 8:30 a.m. to 4:30 p.m.

Indian Residential School Survivors Society: 604-985-4465 (Toll-free: 1-800-721-0066)

Hope for Wellness Help Line: Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat. Available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed.

Call 310-Mental Health at 310-6789 (no area code needed) if you need emotional support to deal with a concern or feeling, or are looking for information on mental health resources or services.

Interior Region Mental Health & Wellness Manager: Duanna Johnston-Virgo 250-319-9657
Duanna.Johnston-Virgo@fnha.ca

Interior Region Addictions Specialist: Debra Robbins 778-694-4548 Debra.Robbins@fnha.ca