



T'it'q'et Council

P.O. Box 615
Lillooet, B.C.
VoK iVo

phone (250) 256 4118
fax (250) 256 4544

May 29, 2021

Áma ku sqítsu,

T'it'q'et Council recognizes that there are many that are struggling with the news that has come from Tk'emlúps te Secwépemc of the discovery of 215 children buried on the grounds of the Kamloops Indian Residential School. Many of our family members attended this particular school but the impact of this news can be felt deeply by all who attended any of the Indian Residential Schools or had family that attended. That is nearly every single one of us. Please take care of yourself and check in on your family and neighbours. COVID-19 has forced us into isolation that we are starting to emerge from but some are still struggling alone.

There have been a lot of questions about the findings and it is our goal to seek answers. Tk'emlúps te Secwépemc Chief and Council have committed to working with all the Nations to make sure the bodies just discovered are cared for in the most respectful and loving manner. Once all the facts are collected we will share a briefing with the community. We will be seeking guidance from the community on how we shall honour these little ones in ceremony and also help those that are struggling with the reopening of wounds.

We encourage all to seek support if needed. Please see attached resources. We will also continue to post resources on our community Facebook page and website.

A gentle reminder that we have postponed the Community Meeting scheduled for tomorrow May 30, 2021, as Council has recognized that a lot of people need some time.

Tk'emlúps te Secwépemc is holding a sacred fire May 29, 30, 31 at Moccasin Square Gardens. Gentle reminder, if you choose to attend, please take care of yourself and follow COVID-19 prevention practices.

S7at'sxstsútwi (Take care of yourself)

Chief Courteney Adolph-Jones
On behalf of T'it'q'et Council



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INTERIOR REGION
First Nations Health Authority

Mental Health and Wellness Supports

MENTAL HEALTH AND CRISIS SUPPORT LINES

- **Hope for Wellness Helpline:** 1-855-242-3310
Offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada
- **Indian Residential School Survivors Society:**
1-604-985-4464 or toll-free 1-800-721-0066
- **KUU-US Crisis Line Society:** 1-800-588-8717
Indigenous crisis line in BC. Available 24 hours a day
- **Tsow-Tun Le Lum Society:** 1-250-268-2463
24-hour support line for people struggling with addiction, substance misuse, and trauma - including residential school survivors.

ADDICTIONS AND SUBSTANCE MISUSE SUPPORTS

- **Kids Help Line:** 1-800-668-6868
- **Adults Help Line:** 1-800-663-1441
- **Health Link BC:** 811
- **MHSU Interior Health:** 1-888-353-2283

FOR ONLINE RESOURCES FOR MENTAL HEALTH:

- **First Nations Health Authority - Mental Health and Substance Use:**
<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>
- **Canadian Mental Health Association**
<https://cmha.ca/>
- **First Nations Health Authority - novel coronavirus (COVID-19)**
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness>

DOMESTIC VIOLENCE OR ABUSE

If you are in immediate danger call 911

- **Domestic Violence Help Line:** 1-800-563-0808
(confidential, 24 hours a day, service in multiple languages)
- **VictimLinkBC:** 1-800-563-0808 confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week
- **KUU-US Crisis Line Society:** 1-800-588-8717
Indigenous crisis line in BC operates 24 hours a day
- **Hope for Wellness Helpline:** 1-855-242-3310
Offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

SUPPORT FOR CHILDREN AND YOUTH

- **Kids Help Phone:** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234
(no area code needed)
- **KUU-US Crisis Line Society Child and Youth Crisis:**
1-250-723-2040 or toll free 1-800-588-8717
Available 24 hours a day

If you or someone you know is struggling to maintain mental wellness, reach out for support to a hotline, a mental health counsellor or clinician, a doctor, a health and wellness provider or a nurse practitioner in your area. If you do not have access to a provider, call the First Nations Virtual Doctor of the Day for referral support at 1-855-344-3800. The service is available seven days a week from 8:30 a.m. to 4:30 p.m.



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Health through wellness

FNHA INTERIOR REGION TK'EML'UPS SUPPORTS

AVAILABLE – May 29- June 13, 2021

The list below includes contact information and available dates for various wellness providers to support community members affected by the Tke'ml'ups Residential School crisis this week. Please note the service providers on this list will direct bill the FNHA Interior Region. Community members accessing services will not be required to pay for services during these dates and times.

Traditional and Cultural supports available through the list below by telephone and where in person support if any permits abiding by COVID-19 safety regulations. Any member that does not have long distance may let the support member know upon calling and the support member will return the call.

Name	Nation	Available Dates	Contact
Rod Tomma	SECWEPEMC NATION	May 29- June 13, 2021 Weekdays 9am-4pm	Home: 250-299-8551
Rhona Bowe	SECWEPEMC NATION	May 29- June 13, 2021 Week days 9am -4pm	Cell: 778-220-2457
David Archie	SECWEPEMC NATION	May 29 – June 13, 2021 Evenings & Weekends	Cell: 778-220-7934
Steve Basil	SECWEPEMC NATION	May 29- June 13, 2021 All days 4:30pm-11pm	Cell: 250-851-6989
Mary Louie	SYILX NATION	May 29- June 13, 2021 Weekdays 9am -4pm	Home: 250-499-0293
Katherine Haller Traditional Healer	TSILHQOTIN NATION	Weekends June 5,6,12,13 9am -4pm	Cell: 250-267-4238

Indian Residential School Survivors Society: 1-800-721-0066 Toll-free or 604-985-4465
Tsow Tun Le Lum: Phone 1-888-403-3123

FNHA Traditional Wellness Support Resources:

The Interior Region Nations are rich with Knowledge Keepers to support your Traditional Wellness, should you be unable to connect with a Traditional Wellness resource please feel free to reach out to:

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

**FNHA Interior
Regional Addictions Specialist**
Debra Robbins
778-694-4548
debra.robbs@fnha.ca

ADDITIONAL MENTAL HEALTH SUPPORTS AVAILABLE:

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.