

# Ćećawet Ieləm - Helping House Community Health Updates



## COVID-19 PANDEMIC INFORMATION

26 June 2020

Summer is here. We have flattened the curve & the Province of BC is gradually moving into phase 3 of the reopening plan. However, we need to continue social distancing, handwashing, and being cautious. This includes respecting the TWN COVID-19 bylaw & public health recommendations. The risk to our community is still there. COVID-19 is still with us!

Among other announcements, this issue of your TWN COVID-19 Health Updates, provides us with guidelines to safely navigate gatherings. You will also find an application form to fill out if you are planning a gathering that falls outside the current TWN COVID-19 bylaw.

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Please email [communications@twnation.ca](mailto:communications@twnation.ca) or call the Health Centre 604-929-4133 if you have any questions about COVID-19. More resources can be found at [www.twnation.ca](http://www.twnation.ca).

**#LetOurNumbersBeZero**

## TWN Park Re-Opening

**We are happy to announce that we are re-opening the park effective Friday, June 26<sup>th</sup>, 2020.**

The re-opening of the park comes with responsibilities for each and everyone of us. While BC has flattened the curve and the risk of infection in BC currently is low, COVID-19 still presents a danger to the health of our community. Keep this danger in mind when you are out in the community and in the park. This means continue to follow the TWN COVID-19 By-Law:

- Everyone on the TWN reserve must practice social distancing- people not living in the same household must remain 2 meters apart at all times
- Gatherings of 10 or more people outside your household are not allowed

**Please note, TWN will not be cleaning the park. Please respect the following COVID-19 precautions:**

- Those who are sick or have symptoms related to COVID-19 must not use the playground
- Remind children to observe physical distancing
- Practise proper hand hygiene:
  - Wash your hands frequently
  - Refrain from touching your face with unclean hands
  - Carry and use hand sanitizer with at least 60% alcohol content immediately before and after using playground equipment
- Encourage children to avoid sharing toys or sports equipment
- When coming home from the park:
  - Take off shoes before entering your home
  - Wash your hands as soon as you come home and again after cleaning equipment
  - Clean and disinfect toys and sports equipment prior to / after use.
  - Consider putting all clothes in the laundry or a closed laundry bin

Any questions, please contact the TWN Communications Team at [communications@twnation.ca](mailto:communications@twnation.ca)

## TWN Day Camps Cancellation

Dear TWN Members and Community Members,

**Due to the current global COVID-19 pandemic, the 2020 Tsleil-Waututh Nation Summer Day Camp has been cancelled.**

We are sad to announce the cancellation. It is driven by the recognition that, despite safety measures, the known and unknown risks of transmission could significantly compromise the health of our campers, staff, and the community.



While the weeks of camp will not happen at Tsleil-Waututh Nation this summer, our staff are working on some alternate ideas for entertaining and caring for our campers. We want

to ensure that these new activities and programming follow the legal guidelines and safety requirements as the situation evolves.

Announcements regarding these events will happen in the coming months.

Thank you for your understanding,

Tsleil-Waututh Nation Recreation Department

## BC's Restart Plan – Transitioning to Phase 3

This week, the BC Government announced the next step in BC's Restart Plan with a gradual transition to phase 3, including the safe and respectful return of travel and tourism within the province. In Premier John Horgan's words, "As we carefully turn up the dial on our activity, we can now look to travel safely around the province. But as we hit the open roads this summer, we must remember we are not leaving COVID-19 behind, and we need to continue to do our part to bend the curve and protect the progress we've made."

### What does Phase 3 mean?

- More businesses are allowed to open including: resorts, hotels, parks, movie theatres, some entertainment venues.
- More opportunities to travel within BC, but travel restrictions remain for remote and isolated communities
- The state of emergency remains in effect until July 7th

British Columbians who wish to travel within B.C. this summer are advised to plan ahead and be respectful while visiting communities, especially smaller and rural towns. The provincial health officer has laid out travel guidelines for everyone travelling to and within B.C.:

- Do not travel if sick. If symptoms develop while travelling, self isolate immediately & contact 811 for guidance
- Behavioural guidelines have not changed: Practice physical distancing of two metres at all times; Spend time in small groups and open spaces; practice good hygiene, including frequent handwashing and cleaning
- Plan your trip and research available resources at destination
- Respect all local travel advisories to isolated & remote communities

As Bonnie Henry, our provincial health officer said, "We've succeeded in flattening the curve by working together, but COVID-19 will continue to be in our province until we have an effective treatment or vaccine. By staying vigilant and following our foundational rules, we can safely do many of the things that we enjoy for the months to come."

# Planning a Gathering

To keep each and everyone in the community safe, please remember that according to the TWN COVID-19 bylaw, gatherings of ten people (who are not regular occupants) in private dwellings are not allowed. Further, public gatherings, assemblies, and parties involving ten or more persons on Tsleil-Waututh land need the specific written permission of Council.

## Understanding the risk

The virus that causes COVID-19 spreads in several ways, including through droplets when a person coughs or sneezes, and from touching a contaminated surface before touching the face. Higher risk situations, like gatherings, require adequate protocols to address the risk.

- **Distance x Times x Number of People = Risk.** This means, the risk of person-to-person transmission is increased by
  - the closer you come to other people,
  - the amount of time you spend near them,
  - and the number of people you come near.

Physical distancing measures help lower this risk.

- The risk of surface transmission is increased when many people contact the same surface, and when those contacts happen in short intervals of time. Effective cleaning and hygiene practices help mitigate this risk.

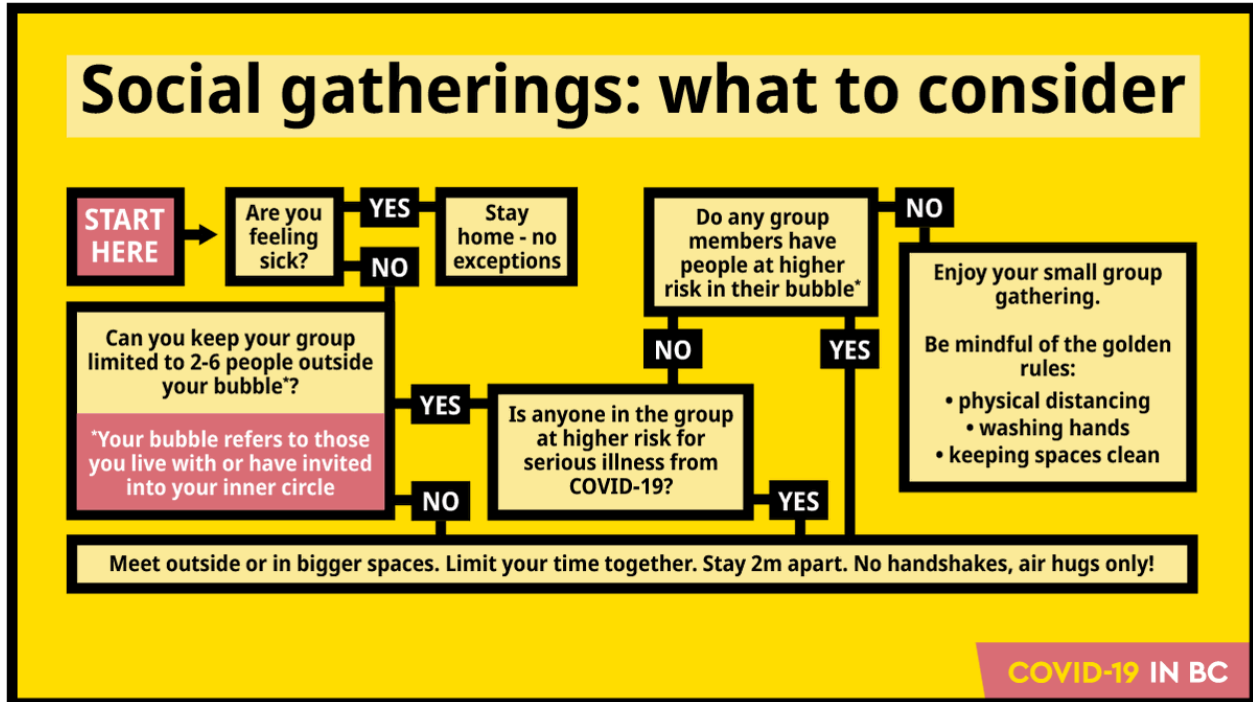


**Despite transitioning into phase 3, things are not back to normal and won't be until we have an effective treatment or vaccine.**



## Things to Consider

At this time, all in-person gatherings of any size are strongly discouraged. This graphic is a good tool to help:



## General Measures

To help reduce your and your guests' risk of infection:

- **Keep gatherings small**
- Make sure people who have symptoms, even if mild, **stay home!**
- **Practice physical distancing.** You and your guests need to keep 2 metres between each other at all times. No handshakes, hugging or kissing
- **Wash your hands often** with soap and water for at least 20 seconds. Using soap and water is the single most effective and preferred way of reducing the spread of infection.
- **Have hand sanitizer available** for your guests.
- **Do not touch your face**, eyes, nose or mouth with unwashed hands.
- **Regularly clean and disinfect** frequently touched surfaces.
- **Do not share food, drinks, utensils, etc.**
- **Facemasks** can be used as an additional layer to preventing the spread of COVID-19 by containing a person's droplets.



## Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



### Hand Hygiene

**SOAP OR ALCOHOL-BASED  
HAND RUB: Which is best?**



Either will clean your hands:  
use soap and water if hands  
are visibly soiled.



**Remove hand and wrist jewellery**

#### HOW TO HAND WASH



1  
Wet hands with warm  
(not hot or cold)  
running water



2  
Apply liquid or foam soap



3  
Lather soap covering  
all surfaces of hands  
for 20-30 seconds



4  
Rinse thoroughly  
under running water



5  
Pat hands dry thoroughly  
with paper towel



6  
Use paper towel  
to turn off the tap

#### HOW TO USE HAND RUB



1  
Ensure hands are visibly  
clean (if soiled, follow hand  
washing steps)



2  
Apply about a loonie-sized  
amount to your hands



3  
Rub all surfaces of your hand  
and wrist until completely  
dry (15-20 seconds)

COVID19\_H4\_001



Ministry of  
Health



BC Centre for Disease Control

If you have fever, a new cough, or are  
having difficulty breathing, call 8-1-1.







## Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



### Physical distancing

Protect yourself, your loved ones and your community from COVID-19

March 23, 2020

Physical distancing means making changes in your everyday routines in order to minimize close contact with others.

Keeping about two metres apart when we are outside our homes is something we can all do to help stop the spread of COVID-19.



Here are some other tips to practice physical distancing while keeping up mental wellness:

- ✓ Greet with a wave instead of a handshake, kiss or hug
- ✓ Exercise at home or outside
- ✓ Get groceries and medicines at off-peak times
- ✓ Go for a walk with family or others you are living with
- ✓ Work from home
- ✓ Use food delivery services or online shopping
- ✓ Go outside for some fresh air
  - Go for a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail while maintaining safe physical distance from others
- ✓ Use public transportation at off-peak times
- ✓ Have kids play in the backyard or park

### Remember to:

- Stay at home when you're sick, even if symptoms are mild
- Avoid crowded places and non-essential gatherings
  - No play dates, group walks, basketball games or gathering on the beach
- Take care of your mental well-being through checking in with loved ones and self-care
- Cough and sneeze into your elbow or sleeve
- Wash your hands regularly



Learn more at [bccdc.ca/covid19](https://bccdc.ca/covid19)

Physical distancing: Protect yourself, your loved ones and your community from COVID-19

March 23, 2020



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



## General Cleaning

Cleaning and disinfecting your home before, during and after your gathering can help prevent the spread of illness including COVID-19.

**Clean often touched surfaces such as toilets, sink tap handles, doorknobs, light switches, and tables before your gathering, frequently during your gathering and after everybody leaves.**

Other less frequently touched surfaces should be cleaned regularly when visibly dirty.

Cleaning and disinfecting is a simple, effective, two-step process that is described below.

### **Step 1: Clean away dirt, crumbs etc.**

Use soapy water to wipe away dirt, soils and other debris. Plain dish soap or any kind of household cleaning product will remove dirt, oils and other debris from surfaces.

### **Step 2: Disinfect**

If possible, use store-bought disinfectants. Familiar brands such as Clorox, Lysol, Fantastik, Microban and Zep have specific products that will work against the COVID-19 virus. Please check the [Health Canada's list of approved products](#). If your product is not on the list, it has not been approved for this use.

### **Diluting bleach**

The directions below use bleach that is 5.25%. For other concentrations please use the [Foodsafe bleach calculator](#) at <http://www.foodsafe.ca/dilution-calculator.html>.

Bleach solutions may be used in spray bottles or wiped onto surfaces and other items. Bleach and water mixtures are effective for 24 hours so only make as much as you need daily.

***Recommended bleach, water ratios,  
and cleaning times needed for COVID-19 disinfecting.***

<b><i>Recommended bleach, water ratios, and cleaning times needed for COVID-19 disinfecting</i></b>	<b>High touch and heavily soiled areas</b> (appropriate for households with illness)	<b>All other surfaces</b>	<b>Food contact surfaces</b>
<b>Example areas and surfaces</b>	Toilets, light switches, door knobs, cell phone, TV remotes, bathroom faucets	Tables, counters, floors, chairs, cribs	Any surface or equipment that contacts food
<b>Bleach concentration in ppm</b> (refers to the % ratio of bleach to water)  OR 1 part bleach diluted in ## parts of water	1000ppm 0.1% (1:49)	500ppm 0.05% (1:99)	100ppm 0.01% (1:499)
<b>Time to leave wet, rinsing and drying</b>	Allow 1 minute then rinse with clean water	Allow 5 minutes, no rinse required, let air dry	Allow to air dry, no rinse required
<b>Frequency if everyone in household is well</b>	Once every few days	Once per week	After each use
<b>Frequency if someone in household has COVID-19 or symptoms of illness</b>	Twice per day	Once per day	After each use

## Tips for Using Disinfectants and Bleach Safely

- Open a window and wear gloves when disinfecting.
- Take care to rinse the equipment that you use to make your bleach solution and keep bleach tightly-sealed and stored away from children and pets.
- More concentrated solutions are not better and may cause irritation to the eyes and throat. Use the table above to make the right solution for your needs.
- Do not mix bleach with vinegar or other acids like lemon juice, ammonia-containing products (such as Windex), or rubbing alcohol. This can create toxic gases.
- When using bleach on surfaces, allow the surface to air dry completely before using again.
- Dispose of any leftover bleach mixtures so people won't mistake them for something else or mix them with other products by mistake. If you pour your extra bleach solutions down the drain, run a lot of water down the drain at the same time.

## Food and Kitchen Cleaning

- Never use bleach or other disinfectants on food.
- Wash fruits and vegetables thoroughly under fresh, cool, running water, even if you plan to peel them. This helps prevent the spread of any bacteria that may be present. (This is a general safety tip that may not always apply. For example, you do not need to wash a banana before peeling it.)
- Use a clean produce brush to scrub items that have firm surfaces (e.g., oranges, melons, potatoes, carrots, etc.). It is not necessary to use produce cleansers to wash fresh fruits and vegetables.
- Ready-to-eat, bagged, pre-washed leafy greens do not need to be washed again before eating. However, pre-cut or pre-washed leafy greens sold in open bags or containers should be washed before eating.
- Use one cutting board for produce, and a separate one for raw meat, poultry, fish and seafood.
- Place peeled or cut fruits and vegetables on/into a separate clean plate or container to prevent them from becoming cross-contaminated.
- Use paper towels to wipe kitchen surfaces, or change dishcloths daily to avoid the risk of cross-contamination and the spread of bacteria and avoid using sponges, as they are harder to keep bacteria-free.
- Sanitize countertops, cutting boards and utensils before and after preparing food. Use a kitchen sanitizer (following the directions on the container) or a bleach solution (5 ml household bleach to 750 ml of water), and rinse with water.
- Utensils, pots and pans, and other dishwasher-safe food preparation items can be cleaned and sanitized in the dishwasher with a hot rinse cycle or washed with hot soapy water.

## Food at Gatherings

COVID-19 doesn't appear to be transmitted by eating food contaminated with the virus nor that COVID-19 is spread through food made by infected

people. However, **there is a theoretical risk that a person infected with COVID-19 could spread the virus by sneezing on food or by directly touching food with their hands.**

**Use good hygiene practices when handling food:**



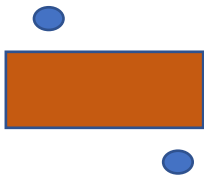
- Consider ordering takeout, or ask guests to bring their own food.
- Avoid bare hand contact. For example, use utensils, deli napkins, or dispensing equipment to handle food.
- Do not share food, utensils, or plates. Ask guests to bring their own utensils and plates.
- Do not use communal bowls for snacks and dips
- Use common cleaning and disinfection methods described earlier to kill coronaviruses
- Wash your hands with soap and warm water for at least 20 seconds before and after handling food and food packaging. If you do not have running water, use hand sanitizers with a minimum of 60% alcohol.
- Wash your fruits and vegetables under running water.
  - Washing fresh produce with soap, chlorine or other chemicals is not recommended. Fresh produce is porous and can absorb chemicals that are not intended for you to eat.
- Cook your food to recommended safe internal temperatures. Coronaviruses are killed by normal cooking temperatures.
- Avoid cross-contamination of raw and ready-to-eat or cooked foods.
- Disinfect any surfaces that will come in contact with food.



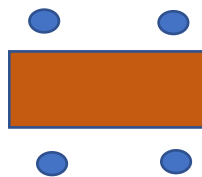
## Seating your guests

Physical distancing applies to your seating arrangements, too. Plan to have several tables and place chairs at least 2 meters apart. Ideally, your guests provide their own chairs.

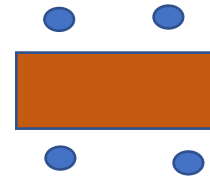
*Members of household A*



*Members of household B*



*Members of household C*



## Self-Monitoring after your Event

You and your guests should self-monitor for symptoms of COVID-19 after your event. Testing is recommended for anyone with cold, influenza or COVID-19-like symptoms, even mild ones. Symptoms include:

- Fever
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

**While less common, symptoms can also include:**

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

**Use the COVID-19 Self Assessment Test to find out if you should be tested:** <https://bc.thrive.health/>.

Testing in North Vancouver is available at the Urgent Primary Care Center at 221 West Esplanade. Appointments are not necessary.

## Accessing Dental Care

First Nations Health Benefits is working alongside Pacific Blue Cross (PBC) and the BC Dental Association to ensure that clients have access to care if they experience a dental emergency.

### **Clients and Communities WITHOUT Dental Therapy Services**

Clients who are dealing with a dental emergency (e.g. pain, infection or trauma to the mouth) should contact their regular dentist directly.

Most dentists are offering phone consultations and can bill the Health Benefits Program (through our PBC plan) for the appointment. If the dentist determines that the client needs in-person treatment, they will refer the client to the nearest appropriate facility where proper emergency guidelines can be maintained. Dentists can also phone in a prescription if needed.

### **Clients and Communities WITH Dental Therapy Services**

Clients who are dealing with a dental emergency (e.g. pain, infection or trauma to the mouth) should contact their dental therapist directly.

The dental therapist will conduct a thorough phone consultation, including a pre-risk assessment. If it is required and possible, the dental therapist will visit the client to provide emergency care with all emergency guidelines in place.

If the dental therapist is unable to attend to the client in-person, they will refer the client to the nearest appropriate facility accepting emergencies **or** escalate the request to FNHA's dental consultant to phone-in a prescription if needed.

Please see the BC Dental Association's website to find a list of dental clinics equipped to attend to emergencies. This list is updated daily.

Clients with questions or concerns about who to contact for emergency dental care can call Health Benefits at **1-855-550-5454**.

# Maintaining Mental Health

## Managing COVID-19 Stress, Anxiety and Depression

News and information about the spread of COVID-19 around the world is coming at us quickly. It can be hard to keep up and if you are keeping up on the latest, it can be even harder to remain calm given all that is going on. Stress, anxiety, and depression are not unusual for people of all ages. But there are things we can do as individuals and collectively to deal with stress and support one another during these challenging times.

### 1 Know the facts.

Using reliable sources of information will ensure that what you do learn is fact, not fear-based.

- [The BC Centre for Disease Control](#)
- [HealthLinkBC](#)
- [Health Canada](#)
- [The World Health Organization](#)

### 2 Reach out.

Social distancing is important and will help control the spread of the virus. At the same time, it can also create even greater feelings of isolation, loneliness, and sometimes depression. Use this time to connect in other ways...call those who are alone, connect with friends online, and offer support to those who really need it. Offer a virtual hug over FaceTime or Skype.

### 3 Have calm conversations.

Maintaining a sense of calm, especially when [talking to children](#), will go a long way toward easing their fears and uncertainty. Provide age-appropriate, factual information and give them the opportunity ask questions and share how they are feeling.

### 4 Practice self-care.

Build self-care into your day, even (and especially) as activities change and routines are disrupted. All the things you do to take care of yourself will help manage your stress. And by taking good care of yourself, you'll be better prepared to take care of others. Some self-care ideas:

- Meditate
- Practice deep breathing
- Read about something other than the virus
- Start a digital detox (leave your phone alone for a while)
- Play a board game
- Take a bath
- Cuddle your pet
- Exercise

### 5 Seek help.

You know your body and its signs of stress. If you are having trouble managing your mental health, contact your healthcare provider and encourage those you love to do the same.

**Call 1-888-COVID-19 or text 604-630-0300 for details, advice, and further information on the virus in British Columbia.**

### If you need help, there are many resources available:

**HealthLink BC:** Provides 24/7, confidential health information and advice. Call 8-1-1 or visit: [www.healthlinkbc.ca](http://www.healthlinkbc.ca).

**Crisis Intervention and Suicide Prevention Centre:** Provides confidential, non-judgmental, free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide. Call 604 872-3311 (Greater Vancouver), or toll-free 1 800 SUICIDE (784-2433), or visit: [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca).

**The KUU-US Crisis Response Service:** Provides 24/7 culturally-aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 or visit: [www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca).

**Mental Health Digital Hub:** A provincial website that provides information, services and education and awareness about mental health and substance use for adults, youth and children. [www.gov.bc.ca/mentalhealth](http://www.gov.bc.ca/mentalhealth)

**Bounce Back:** A free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back® teaches effective skills to help people improve their mental health. Call toll-free: 1 866 639-0522 or visit: [www.bouncebackbc.ca](http://www.bouncebackbc.ca).

**MindHealthBC:** Vancouver Coastal Health Authority, Providence Health Care and community partners have created an online mental health counselling program. If you're struggling with depression, anxiety, or other mental health or substance use challenges, please visit the website for information and recommendations for further support in Vancouver, Richmond and other coastal communities. [www.mindhealthbc.ca](http://www.mindhealthbc.ca)

**Heretohelp:** Provides information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety and risky drinking. [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)



Ministry of  
Mental Health  
and Addictions

## Increase Your Traditional Wellness

TWN Helping House is proud to announce the rescheduled Traditional Wellness sessions. Please join us for a series of Traditional Wellness through storytelling. We will hear about how our people-maintained wellness through our connections to the land, sacred laws, community and culture as well as stories of personal wellness journeys.

**Dates:** To be determined

**Times:** Lunch and Evening time slots

**Where:** Administration Amphitheatre (stairs outside the administration office)

Please note, due to COVID-19, we will be maintaining physical distancing, if you are not feeling well, we are asking you to reschedule your traditional wellness session. We will have a maximum of five people per session to align with the TWN COVID-19 By-Law.

In order to attend these traditional wellness group sessions, you must sign up. We will finalize dates based on your preferences.

**To sign up or if you have any questions, contact:**

Vanessa Gonzalez at [vgonzalez@twnation.ca](mailto:vgonzalez@twnation.ca) or 778-995-6643 or the Communication Department at [Communications@twnation.ca](mailto:Communications@twnation.ca)

Everyone that joins us for the Traditional wellness sessions, will be entered into a draw for a Traditional Wellness prize.

# Maintaining Physical Health

Are you bored yet with your Covid-19 indoor exercise routine? Summer is here, so why not take your workout outside. A walk among giant cedars, or a bike ride in fresh air is good for your body & your spirit!



# Resource Links and Numbers

## TWN Helping House

- Reception: 604-929-4133
- Sibylle Tinsel (Community Health Nurse): 604-353-5314
- Heather Gagnon (Home Care Nurse): 604-355-3507
- Laura Avery (Mental Health Team): 604-787-5468
- Calvin Hunt (Elders Groceries & Meal Program): 778-228-8471
- Cassandra Smith (Student Lunch Program; ages 5-18):  
[casssmith\\_youth@twnation.ca](mailto:casssmith_youth@twnation.ca)

## COVID-19 FAQ's and Updates:

- <https://twnation.ca/about/twn-faqcovid19/>
- **BC Centre for Disease Control:**  
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19>
- **FNHA:** <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>
- **COVID-19 Information Line:** 1-888-COVID19 (1-888-268-4319)

## Accessing Health Care

- **North Shore Urgent Primary Care Centre:** 604-973-1600
- **First Nations Virtual Doctor of the Day:** 1-855-344-3800
- **BC Nurses Health Line:** 811

## North Shore Resources.

- **North Shore Resource Directory** <https://nsem.info/resources>
- **Older Adult Mental Health Team - North Shore:** 604-982-5600
- **Seniors' One Stop:** 604-983-3303 and [nsrc.bc.ca](http://nsrc.bc.ca)



## Mental Health Resources

- **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service:** 1-855-242-3310 and [www.hopeforwellness.ca](http://www.hopeforwellness.ca)
- **Kuu-Us Crisis Line:** 1-800-588-8717, <https://www.kuu-uscrisisline.ca/>
- **Kids Help Phone:** 1-800-668-6868 and <https://kidshelpphone.ca/>
- **Indian Residential School Survivor Society:** 604 985 4465 or Toll-free: 1 800 721 0066 and <http://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>
- **The Foundry – North Shore:** 604 984 5060 and <https://foundrybc.ca/northshore> (for youth – ages 12 – 24 years)

## Substance Use Services

- **Canadian Addictions Certification Federation** <https://caccf.ca/see-a-councilor-now/> (Offering free 1 - 1 counselling sessions)
- **NA/AA Support**
  - Online support groups:  
<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/mobilebasic>
  - By phone through 604-434-3933 or <http://www.vancouveraa.ca>
- **Alcohol & Drug Information Referral Service:** 604 660 9382



First Nations Health Authority  
Health through wellness

# Mental Health & Cultural Supports

AVAILABLE DURING THE COVID-19 PANDEMIC



## TELEPHONE AND ONLINE SUPPORT

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

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

Hope for Wellness Chat Line:

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### Kids Help Phone

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

### KUU-US Crisis Services

The KUU-US Crisis line is available 24/7 to provide support to Indigenous people in BC. For more information visit: <http://www.kuu-uscrisisline.ca/>

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

### Provincial Alcohol and Drug Information Referral Service

This Service provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

## FNHA MENTAL WELLNESS & COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides clients with access to Mental Wellness and Counselling services from a qualified mental health provider. All services require prior approval. A list of providers registered with Health Benefits, including those available to provide support over the phone or internet, can be found by visiting the FNHA First Nations Health Benefits Mental Health [Provider List](#) or by contacting **1-855-550-5454**.

## INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

The IRS RHSP offers emotional and cultural support through approved partners across the province. You can contact IRS RHSP partners directly through the contact information listed below or you can call First Nations Health Benefits at **1-855-550-5454**. If you contact an IRS RHSP provider directly, the provider will be required to submit an approval form to Health Benefits.

### **Adah Dene Cultural Healing Camp Society**

Margo Sagalon: 250-996-3813

[Admin.elders@telus.net](mailto:Admin.elders@telus.net)

Tracey Charlebois: 250-996-1475

[Nakazdlieelders@telus.net](mailto:Nakazdlieelders@telus.net)

### **Carrier Sekani Family Services**

For Vanderhoof: Catherine Lessard:

250-567-2900 (office) or 250-996-8090 (cell)

For Prince George: Rhonda Hourie or

Cheryl Thomas: 778-675-0419

### **Gitanyow Human Services**

Wanda Good: 250-849-5651

[Wanda.e.good@gmail.com](mailto:Wanda.e.good@gmail.com)

### **Gitsxan Health Society**

Ardythe Wilson: 250-842-8251

[irsmanager@gitxsanhealth.com](mailto:irsmanager@gitxsanhealth.com)

Pam Torres: 778-202-1355

[irmsupport3@gitxsanhealth.com](mailto:irmsupport3@gitxsanhealth.com)

Gary Patsey: 778-202-1703

[irmsupport1@gitxsanhealth.com](mailto:irmsupport1@gitxsanhealth.com)

### **Nuu Chah Nulth Tribal Council**

Vina Robinson: 1-250-724-3939

[vina.robinson@nuuchahnulth.org](mailto:vina.robinson@nuuchahnulth.org)

Daily Elliott: 250-720-1736

### **Indian Residential School Survivors Society**

Stu Mitchell: 604-985-4464 or

Toll-free: 1-800-721-0066

### **Okanagan Nation Alliance**

Rachel Marchan: 1-250-470-7048

[earlyyears@syilx.org](mailto:earlyyears@syilx.org)

### **Tsow-Tun-Le-Lum Society**

Rebecca Visschere: 1-250-268-2463

Toll-free: 1-888-590-3123

## FNHA TREATMENT AND HEALING CENTRES

FNHA supports ten residential treatment and healing centres across BC. During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements.

The balance of FNHA's treatment centres have moved to providing virtual support to individuals and families who have attended their programs previously and/or are responding to new requests for emotional and cultural support from First Nations people. You are welcome to reach out directly to the centres below.

### **Carrier Sekani Family Services**

Call: 250-567-2900 and ask for an ARP Team member

Email: [rjohn@csfs.org](mailto:rjohn@csfs.org)

### **Kackaamin Family Development Centre**

Call: 250-723-7789 or

Toll-free: 1-833-205-6946

### **Namgis Treatment Centre**

Call: 250-974-8015

### **Nenqayni Wellness Centre**

Call: 250-989-0301

### **North Wind Wellness Centre**

Call: 250-843-6977 or

Toll-free: 1-888-698-4333

### **Telmexw Awtexw (Sts'ailes First Nations)**

Call: 604-796-9829

### **Tsow Tun Le Lum**

Call: 250-268-2463 or

Toll-free: 1-888-590-3123

### **Wilp Si'Satxw Healing Centre**

Call: 778-202-0162 or 778-202-1349

*All information in this document is accurate as of April 3, 2020.*

## **Women's Support Services**

- **BC Battered Women's Support Services:** 604 687 1867, toll free at 1-855-687-1868, or text 604 652 1867 or email [intake@bwss.org](mailto:intake@bwss.org).
- **Atira Help Line:** 604-800-8881
- **Rape crisis line (24 hours):** Phone 604-872-8212.
- **Women against Violence against Women:** Phone 604-255-6344 / Toll-Free 1-877-392-7583.
- **VictimLink BC:** Phone 1-800-563-0808.
- **Women's Crisis Lines:** 604-687-1867 / Toll-Free 1-855-687-1868.

***\*Fill out this form and email it to [communications@twonation.ca](mailto:communications@twonation.ca) prior to hosting a gathering or visitors\****

<b>Application for Gathering During the Covid-19 Pandemic</b>			
<b>Applicant Information</b>			
Host Name			
Gathering Address			
Phone		Email	
<b>Event Information</b>			
Date of Gathering		Time	
Number of Guests		Duration	
Are the guests members of your small bubble?		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Do the guests live in the community?		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Event Format</b>			
Is your gathering inside or outside?			
Are your guests bringing their own lawn chairs?		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Will you serve food?		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Please tick the box and indicate that you will abide with the following precautions			
<input type="checkbox"/> Safe food preparation and serving <input type="checkbox"/> Guests bring their own utensils, glasses and plates <input type="checkbox"/> Bathroom cleaning/disinfecting after each use <input type="checkbox"/> Measures in place to minimize touch, i.e. doors propped open <input type="checkbox"/> Frequent cleaning of high touch surfaces <input type="checkbox"/> Hand sanitizer is readily available <input type="checkbox"/> Guests will be advised to self-monitor for 14 days after your event <input type="checkbox"/> Guest list completed (in case the need for contact tracing arises)			
Signature:		Date:	

<b>Gathering Guestlist</b>	
Host Name:	
Guest Name	Phone Number

Questions/Comments: