

## CRISIS SUPPORT LINES

### National Indian Residential School Crisis Line

(toll-free, 24/7)  
1-866-925-4419

### Hope for Wellness

(toll-free, 24/7, Indigenous counsellors)  
1-866-925-4419

### Women's Transition Home Crisis Line

(24/7, can call collect for free calling)  
867-668-5733

### BC Mental Health Support Line

(toll free, 24/7)  
310-6789 (no need for area code)

### Kids Help Phone

(toll-free, 24/7)  
1-800-668-6868

## ONLINE TEXTING CRISIS SUPPORT

### Hope for Wellness

<https://www.hopeforwellness.ca/>

### Kids Help Phone Chat

(free, 24/7)

<https://kidshelpphone.ca/get-virtual-support-with-facebook-messenger>



## IN CASE OF EMERGENCY

### RCMP

250-651-7511

### AMBULANCE

250-651-7700

### HEALTH CENTRE

250-651-7677

### FIRE DEPARTMENT

250-651-7666

# COUNSELLING AND MENTAL HEALTH SERVICES

TRTFN

December 2020

TRTFN arranges counselling services from Svenja Weber, Tayo Adamek, Meg Grudeski, and Jan Forde. To find out more about their counselling services or book an appointment you can contact the counsellor. Each offers judgement-free, confidential services.

If you would like to seek your own counselling services:

The First Nation Health Authority Health Benefit Plan covers counselling services from a qualified mental health professional. However, you **must** see a provider who is registered with the Health Benefits Program to receive coverage for your counselling services.

The Indian Residential School (IRS) Resolution Health Support Program (RHSP) also supports individuals and families accessing services from other registered mental health professionals (psychologists, social workers, psychotherapists and etc.).

For questions about counselling services or health benefits contact an HSS staff member.  
**250-651-7900**



## Svenja Weber

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Available in-person, by video-conferencing or by phone

Contact:

info@svenja-weber.ca

**867-335-3248**

Svenja is a Canadian Certified Counsellor. She provides counselling and therapeutic services to individuals over the age of 18. She specializes in helping those recovery from the negative effects of trauma, abuse and neglect and also has experience supporting those experiencing other mental health challenges (i.e. grief, substance use, anxiety, etc.)



## Tayo Adamek

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Available in-person, by video-conferencing or by phone

Contact:

tpadamek@gmail.com

**867-334-9458**

Tayo is a Canadian Certified Counsellor. He has experience working with children, teens and adults. Tayo has experience working with Trauma and PTSD, Depression, Anxiety and Attachment and more. He uses a range of effective therapies to best fit your needs including approaches that go beyond "talk only" therapy in his work for deeper change.



## Meg Grudeski

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Available in-person, by video-conferencing or by phone

Contact:

mgrudeski@northernfocus.ca

**867-689-4594**

Meg is a Canadian Certified Counsellor. She has experience working with teenagers, adults, elders, families, and couples - all folks who are looking to improve their mental wellness and make positive changes. She works primarily from a narrative and humanistic lens, with her practice rooted in harm reduction philosophy



## Jan Forde

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Available by phone

Contact:

bannyforde@gmail.com

**867-333-6829**

Jan Forde is a Registered Social Worker. She has experience supporting those who have experienced violence, trauma, grief as well as those struggling with poor mental health. She is knowledgeable on the emotional and psychological impacts of residential school. She provides counselling services to individuals over the age of 18.