

# 24HR INDIGENOUS SUPPORT SERVICES

**24 HOURS - 7 DAYS PER WEEK**  
**KUU-US CRISIS LINE**

**BULLYING**

**SUICIDE**

*Ideations, Attempts, Survivors of...*

**PEER PRESSURE**

**EDUCATION**

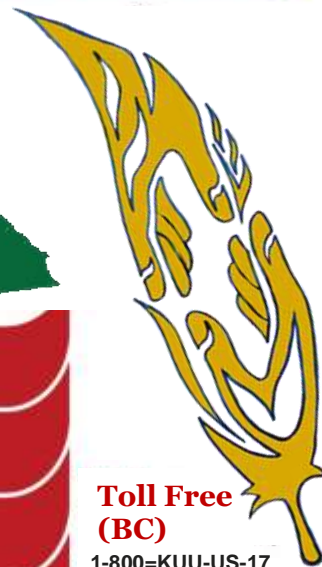
*Poor grades, Failing...*

**RELATIONSHIPS**

*Friendships, Family, Work...*

**MENTAL HEALTH**

*Stress, Depression, Anxiety, Anger...*



**ADDICTIONS**

*Drugs, Alcohol, Gaming...*

**VICTIMS OF CRIME**

*Impacted by Social Media, Sexually Assaulted...*

**ABUSE**

*Neglect, Child Welfare, Physical, Sexual...*

**FINANCIAL**

*Poverty, Homelessness...*

**GRIEF / LOSS**

*Death, Separation, Divorce...*

**SELF HARM**

*Self Mediating, Cutting...*

**Toll Free  
(BC)**

**1-800-KUU-US-17  
(588-8717)**

**Facebook:**

KUU-US Crisis  
Line Society

**Website:**

[www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com)

Adult/Elder  
**250-723-4050**

Child/Youth  
**250-723-2040**

**A PLACE WHERE YOU CAN TALK, TRUST AND FEEL**

**HELP IS JUST A PHONE CALL AWAY**

## Mission Statement:

The **KUU-US Crisis Line Society** is a non-profit registered charity that provides 24 hour crisis services through education, prevention and intervention programs



First Nations Health Authority  
Health through wellness

**NEW! CHAT & TEXT SUPPORT**  
**7 DAYS A WEEK • 6pm – 7 am**  
**TEXT 778-601-8009** or visit  
**[www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com)** to  
chat with our support workers

# 24-HR KUU-US CRISIS SERVICES

**Adult / Elder Line: 250-723-4050**

**Child / Youth Line: 250-723-2040**

**BC Toll Free Line: 1-800-588-8717**

## REASONS FOR CALLING:

- Employment/education
- Residential school
- Child welfare
- Addiction
- Health concerns
- Divorce/separation
- Suicide ideation/survivorship and many more....
- Mental health
- Grief/loss
- Crime
- Abuse
- Peer pressure
- Financial distress



## HISTORY:

In 1993 various Nuu-chah-nulth members having concerns about suicide and other crisis related issues, held a community meeting with frontline emergency response, counsellors, and the general public. The consensus was to establish a 24hr crisis line. KUU-US means "people" in Tseshaht Language.

## SERVICE AREAS:

•Assist with problem solving •Establishing support services • developing safety plans as well as conducting suicide assessment referrals and monitoring at risk individuals. These services are available 24 hours a day for Aboriginal people throughout the province of British Columbia.

## SAFETY MONITORING:

In order to assist those individuals that are unable to access referrals due to geographic location, are on a wait list, have been intervened upon and released from hospital and/or lack support systems, KUU-US creates a safety plan. This includes establishing a "gate keeper approach" which involves monitoring "at risk" individuals. Daily phone contact with the individual continues until there is a confirmed link to a referral agency and/or the individual is no longer "at risk". Service providers frequently call upon KUU-US to initiate this model for individuals they are concerned about.

## 24-HR LOCAL CRISIS MOBILE OUTREACH:

Crisis phone operators assess the need for outreach services. Outreach provides one on one support for those requiring emotional stabilization, linkages for medical risk assessment and CISM (Critical Incident Stress Management) due to traumatic incidences. Those assisted by outreach are followed up through a care-plan structure. Individuals are assisted where needed (Home, Hospital, School, etc.)

# DROP IN SERVICES

## Community Voicemail

Community Voice Mail (CVM) gets you connected.... AND it's FREE!!

Have a goal in mind? Want to go back to school? Are you looking for a job? A place to live? Does your family know if you are safe? All these regular life activities require a form of communication. Access to a telephone is a basic survival tool in today's world. **KUU-US Crisis Line Society** is proud to bring an innovative program to Port Alberni that has been changing lives and connecting homeless and /or phone less people in Vancouver, Prince George and Calgary for over 7 years. This service is also available on the West Coast during outreach times

Our staff will be able to assist you on get linked to a CVM number in a few minutes. **KUU-US** is helping clients identify and achieve their goals by improving connectivity to health care, social services, contact with family, employment, and housing. The system is 100 % free - 24/7/365.

# CHAT & TEXT SUPPORT

**7 DAYS A WEEK • 6 pm – 7 am**

**Visit [www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com)  
or Text 778-601-8009**



**BECOME A MEMBER TODAY**

**GET INVOLVED IN HELPING  
YOUR COMMUNITY!**

**JOIN US FOR ONLY \$2 PER YEAR**