

# MÉTIS CRISIS LINE

*Help is just a call away*

MENTAL WELLNESS

ABUSE

RELATIONSHIPS

BULLYING

ADDICTIONS

SUICIDE & IDEATION

DEPRESSION

GRIEF & LOSS

SELF-HARM

PEER PRESSURE

ANXIETY

FINANCIAL ISSUES

CULTURE

**24 HOURS A DAY  
7 DAYS PER WEEK**

A place where you can talk,  
trust and feel safe!

## **SERVICES:**

24 hr phone support  
Risk assessment  
Safety monitoring  
Community engagement



**MÉTIS CRISIS LINE**



**1-833-MÉTIS-BC**

(1-833-638-4722)

24 hour access to Crisis Programs

# 1-833-MÉTISBC

( 1 - 8 3 3 - 6 3 8 - 4 7 2 2 )



**MÉTIS NATION**  
BRITISH COLUMBIA

in collaboration with KUU-US Crisis Services

