



---

## PART SIX

# Resources - Aboriginal Mental Health

---

In the past, Aboriginal people had very strong cultural practices and strengths that promoted healthy connectedness and relationships. Some other examples of strengths include:

- the traditional value that is placed on sharing, humility and not hurting others.
- the value that is placed on cooperation and non-competition.
- the traditional value placed on community conscience and a shared sense of responsibility.
- a history of spirituality, religious practices and rituals.
- a deep-seated belief in living in harmony with the Earth and all other creatures.

Aboriginal people tend to consider mental wellness holistically. Good mental health means being in balance with family, community and the natural environment. Family and community have an important role in helping individuals regain their sense of balance. Therefore strong families and communities also promote resilience in Aboriginal communities.

Besides these traditional resources – there are other resources and programs to assist women and families with mental health concerns during pregnancy, childbirth and early years of parenting. These include:

- Health Care Providers – local, provincial, and toll-free services
- Support Groups – local, provincial and toll-free groups

- 
- Information and Crisis Lines – local, provincial, and toll free lines
  - Child care and Day-care Services
  - Vancouver and Lower Mainland resources
  - Internet links

## ***Where you can get help in BC – provincial resources***

### **Health care providers – services**

#### **Local**

- Your family doctor, public or community health nurse, midwife, community health representative

*Write their telephone numbers here:*

---

- Community family services, Friendship Centre, or resource centre

*Write their telephone numbers here:*

---

- Your local mental health centre

*Write the telephone number here:*

---

- Social worker or social services

*Write the telephone number here:*

---

#### **Provincial Toll-free**

- Registered psychologists (referral line)  
1-800-730-0522
- Registered clinical counsellor (referral line)  
1-800-909-6303

---

## Support groups – services

### Vancouver Area

- **BC Reproductive Mental Health Program**  
A program of BC Mental Health & Addiction Services, located at Children & Women’s Health Centre of BC in Vancouver.  
Ask your doctor for a referral;  
Address: 4500 Oak Street, Vancouver
- **Richmond Youth Services**  
Several Aboriginal programs;  
Website: [rysa.bc.ca/content/aboutUs/rysaHome/home.php](http://rysa.bc.ca/content/aboutUs/rysaHome/home.php)
- **Vancouver Aboriginal Child and Family Services** ACFFS provides a wide range of services to help Aboriginal children and families;  
Phone: 1-877-982-2377 (toll free)  
604-872-6723 (Greater Vancouver)
- **Vancouver Native Health Society**  
Medical counseling and social support programs for the Aboriginal community;  
Website: [vnhs.net](http://vnhs.net)

### Provincial and/or Toll Free

- **BC Association of Aboriginal Friendship Centers:** The Addresses for 23 Aboriginal Friendship Centers across BC are available by calling;  
Phone: 250-388-5522  
Website: [bcaafc.com](http://bcaafc.com)
- **Nobody’s Perfect Parenting Program**  
Contact your community or public health nurse or see;  
Website: [bccf.ca/families/programs/nobodys-perfect](http://bccf.ca/families/programs/nobodys-perfect)

- 
- **Pacific Postpartum Support Society**  
Phone: 855-255-7999  
Website: [postpartum.org](http://postpartum.org)
  - **Parent-Child Mother Goose Program**  
Contact your community/public health nurse or see;  
Website: [nald.ca/mothergooseprogram](http://nald.ca/mothergooseprogram)
  - **Parent Support Services Society of B.C.**  
Aboriginal Parent Support Circles in Central Island – Nanoose Bay and Prince George;  
Phone: 1-800-377-0212 (toll free)  
250-468-9658 (Central Island-Nanoose Bay)  
250-962-0600 (Prince George)  
Website: [parentsupportbc.ca](http://parentsupportbc.ca)

## Information – crisis lines

### Provincial and Toll-free

- **Child Abuse Prevention (Safekids B.C.) Helpline**  
Phone: 310-1234 (NO area code needed)
- **Crisis Intervention & Suicide Prevention Centre of BC**  
24/7 Distress Line;  
Phone: 1-800-SUICIDE (784-2433) (BC wide)  
604-872-3311 (Greater Vancouver)
- **Crisis Lines (24/7)**  
Crisis Line Association of BC  
Call regarding a crisis, for information, or if you need someone to talk to.  
Phone: 310-6789 (NO area code needed)
- **Foster Parents and Caregivers Support Line**  
Phone: 1-800-301-1868 (Toll-free)
- **HealthLink BC**  
Formerly the BC Nurses Line and Dial-a-Dietitian. Call any time of the day or night, every day of the year. Translation services

---

are available in 130 languages. Speak with a nurse about symptoms, consult with a pharmacist about your medication, or get healthy eating advice from a Dietician;  
Phone: 811 or 711 (for deaf or hear-impaired assistance)

- **Indian Residential Schools Crisis Line**  
Aboriginal crisis counselors are available 24 hours a day;  
Phone: 1-866-925-4419 (Toll-free)
- **Provincial Crisis Line for Aboriginal People (Kuu-us Crisis Line)**  
24/7;  
Phone: 1-800-588-8717
- **Vancouver Rape Relief & Women’s Shelter**  
24/7 crisis line and transition house for women and children fleeing male violence. Also call them for advocacy, support groups and peer counseling. They provide housing and support for women who need to travel to Vancouver for an abortion.  
Phone: 604-872-8212  
Website: [rapereliefshelter.bc.ca](http://rapereliefshelter.bc.ca)
- **Victim Link**  
24/7 violence line;  
Phone: 1-800-563-0808
- **Women Against Violence Against Women**  
24/7;  
Phone: 1-877-392-7583

*“It is okay to talk to someone you can trust. It is a sign of strength”*

### **Child – Day Care**

- **Aboriginal Child Care Society**  
A provincial organization serving Aboriginal early childhood programs in B.C.  
Phone: 604-913-9128  
Website: [acc-society.bc.ca](http://acc-society.bc.ca)

- 
- **B.C. Child Care Choices**  
Refers you to child care services in more than 170 communities across B.C. Find your community's program at;  
Website: [childcarechoices.ca](http://childcarechoices.ca)
  - **Westcoast Childcare Resource Centre**  
Provides child development and child care information, referrals, training, and resources to parents, caregivers, and professionals;  
Phone: 1-877-262-0022 (Toll-free)  
604-709-5661 (Greater Vancouver)  
Website: [wstcoast.org](http://wstcoast.org)

### **Getting help in Vancouver and the Lower Mainland**

- **Aboriginal Mother Centre Society:**  
Long-term housing for Aboriginal mothers at risk of losing custody of their children or trying to regain custody of their children.  
Address: 2019 Dundas Street, Vancouver  
Phone: 604-558-2627  
Website: [aboriginalmothercentre.ca](http://aboriginalmothercentre.ca)
- **Aboriginal Wellness Program**  
A program of the Aboriginal Health Services, Vancouver Coastal Health, provides culturally safe programs that promote health, wellness, and healing through counseling, group support, outreach and education;  
Address: 255 East 12th Ave, 2nd Floor, Vancouver  
Phone: 604-875-6601  
Website: [aboriginalhealth.vch.ca](http://aboriginalhealth.vch.ca)
- **B.C. Women's Hospital and Health Centre Fir Square**  
Offers a weekly outpatient clinic, on Thursdays from 1pm to 4pm, for substance-using women and their affected babies. Not having a doctor, ID, or medical card will not prevent you from attending the clinic. Women may make an

---

appointment by calling the number below;  
Address: 4500 Oak Street, Vancouver  
Phone: 604-875-2160  
Website: [bcwomens.ca/Services/  
PregnancyBirthNewborns/HospitalCare/  
SubstanceUsePregnancy.htm](http://bcwomens.ca/Services/PregnancyBirthNewborns/HospitalCare/SubstanceUsePregnancy.htm)

- **Chrysalis Society – New Dawn**

A residential recovery program for women who are using drugs or alcohol;

Phone: 604-325-0576

Website: [chrysalissociety.com](http://chrysalissociety.com)

- **Family Services of Greater Vancouver**

Healthy Connections – You and Your Baby.

Helps pregnant women and new mothers to work through trauma issues that can affect their ability to parent their children;

Phone: 604-874-2938 ext 162

Website: [fsgv.ca/programpages/  
abusepreventiontraumatreatment/  
healthyconnections.html](http://fsgv.ca/programpages/abusepreventiontraumatreatment/healthyconnections.html)

- **Hey-Way'-Noqu' Healing Circle for Addictions Society**

A self-referral service for Aboriginal people with addictions. It offers counseling, groups, and culturally based education;

Address: 401-1638 East Broadway, Vancouver

Phone: 604-874-1831

Website: [firstnationstreatment.org/heywaynoqu.  
htm](http://firstnationstreatment.org/heywaynoqu.htm)

- **Sheway**

Provides health and social service supports to pregnant women and women with infants less than 18 months who are dealing with drugs and alcohol issues;

Address: 533 East Hastings, Vancouver

Phone: 604-216-1699

Website: [sheway.vcn.bc.ca](http://sheway.vcn.bc.ca)

---

## ***Internet Resources***

- **British Columbia Association for Friendship Centers**  
Website: [bcaafc.com](http://bcaafc.com)
- **B.C. Baby's Best Chance**  
Website: [bestchance.gov.bc.ca](http://bestchance.gov.bc.ca)
- **B.C. Mental Health & Addiction Services**  
Website: [bcmhas.ca](http://bcmhas.ca)
- **B.C. Partners for Mental Health and Addictions**  
Website: [heretohelp.bc.ca](http://heretohelp.bc.ca)
- **Canadian Mental Health Association – B.C.**  
Website: [cmha-bc.org](http://cmha-bc.org)
- **Crisis Line Association of B.C.**  
Lists crisis lines across Health Authorities in BC;  
Website: [crisislines.bc.ca](http://crisislines.bc.ca)
- **Dieticians of Canada**  
Eat Well, Live Well;  
Website: [dieticians.ca](http://dieticians.ca)
- **Family Services of Greater Vancouver**  
Healthy Connections;  
Website: [fsgv.ca/programpages/abusepreventiontraumatreatment/healthyconnections.html](http://fsgv.ca/programpages/abusepreventiontraumatreatment/healthyconnections.html)
- **First Nations, Inuit and Métis**  
Website: [healthycanadians.ca](http://healthycanadians.ca)
- **Government of Canada**  
Eating Well with Canada's Food Guide;  
Website: [has.uwo.ca/hospitality/nutrition/pdf/foodguide.pdf](http://has.uwo.ca/hospitality/nutrition/pdf/foodguide.pdf)
- **Health Canada**  
Sensible Guide to a Healthy Pregnancy;  
Website: [phac-aspc.gc.ca/hp-gs/guide-eng.php](http://phac-aspc.gc.ca/hp-gs/guide-eng.php)



- 
- **HereToHelp**  
Aboriginal Mental Health and Substance Abuse Resource  
Website: [heretohelp.bc.ca/publications/factsheets/aboriginal](http://heretohelp.bc.ca/publications/factsheets/aboriginal)
  - **National Center on Shaken Baby Syndrome**  
Website: [dontshake.org](http://dontshake.org)
  - **Pacific Post Partum Support Society**  
Website: [postpartum.org](http://postpartum.org)
  - **Parent Support Services B.C.**  
Website: [parentsupportbc.ca](http://parentsupportbc.ca)
  - **Period of PURPLE Crying**  
Website: [purplecrying.info](http://purplecrying.info)
  - **Prevent Shaken Baby Syndrome BC**  
Website: [dontshake.ca](http://dontshake.ca)

## **DVD**

- **Aboriginal Journeys in Mental Health: Surviving the Fall** © 2008 Copyright  
A collaboration between Fraser Health and Stó:lō Nation Health Services.  
To order copies of the DVD call  
Phone: 604-851-3087

