



OKIB Mental Wellness Intake and Referral Line

Phone: 250-241-4741

Email: mhwhotline@okanagan.org

Speak with the OKIB intake worker to
find the right service for you.

Hours: Monday to Friday – please leave a message.
Response will be provided within 24 hours, Mon - Fri.

For emergencies, crisis, after hours, and additional resources:

1-800-588-8717 or 1-800-kuu-us17. KUU-US Crisis Line for Adults and Youth Indigenous 24-hour Crisis Line

1-866-925-4419. 24 Hour Residential School Crisis Line

1-800-721-0066. Indian Residential School Survivors' Society, 24-hour Crisis Line

1-888-353-2273. CMHA Vernon Crisis Line

1-800-SUICIDE or 1-800-784-2433. <https://www.heretohelp.bc.ca/> if you are considering suicide or are concerned about someone who may be

1-800-668-6868. Kid's Help Phone to speak to a professional counsellor, 24 hours/day

1-800-663-1441. Alcohol & Drug Information and Referral Service to find resources and support

1-877-477-0775. FNHA Indian Residential Schools Resolution Health Support Program

250-547-1616. Email: vernonvictimservices@rcmp-grc.gc.ca **Victim Services** RCMP available Monday – Friday, 8:30 – 4:30

811. BC Nurses Line available 24 hours/day, 7 days/week, for non-urgent medical related questions

911 for Police / Fire / Ambulance emergency

988 for Mental health crisis / suicide line