

# FINDING YOUR PATHWAY TO TREATMENT



First Nations Health Authority  
Health through wellness

## TREATMENT IS PART OF THE RECOVERY PROCESS

The steps below can be taken with the support of a referral partner. If you're not sure who to work with, please find some resources on the back page.

The First Nations Health Authority (FNHA) is a health and wellness partner to each and every First Nations person living in British Columbia (BC).



# 1

### CONNECT WITH A REFERRAL PARTNER

This could be your doctor, community counsellor, community health nurse, addictions worker, or the [First Nations Virtual Doctor of the Day](#).

### HERE ARE SOME THINGS TO CONSIDER:

- Do you want your treatment rooted in culture or to incorporate cultural elements?
- Treatment needs: [Opioid Agonist Therapy \(OAT\)](#), youth, pre-treatment detox, length of program, family-based.
- Is it important to have treatment close to where you live? (Other treatment centres across BC may have availability.)
- Do your benefits cover treatment? Would you be willing to pay?



# 2

### A FNHA-FUNDED TREATMENT CENTRES IN BC:

- Offer cultural and land-based programming.
- Cultural supports on site, such as an Elder.
- Land-based healing.
- Fully funded by the FNHA.
- [Treatment Centres](#)

### B PROVINCIAL/PUBLIC FUNDED CENTRES:

- Locations throughout BC.
- Some provide specialized care for co-existing mental health conditions.
- Some may include cultural programming.
- For funding options, talk to your referral partner



# 3

### COMPLETE AND SUBMIT APPLICATIONS

Choose three to four centres and work with your referral partner to submit applications to all of them. This will help with waitlists that you may encounter.

### WHILE YOU WAIT FOR TREATMENT, FOCUS ON YOUR WELLNESS

- Reach out to loved ones for support. Connect with a friend/family member about what you need to stay safe.
- Connect with your community's mental health team, addictions worker, traditional and cultural supports, and/or peer support groups.
- Make a plan with the support of an addictions medicine doctor by connecting with [FNHA Virtual Substance Use and Psychiatry Service](#) (requires a referral).
- Consider talking with a counsellor while you wait. Find a counsellor through the [Mental Health Benefit](#).
- Work with your referral partner to choose some coping strategies.



# 4

# SUPPORTS AND RESOURCES

If you're not sure how to connect with a referral partner,  
or someone who can help, start with these options:

## **FNHA VIRTUAL DOCTOR OF THE DAY**

1-855-344-3800 (Toll-free, 7 days a week 8:30 a.m. to 4:30 p.m.)

[First Nations Virtual Doctor of the Day](#)

## **FNHA VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE**

Provides virtual specialist support in addictions medicine and psychiatry.

FNHA Virtual Doctor of the Day, or your usual medical professional, can refer you to the

[Virtual Substance Use and Psychiatry Service](#).

**To support your mental health and wellbeing, you can reach out to:**

## **KUU-US CRISIS LINE SOCIETY**

24 Hour Crisis Line for Indigenous people across BC

Adults/Elders Line: 250-723-4050

Youth line: 250-723-2040

Toll-free: 1-800-8717

## **INDIAN RESIDENTIAL SCHOOL CRISIS LINE**

National service for anyone experiencing pain or distress as a  
result of their residential school experience.

604-985-4464 or;

Toll-free crisis support (24/7)

1-800-721-0066

## **COUNSELLING**

Various services are available through the FNHA Health Benefits.

Before booking an appointment, call 1-855-550-5454 or visit

[fnha.ca/benefits](https://fnha.ca/benefits) to ensure the service is eligible for coverage.

To access cultural support and counselling support services, you can call the [Tsow-Tun Le Lum Society](#) toll-free line at 1-888-403-3123 or their main office at (250) 390-3123.

## **FURTHER RESOURCES**

[FNHA Harm Reduction](#)

[Provincial Substance Use Treatment Program for Adults](#)

[Registered Supportive Recovery Assisted Living Services in BC](#)

[Non-FNHA Treatment Centres Application Process](#)

For assistance navigating barriers, questions, or the Pathway to Treatment,  
contact [MHWPrograms@fnha.ca](mailto:MHWPrograms@fnha.ca) or call your community health centre.

## **ALL PATHS LEAD TO WELLNESS**



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