**Support Resources posted by the Indigenous Student Centre – May 28:**

**Community Resources:**

* First Nations Health Authority – [Mental Health Benefit](https://www.fnha.ca/benefits/mental-health)
* Indian Residential School Survivors Society – [24 Hour Crisis Line](https://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line)
* KUU-US Crisis Line Society – [24 Hour Crisis Line](https://www.healthlinkbc.ca/mental-health-substance-use/resources/kuu-us-crisis-line)
* Métis Nation BC – [Mental Health Services](https://www.healthlinkbc.ca/mental-health-substance-use/resources/kuu-us-crisis-line)

**Support Resources available for SFU Students:**

* **Connecting with an Indigenous Counsellor at SFU**

Book an appointment with Indigenous Cree Counsellor, Jennifer Reandy.  Email [isc\_well@sfu.ca](mailto:isc_well@sfu.ca) and ask to book with Jennifer, HCS Indigenous Counselor. Jennifer works **Tuesday to Friday from 9:30am to 3:30pm**.

* **Phone My SSP (Student Support Program) at 1-844-451-9700** and ask to book an appointment with an Indigenous Counsellor. Appointments with an Indigenous counsellor may be via phone or ask about in-person appointment options in the community. [You can also download the My SSP App and connect 24/7 with support.](https://www.sfu.ca/students/health/resources/my-ssp.html) All support through My SSP is free and confidential.
* **Call Health and Counselling Services at 778-782-4615** and ask to book a virtual appointment with a counsellor, Access Case Manager or Counsellor: **Monday – Friday** 9 **am – 4:30 pm**