

Indigenous Cultures...

ARE RESILIENT

Indigenous people have the answers within to deal with crises.

Despite lost lives, over 9,000 naloxone kits were used to save lives.

Many agencies work hard to protect our people and prevent overdoses.

Connect with our Traditional Ways and reach out to an Elder.

Indigenous Songs

are sung to grieve losses and lift up our spirits.

**Stay strong,
take action,
ask for help
when needed.**

Local Contact:



www.mvaec.ca

For More Information Please Contact:

In Metro Vancouver:

Vancouver Native Health Society Clinic:
449 E Hastings St. - **604-255-9766**

Vancouver Aboriginal Friendship Centre:
1607 E Hastings St. - **604-251-4844**

Fraser Region Aboriginal Friendship Center:
A101 - 10095 Whalley Blvd, Surrey -
604-595-1170

Urban Native Youth Health & Wellness Centre:
1618 E Hastings St. - **604-254-7732**

Lu'ma Medical Centre:
2970 Nanaimo St. - **604-558-8822**

KUU-US Crisis Line Support Service (24/7): First Nations and Aboriginal Specific Support **1-800-588-8717**

www.towardtheheart.com www.fnha.ca/overdose www.vch.ca/overdose
www.fraserhealth.ca/health-info/mental-health-substance-use/