

Mental Health Program

Supporting Nuu-chah-nulth people to achieve their full spiritual, mental, emotional, and physical potential. Helping families exercise full responsibility for the nurturing of all members & communities, to become healthy and self-sufficient.



Teechuktl Clinical Counselling

Our Clinical counsellors and Child and Youth Mental Health (CYMH) Counsellors travel into our Nuu-chah-nulth communities to provide one to one, family and Group Counselling. Our Counsellors implement culturally safe services that reflect NCN healing practices and western mainstream approaches.

Quu'asa Wellness Program

The Quu'asa program staff provide services to our NCN communities where individuals can receive one to one support as well as family support. Different family situations create a need for culture, ceremony and support to allow family to re-introduce Nuu-chah-nulth practices. Protocols are followed when conducting ceremonies, working together with communities.

Resolution Health Support Workers (RHSW)

Resolution health support workers work closely with the rest of the Teechuktl/Quu'asa Team and continue supporting survivors in filling applications and providing support to survivors and their families. They continue to inform survivors of existing resources and cultural healing support. The RHSW's also facilitate information sessions on Day School, Day Scholar and 60's scoop for our NCN members and when possible, for our members living away from home.

Murdered & Missing Indigenous Women, Girls, and 2 Spirit +

Our MMIWG2S+ Family Support Worker provides support to survivors, family members and those affected by the MMIWG2S+ issue. MMIWG2S+ family support worker helps individuals access appropriate mental wellness support services, and cultural support. MMIWG2S+ family support worker uses a community-based, holistic, and integrated approach to address the mental health problems affecting survivors, family members and those affected by the MMIWG2S+ issue.

Harm Reduction Team

Our harm reduction team uses a cultural wellness approach that meets clients where they are at without judgment. This team works collaboratively with other service providers in the area in order to support the health and well being of their clients. They provide Naloxone training and distribute it and other important harm reduction materials to community members.

Non-Insured Mental Health Benefits

Crisis Clinical Counselling is provided through the Non-Insured Health Benefits program for our Nuu-chah-nulth people living away from home.

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