



## Resources and Support For Indigenous People

The recent discovery of the remains of 215 children at the site of the former Kamloops Indian Residential School underscores the extent to which systemic racism and colonization have impacted Indigenous people. The unthinkable horror of hearing of these children buried in an unmarked grave, having been forcibly taken away from their families and loved ones fills us with great sorrow. Sadly, we also know it is not an isolated incident. While this has been sad discovery, it is not shocking. We know the impact of Canada's residential school system has caused trauma, pain and death for an unthinkable number of people, and has impacted subsequent generations as well. Canada's history of colonization, residential schools and racism must be acknowledged. As Dr. Bonnie Henry noted, this did not happen to the Indigenous people of our province, it was done to them as a result of racism and colonization. We renew our commitment to ensuring that nursing continues to learn from the experiences of Indigenous people, and we acknowledge that we must do better.

If you are need of support or would like to deepen your understanding and learning, please reach out to the resources listed below.

### Crisis and Help Lines:

#### Indian Residential School Survivors Society (IRSSS)

- 1-800-721-0066

#### BC Mental Health Line, 24/7

- 310-6789 (no area code)

#### Mental health and crisis support for Indigenous Peoples across Canada ,24/7

- 1-855-242-3310
- [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

#### Provincial Aboriginal Crisis Line, 24/7

- Children/Youth 250-723-2040
- Adults/Elders 250-723-4050
- Toll Free 1-800-588-8717
- [www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca)

#### Métis Crisis Line, 24/7

- 1-833-638-4722

#### National Indian Residential School Crisis Line: Provides support to former students and their families for emotional support and crisis services, 24/7

- Toll Free 1-866-925-4419

#### Foundry App, Youth aged 12-24, 24/7

- 1-833-308-6379
- <https://foundrybc.ca/virtual/>



## Resources and Literature:

Below is a list of resources, podcasts, videos and literature that may be of interest. We acknowledge that some of the stories may be triggering. With thanks to Fraser and Vancouver Coastal Health for their work in compiling many of the items on this list.

### Reports

- [In Plain Sight](#)
- [The Residential School System](#)
- [Truth and Reconciliation Commission reports](#)
- [CBC's 8<sup>th</sup> Fire Videos](#)

### NNPBC Briefs/Statements

- [NNPBC Board Statement Addressing the In Plain Sight Report](#)
- [Upholding the Truth and Reconciliation Recommendations](#)
- [COVID-19 and Racism Against Indigenous People](#)
- [NNPBC Commitment to Indigenous Health](#)
- [An Apology on Behalf of Nursing](#)

### Journals

- [Hidden Burdens: a Review of Intergenerational, Historical and Complex Trauma, Implications for Indigenous Families.](#) Journal Child Adolescent Trauma. 2018; 11:173–186.
- [The biological impacts of Indigenous residential school attendance on the next generation.](#) SSM Population Health. 2018 Dec 19; 7: 100343.
- [Intergenerational trauma isn't just another determinant of indigenous peoples' health.](#) Journal of Ethics in Mental Health. 2014; 9:1-7.
- [Suicide ideation and attempts among first nations peoples living on-reserve in Canada: The intergenerational and cumulative effects of Indian residential schools.](#) The Canadian Journal of Psychiatry. 2017; 62(6): 422-430.
- [Indian Residential Schools in Canada: Persistent Impacts on Aboriginal Students' Psychological Development and Functioning.](#) Canadian Psychology. 2019; Vol 60(2): 65-76.
- [Intergenerational Trauma: The Relationship Between Residential Schools and the Child Welfare System Among Young People Who Use Drugs in Vancouver, Canada.](#) J Adolescent Health. 2019 August ; 65(2): 248–254.
- [Residential schools and the effects on Indigenous health and well-being in Canada—a scoping review.](#) Public Health Rev. 2017; 38: 8.
- [The Interacting Axes of Environmental, Health, and Social Justice Cumulative Impacts: A Case Study of the Blueberry River First Nations.](#) Healthcare (Basel). 2016 Dec; 4(4): 78.
- [The intergenerational effects of Indian Residential Schools: Implications for the concept of historical trauma.](#) Transcultural Psychiatry. 2014; 51(3) 320–338.



### Podcasts/Videos

- [Telling Our Twisted Histories](#) (podcast)
- [Unreserved with Falen Johnson](#) (podcast)
- [The story of a separate and unequal Canadian health care system | CBC Radio](#) (podcast)
- [Historica Canada Residential Schools podcast series](#)
- [5 Tips for Being an Ally- You Tube](#)
- [A Coming Together of Health Systems: Traditional Practitioners- You Tube \(from Vancouver Coastal Health\)](#)

### Literature

- [Stolen from our embrace: the abduction of First Nations children and the restoration of aboriginal communities / 1997](#)
- [National crime: the Canadian government and the residential school system, 1879 to 1986 / 1999](#)
- [Shingwauk's vision: history of native residential schools / 1996](#)
- [They called me Number One: secrets and survival at an Indian residential school / 2013](#)