

**For Immediate Release | February 11, 2026**

## **Mental Health services available to support**

Interior Health's hearts and thoughts are with the Tumbler Ridge community following yesterday's heartbreaking tragedy.

Recognizing the widespread emotional impacts this tragic event may have on individuals across the Interior and beyond, Interior Health is asking that media share the following resources in their coverage where appropriate.

These services are available 24 hours a day, seven days a week, including holidays:

- Interior Crisis Line Network: 1-888-353-2273
- Suicide Crisis Helpline: 988
- KUU-US (Indigenous) Crisis Line: 1-800-588-8717
- Métis Crisis Line: 1-833-638-4722
- Kids Help Phone: 1-800-668-6868

People can also call 310-MHSU (6478) to reach your local Mental Health and Substance Use Centre for support in your community during business hours.

Find more mental health resources on our [public website here](#) and [here](#) (for youth focused services).

- 30 -

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations. This region is also home to 15 Chartered Métis Communities. It is with humility that we continue to strengthen our relationships with First Nation, Métis, and Inuit peoples across the Interior.