

Mental Health Resources

Talking or thinking about painful past experiences can trigger difficult thoughts or feelings. It can help to talk to a trusted person, such as a friend, family member or an Elder. You can also contact the toll free **Hope for Wellness Help Line** at **1-855-242-3310** or the **online chat** at hopeforwellness.ca open 24 hours a day, 7 days a week.

If you or someone you know are not able to stay safe, please seek help right away. Call **9-1-1** or go to the nearest **Nursing Station** or **Hospital Emergency Room**.

Other Crisis Lines

British Columbia

KUU-US Crisis Line: 1-800-588-8717
(First Nations and Indigenous specific)
310– Mental Health: 310-6789 (no area code)
Suicide Crisis Line: 1-800-784-2433

Yukon

Distress Support Line: 1-844-533-3030 (7 PM to 12 AM PST)

Northwest Territories

NWT Help Line: 1-800-661-0844

Nunavut and Nunavik

Nunavut Kamatsiaqtut Help Line: 867-979-3333
or 1-800-265-3333

Alberta

Mental Health Help Line: 1-877-303-2642

Saskatchewan

24 Hour Crisis Line: 1-800-611-6349

Manitoba

Manitoba Suicide Prevention and Support Line:
1-877-435-7170

Ontario

Talk 4 Healing: 1-855-554-HEAL (4325)
(Indigenous Women specific)
Mental Health Helpline: 1-866-531-2600

Québec

Prévention de Suicide et Soutien: 1-833-456-4566 /
Text: 45645
le Centre de prévention du suicide de Québec
(CPSQ):
1-866-APPELLE (277-3553)

Newfoundland

Mental Health Crisis Line: 1-888-737-4668 or 709-737-4668

Nova Scotia

Mental Health Mobile Crisis Line: 902-429-8167 or
1-888-429-8167

New Brunswick

Chimo Helpline: 1-800-667-5005

PEI

The Island Helpline: 1-800-218-2885

Non-Insured Health Benefits (NIHB) Mental Health Counselling Benefit

The NIHB Mental Health Counselling benefit provides NIHB eligible clients with coverage for professional mental health counselling to complement other mental wellness services that may be available. Registered First Nations and recognized Inuit are NIHB eligible clients.

To find an eligible service provider or to find out more information, contact the Indigenous Services Canada (ISC) First Nations and Inuit Health Branch Office in your region.

ISC Alberta
(including Inuit in B.C.)
1-800-232-7301

ISC Saskatchewan
1-866-885-3933

ISC Manitoba
1-800-665-8507

ISC Ontario
1-800-640-0642

ISC Québec
1-877-583-2965

ISC Atlantic
1-800-565-3294

ISC Northern Region (NWT & Nunavut)
1-888-332-9222

ISC Northern Region (Yukon)
1-866-362-6717

In British Columbia, contact the **British Columbia First Nations Health Authority** at 1-855-550-5454

Community Support Services

Most First Nations and Inuit communities have mental health, cultural support and wellness workers that are available to provide support.

Contact your Nursing Station, Health Centre or community office where you can get information about the mental health and cultural support services that are available in your community.

In urban areas, mental health and cultural support can often be accessed through a local friendship centre or provincial health providers.

Additional Non-Crisis Health Related Resources

National Association of Friendship Centres

Tel: 613-563-4844
<https://nafc.ca>

Assembly of First Nations

Tel: 613-241-6789
<https://www.afn.ca>

Native Women's Association

Tel: 1-800-461-4043
<https://www.nwac.ca>

Inuit Tapiriit Kanatami

Tel: 1-866-262-8181
www.itk.ca

Pauktuutit

Tel: 1-800-667-0749
<https://www.pauktuutit.ca>

Métis Nation

Tel: 800-928-6330

National Collaborating Centre for Indigenous Health

Tel: 250-960-5250
<https://www.nccih.ca>

First Nations Health Authority (B.C.)

Tel: 604-693-6500
<https://www.fnha.ca>

British Columbia Office of Indigenous Health

Tel: 250- 952-3151

Yukon Health—Mental Wellness

Tel: 1-866-456-3838 or 8-1-1

Northwest Territories Health and Social Services—Mental Health

Tel: 867-767-9061

Nunavut Department of Health

Tel: 867-975-5700

Iqaluit Mental Health

Tel: 1-867-975-5999

Alberta Health Services—Indigenous Health Program

Tel: 403-943-1211 or 8-1-1

Saskatchewan Health Authority First Nation and Métis Health Services

Tel: 306-655-0518 or
306-655-0166 or 8-1-1

Northern Health Region—Manitoba

Tel: 204-687-1300 or
888-340-6742

Winnipeg Regional Health Authority Indigenous Health

Tel: 1-877-940-8880

ConnexOntario

Tel: 1-866-531-2600

Telehealth Ontario

Tel: 1-866-797-0000
TTY: 1-866-797-0007

Régie de L'assurance maladie Québec

Tel: 1-800-561-9749 or 8-1-1

Newfoundland and Labrador Regional Health Authorities Mental Health Systems Navigator

Tel: 1-877-999-7589 or 8-1-1

Department of Health New Brunswick

Tel: 506-457-4800 or 8-1-1

Nova Scotia Health Authority Mental Health and Addictions Intake Services

Tel: 1-855-922-1122

Health PEI

Tel: 902-368-6130 or 8-1-1

Canadian Mental Health Commission

Tel: 613-683-3755

Centre for Addiction and Mental Health

Tel: 416-535-8501 or
1-800-463-2338

ISC Public Enquiries Contact Centre

Tel: 1-800-567-9604