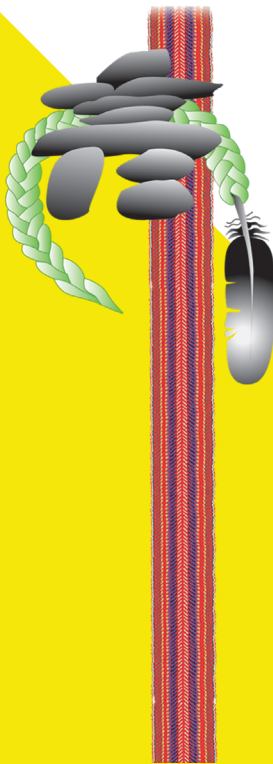
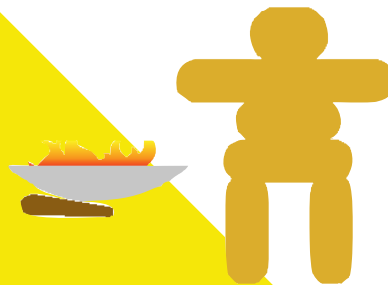


# Indigenous Mental Health Resources Guide

National Services and Supports for Indigenous  
Peoples (First Nations, Inuit, Métis)



*Legacy  
of Hope  
Foundation*



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# Financial Support

- Non-Insured Health Benefits Program (NIHB)

<p><b>What?</b></p>	<p>Coverage for a range of health benefits not covered through other social programs, private insurance plans, or provincial/territorial health insurance</p> <p>It offers reimbursements in the following domains:</p> <ul style="list-style-type: none"> <li>• <b>Dental Coverage.</b></li> <li>• <b>Pharmacy.</b></li> <li>• <b>Medical Supplies.</b></li> <li>• <b>Vision Care.</b></li> <li>• <b>Mental Health Counselling.</b></li> </ul> <p>The program continues to provide benefits and service during the COVID-19 pandemic, and offers specific support regarding quarantining and isolation*.</p>
<p><b>Who is eligible?</b></p>	<p>Must be a resident of Canada, and one of the following:</p> <ul style="list-style-type: none"> <li>• <b>A First Nations person who is registered under the Indian Act (commonly referred to as a status Indian).</b></li> <li>• <b>An Inuk recognized by an Inuit land claim organization.</b></li> <li>• <b>A child less than 18 months old whose parent is a registered First Nations person or a recognized Inuk.</b></li> </ul>
<p><b>How to benefit from it?</b></p>	<p>Contact the NIHB Call Centre at Express Scripts Canada at 1-888 441-4777 (from Monday to Friday between 6.30 a.m. and 8.30 p.m. EST) to verify benefit coverage before making the purchase or receiving the service.</p> <p>There are three ways to submit a client reimbursement requests:</p> <ul style="list-style-type: none"> <li>• By mail: complete the NIHB Client Reimbursement Form** online, or print it out, then submit the completed and signed form along with all receipts and supporting documents to <b>1-888 249-6098</b>.</li> <li>• By fax: complete the NIHB Client Reimbursement Form** online, or print it out, then submit the completed and signed form along with all receipts and supporting documents to the benefit mailing address***.</li> <li>• Online: through your new NIHB client web account: following this link: <a href="https://nihb.express-scripts.ca/NIHBProvider/createAccount?option=create&amp;type=client">https://nihb.express-scripts.ca/NIHBProvider/createAccount?option=create&amp;type=client</a>.</li> </ul>

\*The list of services offered by NIHB programs during the pandemic is available in a PDF format, in the folder “Financial support,” “NIHB,” under the title “NIHB Q&A Regarding COVID-19”.

\*\*The NIHB Client Reimbursement form is available in a PDF format, in the folder “Financial support,” “NIHB,” under the title “NIHB Client Reimbursement Form”.

\*\*\*The list of benefit mailing addresses is available in a PDF format, in the folder “Financial support,” “NIHB,” under the title “NIHB List of Benefit Mailing Addresses”.

For more information, visit the following websites:

<https://www.sac-isc.gc.ca/eng/1576790320164/1576790364553>

<https://nihb.express-scripts.ca/NIHBProvider/home/en>

• Jordan’s Principle

<p><b>What?</b></p>	<p>Jordan’s Principle responds to unmet needs of First Nations children no matter where they live in Canada. Funding can help with a wide range of health, social and educational needs, including the unique needs that First Nations Two-Spirit and LGBTQQIA children and youth and those with disabilities may have.</p> <p>Some examples of what can be found include :</p> <ul style="list-style-type: none"> <li>• <b>Health Services.</b></li> <li>• <b>Social Services.</b></li> <li>• <b>Educational Services.</b></li> </ul>
<p><b>Who is eligible?</b></p>	<p>Children must be permanent residents of Canada and meet one of the following criteria :</p> <ul style="list-style-type: none"> <li>• <b>Is registered or eligible to be registered under the Indian Act.</b></li> <li>• <b>Has one parent or guardian who is registered or eligible to be registered under the Indian Act.</b></li> <li>• <b>Is recognized by their nation for the purposes of Jordan’s Principle.</b></li> <li>• <b>Is ordinarily resident on reserve.</b></li> </ul> <p>A request for a child or children in the same family or with the same guardian can be submitted by:</p> <ul style="list-style-type: none"> <li>• <b>A parent or guardian of a First Nations or Indigenous child who ordinarily resides on reserve.</b></li> <li>• <b>A First Nations, or Indigenous child who ordinarily resides on reserve, at the age of consent in their province or territory of residence. A child at the age of consent can make decisions on their own about the care they need. Age of consent varies by province or territory.</b></li> <li>• <b>An authorized representative of the child, parent or guardian, with written or verbal consent must be provided by the parent or guardian.</b></li> </ul> <p>A request for a group of children from multiple families or guardians can be submitted by:</p> <ul style="list-style-type: none"> <li>• <b>A parent or guardian of First Nations children who ordinarily reside on reserve.</b></li> <li>• <b>A community or Tribal Council.</b></li> <li>• <b>A community organization or institution.</b></li> <li>• <b>A service coordinator, navigator or case manager.</b></li> </ul>
<p><b>How to benefit from it?</b></p>	<p>Contact either the 24/7 <b>National Call Centre at 1-855-572-4453</b>; or</p> <p>Reach a regional focal point* to start your request for funding, send your request, or get a reimbursement form.</p>

\*The list of regional focal points per province is available in a PDF format in the folder “Financial Support,” “Jordan’s Principle & Inuit Children First Initiative,” under the title “Regional Focal Points’ List”.

For more information, visit:

<https://www.sac-isc.gc.ca/eng/1568396296543/1582657596387#repres>

• Supporting Inuit Children

<p><b>What?</b></p>	<p>The Inuit Child First Initiative ensures Inuit children have access to the essential government funded health, social and educational products, services and supports they need, when they need them.</p> <p>Some examples of what can be funded include:</p> <ul style="list-style-type: none"> <li>• <b>Health services.</b></li> <li>• <b>Social services.</b></li> <li>• <b>Educational services.</b></li> </ul>
<p><b>Who is eligible?</b></p>	<p>All Inuit children, no matter where they live in Canada, can request funding through the Inuit Child First Initiative. They must be:</p> <ul style="list-style-type: none"> <li>• <b>Recognized by an Inuit land claim organization; and</b></li> <li>• <b>Under the age of majority in their province/territory of residence.</b></li> </ul> <p>Requests can be submitted by:</p> <ul style="list-style-type: none"> <li>• <b>Parents or guardians caring for a dependent Inuk child.</b></li> <li>• <b>An Inuk child above 16 years of age for themselves.</b></li> <li>• <b>An authorized representative of the child, parent or guardian (written or verbal consent must be provided by the parent or guardian).</b></li> </ul> <p>A request for a group of children with similar needs from multiple families or guardians can be submitted by a community or a service provider.</p>
<p><b>How to benefit from it?</b></p>	<p>Contact either the 24/7 call centre at:</p> <ul style="list-style-type: none"> <li>• Jordan’s Principle Call Centre: <b>1-855-JP-CHILD (1-855-572-4453)</b>; or</li> <li>• Teletypewriter: <b>1-866-553-0554</b>; or</li> </ul> <p>Reach a regional focal point* to start your request for funding under Jordan’s principles, send your request, or get a reimbursement form.</p>

\*The list of regional focal points per province is available in a PDF format in the folder “Financial Support,” “Jordan’s Principle & Inuit Children First Initiative,” under the title “Regional Focal Points’ list”.

For more information, visit:

<https://www.sac-isc.gc.ca/eng/1536348095773/1536348148664>

• Public Health Support for First Nations and Inuit Communities During COVID-19

<p><b>What?</b></p>	<p>Indigenous Services Canada (ISC) works with Indigenous communities in the provinces to support the public health response to COVID-19. Expenses that may be supported include costs related to:</p> <ul style="list-style-type: none"> <li>• <b>Supplies and storage.</b></li> <li>• <b>Surge health infrastructure .</b></li> <li>• <b>Staffing and surge capacity.</b></li> <li>• <b>Mental health and wellbeing.</b></li> <li>• <b>Food security to support physical isolation.</b></li> <li>• <b>Supports to update, review or activate pandemic response plans.</b></li> </ul>
<p><b>Who is eligible?</b></p>	<p>First Nations communities and organizations that deliver community-based services in response to COVID-19 public health needs.</p> <p>In case of outbreaks, this funding can be accessed for surge capacity and additional support for similar services in First Nations, Inuit and Métis communities.</p>
<p><b>How to benefit from it?</b></p>	<p>Elaborate a request including the following information :</p> <ul style="list-style-type: none"> <li>• Cost and quantity; and</li> <li>• Brief description of the item or service and the essential function it provides to the community in reducing the spread of COVID-19, or to respond to cases in your community.</li> </ul> <p>Submit your request to your First Nations and Inuit health regional office*.</p>

\*The list of regional offices is available in a PDF format in the folder “Financial Support;” “Public Health Support;” under the title “First Nations and Inuit Health Regional Offices”.

For more information, visit:

<https://www.sac-isc.gc.ca/eng/1584819394157/1584819418553>

# Mental Health Services

- Indian Residential Schools Resolution Health Support Program

<p><b>What?</b></p>	<p>The Indian Residential Schools Resolution Health Support Program provides mental health, emotional and cultural support services to eligible former Indian Residential School students and their families throughout all phases of the Indian Residential School Settlement Agreement, including:</p> <ul style="list-style-type: none"> <li>• <b>Common Experience Payments (CEP).</b></li> <li>• <b>Independent Assessment Process (IAP).</b></li> <li>• <b>Truth and Reconciliation Commission (TRC) events.</b></li> <li>• <b>Commemorative Activities.</b></li> </ul> <p>Some examples of services that can be offered include:</p> <ul style="list-style-type: none"> <li>• <b>Cultural Support.</b></li> <li>• <b>Emotional Support.</b></li> <li>• <b>Professional Counselling.</b></li> <li>• <b>Transportation.</b></li> </ul> <p>Thinking about how Residential School affected you can lead to positive or negative thoughts or memories. The brochure Coping with Emotional Reactions* is designed to help you recognize the reactions you may have.</p>
<p><b>Who is eligible?</b></p>	<p>All former Indian Residential School students, regardless of the individual's status or place of residence within Canada, who attended an Indian Residential School listed in the 2006 Indian Residential Schools Settlement Agreement, are eligible to receive services from the Resolution Health Support Program.</p> <p>In recognition of the intergenerational impacts that the Indian Residential Schools had on families, Resolution Health Support Program services are also available to family members of former Indian Residential Schools students. The family of former students is defined as:</p> <ul style="list-style-type: none"> <li>• <b>Spouse or partner.</b></li> <li>• <b>Those raised by or raised in the household of a former Indian Residential School student.</b></li> <li>• <b>Any relation who has experienced effects of intergenerational trauma associated with a family member's time at an Indian Residential School.</b></li> </ul>
<p><b>How to benefit from it?</b></p>	<p>In order to access health support, call the Resolution Health Support Program regional office in your province or territory**.</p>

\*The brochure is available in a PDF format in the folder "Mental Health Services," "Indian Residential Schools Resolution Health Support Program," under the title "Coping with Emotional Reactions".

\*\*The list of regional offices is available in a PDF format in the folder "Mental Health Services," "Indian Residential Schools Resolution Health Support Program," under the title "First Nations and Inuit Health Regional Offices".

For more information, visit:

<https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

- ACCESS Open Minds

<p><b>What?</b></p>	<p>ACCESS Open Minds is a service that exists to help individuals with all their mental health needs.</p> <p>Indigenous Council members lead ACCESS Open Minds' efforts to shift youth mental health service delivery towards more culturally competent care that is anchored in youth's resiliency. The Council provides a unique space for Elders, youth, and site leads from Elsipogtog First Nation (New Brunswick), Eskasoni First Nation (Nova Scotia), Aaschihkuwaataauch (Mistissini, Québec), Sturgeon Lake First Nation (Saskatchewan), Purvirnituk (Nunavik, Québec), and Ulukhaktok (Inuvialuit Settlement Region, Northwest Territories) with the aim of knowledge sharing.</p> <p>ACCESS Open Minds can:</p> <ul style="list-style-type: none"> <li>• <b>Help you get an initial mental health assessment within 72 hours of requesting one.</b></li> <li>• <b>Meet with you during the day or evening at the place of your choosing.</b></li> <li>• <b>Guide you to mental health services.</b></li> <li>• <b>Help draw up a treatment plan for you and with you.</b></li> <li>• <b>Provide continuous services and regular follow-up.</b></li> </ul>
<p><b>Who is eligible?</b></p>	<p>Anyone can access to their services.</p>
<p><b>How to benefit from it?</b></p>	<p>Toll-free: <b>1-833-761-6131</b>; or</p> <p>Visit the website: <a href="https://accessopenminds.ca">https://accessopenminds.ca</a></p>

- NAMHR Mental Health Programs for Indigenous Peoples in Canada

This online database describes existing mental health promotion, prevention and intervention programs and models for Aboriginal Peoples in Canada. The database was developed through a scan conducted for Health Canada and is presented here with their permission. The database will be maintained by the Network for Aboriginal Mental Health Research with support from Health Canada and updated periodically.

If you have more questions or can not access the database, please contact Antonella Clerici at: [antonella.clerici@mail.mcgill.ca](mailto:antonella.clerici@mail.mcgill.ca), or:

NETWORK FOR ABORIGINAL MENTAL HEALTH RESEARCH  
 c/o Culture and Mental Health Research Unit  
 Jewish General Hospital  
 4333 chemin de la Cote Ste-Catherine  
 Montreal, Quebec H3T 1E4

For more information, visit:

<http://www.namhr.ca/mental-health-programs/>



- Healing in Colour

This online directory offers a list of BIPOC therapists available per province/region of Canada and providers. Note that the only way to contact the service is through their website.

For more information, visit:

<https://www.healingincolour.com/directory>

## Help-Lines

- Hope for Wellness Help Line

<p><b>What?</b></p>	<p>The Hope for Wellness Help Line offers immediate help to all Indigenous Peoples across Canada. It is available 24 hours a day, 7 days a week to offer:</p> <ul style="list-style-type: none"> <li>• <b>Counselling.</b></li> <li>• <b>Crisis intervention.</b></li> </ul>
<p><b>Who is eligible?</b></p>	<p>All Indigenous Peoples of Canada. Telephone and online counselling are available in:</p> <ul style="list-style-type: none"> <li>• <b>Cree.</b></li> <li>• <b>Ojibway.</b></li> <li>• <b>Inuktitut.</b></li> <li>• <b>English.</b></li> <li>• <b>French.</b></li> </ul>
<p><b>How to benefit from it?</b></p>	<p>Call the toll-free Help-Line at: <b>1-855-242-3310</b>; or Connect to the online chat at: <a href="https://www.hopeforwellness.ca">hopeforwellness.ca</a></p>

For more information, visit:

<https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

• NWAC Elder Support Line

<b>What?</b>	The Native Women Association of Canada (NWAC)'s team of in-house Elders are here to support you during this time of crisis, offering support and building resiliency.
<b>Who is eligible?</b>	All Indigenous Peoples of Canada are eligible.
<b>How to benefit from it?</b>	Toll-free: <b>1-888-664-7808</b> , available Monday-Friday from 9-11 AM EST and 1-3 PM EST.

For more information, visit:

<https://www.nwac.ca/covid19-support/>

• Talk for Healing

<b>What?</b>	Talk for Healing is a culturally grounded, fully confidential Help-Line for Indigenous women available in 14 languages.
<b>Who is eligible?</b>	Indigenous women. Telephone and online counselling are available in: <ul style="list-style-type: none"> <li>• Cree.</li> <li>• Ojibway.</li> <li>• Oji-Cree.</li> <li>• English.</li> <li>• French.</li> </ul>
<b>How to benefit from it?</b>	Call <b>1-855-554-HEAL</b> Or chat online following that link <a href="http://www.talk4healing.com/live-chat/">http://www.talk4healing.com/live-chat/</a>

For more information, visit:

<http://www.talk4healing.com>

- MMIW Crisis-Line

<b>What?</b>	Provides 24/7 support to family, friends and community members who are being impacted by the loss of a missing or murdered Indigenous woman, girl or Two-spirit person.
<b>Who is eligible?</b>	All Indigenous Peoples of Canada. Telephone and online counselling are available in: <ul style="list-style-type: none"> <li>• <b>English.</b></li> <li>• <b>French.</b></li> </ul>
<b>How to benefit from it?</b>	Call the toll-free Help-Line at : 1-855-242-3310, or connect to the online chat at : <a href="https://www.hopeforwellness.ca">hopeforwellness.ca</a>

For more information, visit:

<https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

## Resources, Toolkits and Cultural Videos

### Resources

- First Peoples Wellness Circle - Informative Sheets

The First Peoples Wellness Circle (PWC) has its roots in the good work and legacy of the Native Mental Health Association of Canada (NMHAC) that was led by pioneers in the area of Indigenous Mental Health including the founding father Dr. Clare Brant, Joan Glode, Dr. Marlene Brant-Castellano, Dr. William (Bill) Mussell and Robert Allen. It exists to promote wellness based on traditions and cultures that support healing and wellness, and offers several sheets on topic regarding Indigenous mental health during COVID-19, on topics such as :

- **Domestic Violence.\***
- **Funerals and Wakes.\***
- **Virtual Care and Support.\***
- **Tips for Providing Virtual Care and Support.\***
- **For Community.\***
- **For Parents and Children.\***
- **For Elders and Seniors.\***
- **For Health Professionals.\***
- **Links and Information.\***

\*The sheets are available in a PDF format in the folder "Resources and Toolkits," "Resources," "First Peoples Wellness Circle," under their respective titles as mentioned above.

For more information, visit:

<https://www.fpwc.ca/covis-19-resources>

- Resources for Substance Use Disorders During COVID-19

The Thunderbird Foundation is committed to provide culturally-grounded and strength-based supports for First Nations during COVID-19. It offers a fact sheet\* for online resources for substance use disorders during the pandemic.

\*The fact sheet is available in a PDF format in the folder “Resources and toolkits,” “Resources,” under the title “Resources for Substance Use Disorders during COVID-19”.

For more information, visit:

**<https://thunderbirdpf.org/online-resources-for-substance-use-disorders-during-covid-19/>**

- Self-care and Resilience During COVID-19

The Mental health commission of Canada (MHCC) has also developed a Self-Care and Resilience Guide\* which aim at individuals to map out how and when to use certain given self-care practices and resilience building strategies, in regard with mental health and COVID-19.

\*This guide is available in a PDF format in the folder “Resources and Toolkits,” “Resources,” under the title “Self-Care and Resilience Guide”.

- Connection With the Family, Supporting Indigenous Youth

The Canadian Red Cross developed the 21 Days of Hope\* and 21 Days of Caring\* guides, which offer tips and activities to help individuals navigate through the uncertainty of these changing times during the pandemic.

\*The two guides are available in a PDF format in the folder “Resources and Toolkits,” “Resources,” under the respective titles “21 Days of Hope” and “21 Days of Caring”.

For more information, visit:

**<https://www.redcross.ca/how-we-help/current-emergency-responses/covid-19---novel-coronavirus/resources-for-indigenous-communities/covid-19-resources-for-indigenous-youth>**

## Toolkits

- Suicide Prevention Resource Toolkit for First Nations, Inuit and Métis Communities

This toolkit\* is offered by the Centre for Suicide Prevention, and explores the effects of colonization on stress and marginalization amongst the Indigenous population. It also addresses the protective and risk factors of suicide.

\*The toolkit is available in a PDF format in the folder “Resources and Toolkits,” under the title “Suicide Prevention Resource Toolkit”.

- Support Regarding Suicide

The Mental Health Commission of Canada (MHCC) has developed two toolkits to support people who have been impacted by suicide:

- ***One toolkit is tailored for people who have been impacted by a suicide loss\*;*** and
- ***The other is focused on resources for people who have been impacted by a suicide attempt.\*\****

\*The toolkit is available in a PDF format in the folder “Resources and Toolkits,” “Toolkits,” under the title “Toolkit for People Who Have Been Impacted by a Suicide Loss”.

\*\*The toolkit is available in a PDF format in the folder “Resources and Toolkits,” “Toolkits,” under the title “Toolkit for People Who Have Been Impacted by a Suicide Attempt”.

- Online Toolkit for Community Leaders: Strengthening Community Resilience During the COVID-19 Pandemic

The Canadian Red Cross offers an online Toolkit for Indigenous Community Leaders. It can be used to access information and guidance on planning for health emergencies, referrals, and community wellness and protection tools to help support your community in the face of COVID-19.

To acquire it, one can contact the Canadian Red Cross via this email address : **[IndigenousProgramsHELP-DESK@redcross.ca](mailto:IndigenousProgramsHELP-DESK@redcross.ca)**, or call their virtual support team at **1-833-937-1597** between 8 am and 8 pm (Central Standard Time).

For more information, visit:

**<https://www.redcross.ca/how-we-help/current-emergency-responses/covid-19---novel-coronavirus/resources-for-indigenous-communities/online-toolkit-for-community-leaders>**

- COVID-19 Toolkit : Indigenous Health and Wellness

Communities, organizations, and clinical teams are working collaboratively to create new or adapt existing health services during the COVID-19 outbreak. Accreditation Canada (AC) and Health Standards Organization (HSO) have developed this guide\* to support First Nations and Indigenous Health Service organizations in urban, rural and remote areas across Canada in responding to COVID-19. It reflects actionable criteria found in HSO standards and acknowledges the importance of cultural support.

\*The guide is available in a PDF format in the folder "Resources and Toolkits," "Toolkits," under the title "COVID-19 Toolkit : Indigenous Health and Wellness".

## **Videos**

- A Day in the Life of the Powwow Family

\*This video is available in the folder "Resources and Toolkits," "Videos," under the title "A Day in the Life of the PowWow Family".

- David Makes a Powwow Drum

\*This video is available in the folder "Resources and Toolkits," "Videos," under the title "David Makes a PowWow Drum".

- Hand Drum Making With Dave 2020

\*This video is available in the folder "Resources and Toolkits," "Videos," under the title "Hand Drum Making with Dave 2020".

- Identifying Wintergreen & Making Tea With Dave

\*This video is available in the folder "Resources and Toolkits," "Videos," under the title "Identifying Wintergreen & Making Tea with Dave".

- Snaring Rabbits With Dave

\*This video is available in the folder "Resources and Toolkits," "Videos," under the title "Snaring Rabbits with Dave".

- David Finkle's Music 'Bittersweet'

\*This video is available in the folder "Resources and Toolkits," "Videos," under the title "David Finkle's Music 'Bittersweet'".

- David Finkle's Music 'Subzero'

\*This video is available in the folder "Resources and Toolkits," "Videos," under the title "David Finkle's Music 'Subzero'".

- David Finkle's Music 'Winter's Bounty'

\*This video is available in the folder "Resources and Toolkits," "Videos," under the title "David Finkle's Music 'Winter's Bounty'".