

Indigenous Mental Health Resources Guide

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



*Legacy
of Hope
Foundation*

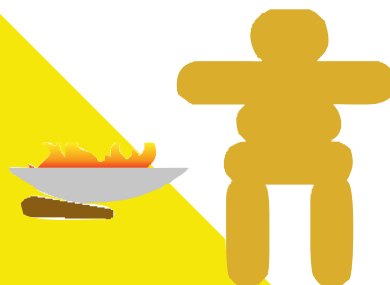


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British Columbia

Programs, Services and Facilities

• Mental Health Benefit

What?	<p>Health Benefits partners with Indigenous Services Canada to offer a comprehensive mental health plan to First Nations in BC.</p> <p>Your plan covers counselling services from a qualified mental health provider, including psychologists, clinical counsellors and social workers.</p> <p>Your plan will cover as many hours of counselling as you and your provider determine you need.</p> <p>Your plan covers counselling services from a mental health provider who is registered with Health Benefits. You can find a registered mental health provider on the Health Benefits Mental Health Provider List*.</p>
Who is eligible?	<p>Any status Indian residing in British Columbia.</p> <p>Even if you do not have status, you may be eligible for mental health coverage through one of the specialized mental health programs funded by Indigenous Services Canada.</p> <p>You may be eligible if you are a former student, or are a family member of a former student, who attended a residential school listed in the 2006 Indian Residential Schools Settlement Agreement. You may also be eligible if you are experiencing trauma or distress stemming from missing and murdered Indigenous women and girls in Canada.</p>
How to benefit from it?	<p>You must see a provider who is registered with the Health Benefits Program to receive coverage for your counselling services. You can find a registered mental health provider on the Health Benefits Mental Health Provider List*.</p> <p>If you need travel assistance to access counselling, please contact the IRS Program (email: IRS.travel@fnha.ca; phone: 1-877-477-0775).</p> <p>If you prefer virtual appointments, talk to your provider about Telehealth options. See the Telehealth for Mental Health poster**.</p> <ol style="list-style-type: none">1. Tell your provider that you have coverage through the Health Benefits Program when scheduling your first appointment.2. Your first appointment is about determining if the provider is the right fit for you. You can change to another registered provider at any time.3. Cancel your appointment ahead of time if you can no longer make it. Health Benefits does not pay for missed appointments and your provider may charge you for the cost of your appointment if you do not show up. <p>If you have any questions about your mental health plan, how to access coverage, or why a claim was denied, call Health Benefits at 1-855-550-5454.</p>

*This list is available in a PDF format in the folder "BC", "Programs, services and facilities", "Mental Health Benefit", under the title "Health Benefits Mental Health Provider List".

**This poster is available in a PDF format in the folder "BC", "Programs, services and facilities", "Mental Health Benefit", under the title "Telehealth for Mental Health".

For more information, visit:

<https://www.fnha.ca/benefits/mental-health>

• BounceBack

<p>What?</p>	<p>A free, evidence-based program offered by the Canadian Mental Health Association, designed to help adults and youth experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.</p> <p>The program can be delivered in three ways:</p> <ul style="list-style-type: none"> • BounceBack Coaching. A trained BounceBack® coach will help you learn skills to improve your mental health in up to six telephone sessions over three to six months. Your coach will help keep you on track and offer support as you work through the program materials. You design your own program by selecting materials from 20 different modules. • BounceBack Online. Access 20 modules that include workbooks, interactive worksheets and videos designed to help you overcome low-mood and worry. Set your own schedule and get the tools you need to help yourself. • BounceBack Today Video. The videos will provide you with practical tips on managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living.
<p>Who is eligible?</p>	<p>For BounceBack Coaching:</p> <ul style="list-style-type: none"> • 15 years of age or older. • Currently living in BC. • Already connected to a primary care provider (physician or nurse) or psychiatrist. • Not at risk of harming self or others. • Are not diagnosed with a personality disorder. • Have not had a manic episode or psychosis in the last 6 months. • Capable of engaging with and concentrating on materials. • Not significantly misusing drugs or alcohol to the extent that it would impact engagement in CBT treatment. <p>For BounceBack Online and BounceBack Today Video:</p> <ul style="list-style-type: none"> • Currently living in BC, Ontario or Manitoba.
<p>How to benefit from it?</p>	<p>For BounceBack Coaching:</p> <p>Complete this online form, https://bounceback.inputhealth.com/ereferral#. For more information, contact an Access Virtual Care Coordinator at 1-888-547-5574 Or book an appointment online (https://accessvirtual.ca/british-columbia/en/)</p> <p>For BounceBack Online:</p> <p>Register online at https://online.bouncebackonline.ca</p> <p>For BounceBack Today video :</p> <p>Enter your email address and the code bbtodaybc at https://www.bouncebackvideo.ca</p> <p>For more information, contact 1-(866)-639 0522, or bounceback@cmha.bc.ca</p>

For more information, visit:

<https://bouncebackbc.ca/what-is-bounceback/>

• Confident Parents: Thriving Kids

<p>What?</p>	<p>Confident Parents: Thriving Kids has two program streams offered by the Canadian Mental Health Association to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges. Behaviour challenges may include uncooperative or disruptive behaviour, aggression or defiance. Sometimes anxiety can look similar, but the behaviours only appear in certain situations – such as getting ready for school or going to bed. When children are feeling anxious, they may seem restless, agitated, withdrawn or tearful, complain of stomach aches or have trouble falling asleep.</p> <p>CMHA is working with an Indigenous Reference Group to develop a Confident Parents: Thriving Kids – Anxiety program to meet the needs of Indigenous families across BC, launching in early 2020. The content and delivery will be culturally grounded in Indigenous perspectives. The program will take into consideration cultural contexts for anxiety in Indigenous children such as identity/belonging, separation from loved ones and land, racism and intergenerational trauma related to colonialism, and factors such as poverty and lack of infrastructure that can create stress for Indigenous children.</p>
<p>Who is eligible?</p>	<ul style="list-style-type: none"> • Resident of British Columbia. • Child between the ages 3 and 12 years. • Child show signs of excessive anxiety, fears or worry OR engage in disruptive behaviours that get in the way of their everyday life.
<p>How to benefit from it?</p>	<p>Confident Parents: Thriving Kids is available through referral from a health care provider, including family doctors or pediatricians. They can also help determine whether the anxiety or behaviour program is the best fit for your family.</p> <p>The anxiety program is also available through referral from a Child and Youth Mental Health clinician (CYMH or ACYMH), psychologist, teacher, school counsellor or early childhood educator.</p> <p>For more information regarding the anxiety program, email cptk.anxiety@cmha.bc.ca</p> <p>For more information regarding the behaviour program, email confidentparents@cmha.bc.ca</p> <p>For more general inquiries, write to info@cmha.bc.ca</p>

For more information, visit:

[**https://welcome.cmhacptk.ca**](https://welcome.cmhacptk.ca)

• Kuu-Us Crisis Response Services

<p>What?</p>	<p>First Nations and Aboriginal specific crisis line available 24/7, regardless of where individuals reside in BC.</p> <p>KUU-US services are for First Nations, by First Nations and all crisis response personnel are certified and trained in Indigenous cultural safety and therefore bring an understanding of First Nations history and trauma from the residential school to their roles. Last year, KUU-US helped over 10,000 individuals with mental health issues and crises related to residential school, child welfare, addiction, health concerns, divorce/separation, suicide ideation/survivorship, grief/loss, crime, abuse, peer pressure and financial distress.</p>
<p>Who is eligible?</p>	<p>First Nations living in BC.</p>
<p>How to benefit from it?</p>	<p>Call:</p> <p>Toll-free: 1-800-588-8717</p> <p>Youth Line: 250-723-2040</p> <p>Adult Line: 250-723-4050</p>

• Native Youth Health & Wellness Centre

<p>What?</p>	<p>UNYA's Native Youth Health and Wellness Centre (NYHWC) is a youth clinic providing culturally-relevant, welcoming, accessible health and wellness services to Indigenous youth from ages 12 to 30.</p> <p>Our youth clinic is a safe, accessible health centre, where you can feel comfortable accessing services and programs that support your physical, mental, emotional, and spiritual health. At the Native Youth Health and Wellness Centre, you can access the services and support of our Nurse Practitioner, Clinical Counsellors, Elders, and Registered Midwives.</p> <p>Our approach to health and wellness includes both Indigenous and western perspectives and knowledge. We care for your overall wellbeing in a way that is youth and family-centred, that focuses on your strengths, and that takes into account the effects of trauma.</p> <p>We continue to seek new partnerships, to bring in health professionals who are interested in working together to provide welcoming, safe, and culturally-relevant services.</p>
<p>Who is eligible?</p>	<p>First Nations, Métis and Inuit residing in BC.</p>
<p>How to benefit from it?</p>	<p>All services, programming, and resources at our youth clinic are free.</p> <p>You can access services by appointment or drop-in, and you are always welcome to stop in and learn more about what we offer and how we can support you. Family, community members, or other service providers are welcome to accompany you to make an initial introduction to the clinic.</p> <p>Address: 1640 East Hastings St Vancouver, BC, VSL 1S6</p> <p>Phone: 604-253-5885 (text: 778-837-5083) 604-254-7234</p> <p>Email: nativeyouthwellness@unya.bc.ca</p>

For more information, visit:

<https://unya.bc.ca/programs/native-youth-health-wellness-centre/>

Resources and Guides

- Hope, Help and Healing

A Planning Toolkit* developed by First Nations Health Authority, for First Nations and Aboriginal Communities to Prevent and Respond to Suicide.

*The toolkit is available in a PDF format in the folder "BC", "Programs, services and facilities", under the title "Hope, Help and Healing".

- Residential Treatment and Supportive Recovery Services in BC

This initiative of the British Columbia Centre on Substance Use provides a list of residential treatment and supportive recovery services in BC:

- Licensed Treatment and Recovery Services.
- Registered Supportive Recovery Assisted Living Services.

As a public resource, these lists are an easily accessible tool for individuals to find service options available in their community. They clearly distinguish services that are operating under the oversight of health authorities or the Assisted Living Registry. Services not on this list may be providing a different type of service (e.g. supportive housing, in-hospital setting) or operating unlawfully.

In addition to providing the service type, these lists also include contact information and links to service provider websites, general eligibility criteria, and confirmation of which service providers accept clients on Opioid Agonist Treatment (OAT).

*This list is available in a PDF format in the folder "BC", "Programs, services and facilities", "Residential Treatment and Supportive Recovery Services in BC", under the title "Licensed Treatment and Recovery Services".

**This list is available in a PDF format in the folder "BC", "Programs, services and facilities", "Residential Treatment and Supportive Recovery Services in BC", under the title "Registered Supportive Recovery Assisted Living Services".

For more information, visit:

https://www.bccsu.ca/recovery_services_in_bc/
https://www.bccsu.ca/recovery_services_in_bc/

Alberta

Programs, Services and Facilities

- Indigenous Health Program (IHP)

What?	<p>This program partners with Indigenous Peoples, communities and key stakeholders to provide accessible, culturally appropriate health services for First Nations, Métis and Inuit People in Alberta.</p> <p>It delivers health services to Indigenous patients that honour their culture, beliefs and identities.</p> <p>Service providers may include cultural helpers, dietitians, licensed practical nurses (LPNs), nurse practitioners (NPs), physicians, street outreach workers, traditional wellness counselors.</p> <p>Programs and services are customized by Zone:</p> <ul style="list-style-type: none">• Calgary Zone.• Central Zone.• Edmonton Zone.• North Zone.• South Zone. <p>Each zone has several locations* in which these particular health services are delivered.</p>
Who is eligible?	First Nations (Status and Non-Status), Métis, and Inuit people and their families
How to benefit from it?	<p>For general information, you can call 403-943-1211 (telephone), 403-943-2877 (fax), or contact indigenous.health@ahs.ca</p> <p>Programs and services are customized by Zone. Call your zone service locations* for more information, or email IndigenousHealthProgram@ahs.ca</p>

*The list of the service locations per zone, including their address and contacts, is available in a PDF format in the folder "Alberta", "Programs, Services and Facilities", under the title "Indigenous Health Program"

For more information, visit:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1069951&serviceAtFacility-ID=1109707#contentStart>

• Indigenous Wellness Clinic

<p>What?</p>	<p>A diabetes education program that combines western medicine with Indigenous traditional teachings.</p> <p>Provides diabetes education using a holistic and cultural approach for First Nations (Status and Non-status) Métis and Inuit patients and families. Within our chronic disease mandate, this clinic provides a four day, culturally-based, holistic diabetes education program (meals and accommodation included), as well as 1 day follow-up appointments with the wellness team. This service is for pre-existing or newly diagnosed patients, and patients are encouraged to bring a support person.</p> <p>Service Providers may include: aboriginal cultural helpers, aboriginal health coordinators, dietitians, doctors, physiotherapists (PTs), registered nurses (RNs).</p>
<p>Who is eligible?</p>	<p>First Nations (Status and Non-status) Métis and Inuit patients and families.</p>
<p>How to benefit from it?</p>	<p>Located in Anderson Hall, Room 204.</p> <p>Address: 10959 102 Street , Edmonton, Alberta, T5H 2V1</p> <p>Telephone: 780-735-4512</p> <p>Fax: 780-735-5878</p> <p>For more information contact: indigenoushealthprogram@ahs.ca</p>

For more information, visit:

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=4838>

• MNA Wellness Program

<p>What?</p>	<p>Navigating life's challenges is hard and it's okay to need help.</p> <p>Our new MNA Wellness Program could help you on your journey.</p> <p>Through a partnership with Alberta Blue Cross and Homewood Health, Métis citizens of all ages can now access up to 12 hours of free, professional, confidential, and culturally sensitive counselling.</p> <p>All you need is your MNA citizenship number to access this FREE program.</p> <p>Counsellors provide support in areas such as:</p> <ul style="list-style-type: none"> • Improving personal well-being. • Managing relationships and family. • Addressing workplace challenges. • Taking financial and legal control in life. <p>And more, such as sessions held over phone, video, or instant messaging and available 24/7 in both French and English.</p>
<p>Who is eligible?</p>	<p>Any Albertan.</p>
<p>How to benefit from it?</p>	<p>When you call 1-(877)-729 - 0261, you will be greeted by an automated answering machine asking you to choose between English and French.</p> <p>You will then be asked to press the number suiting your present needs:</p> <ul style="list-style-type: none"> - <i>Is this a crisis or an urgent situation requiring immediate assistance?</i> Choose this option if you are in immediate distress and need to speak to a counsellor right away. - <i>Do you wish to start a new service request?</i> Choose this option if this is your first time calling the Wellness Program. The counsellor will start a profile for you and determine next steps. - <i>Are you calling about a recent request or an existing case?</i> Choose this option if you already have a profile and existing claim set up with Homewood Health. <p>You will be connected with a Homewood Health intake counsellor, who will ask you a couple of questions.</p> <p>The intake counsellor will ask you what you require support for or what prompted your call. They will then ask questions related to safety, which may make you feel uncomfortable. Please know these are standard for all clients, best practices for counselling, and come from a place of non-judgment. In addition, the MNA has provided training to the intake counsellors to help them understand the community and how best to approach these questions.</p> <p>For further information contact: health@metis.org</p>

*The more detailed document on what to expect when calling the MNA Wellness Program is available in a PDF format in the folder "Alberta", "Programs, Services and Facilities", under the title "MNA Wellness Program".

For more information, visit:

<http://albertametis.com/programs-services/health/mna-wellness-program/>

• Opioid Navigation Services for Métis Albertans

What?	<p>If you or a loved one needs guidance or support through the health care system, the Métis Nation of Alberta can help guide you.</p> <p>Our Opioid Navigation Services will assist with:</p> <ul style="list-style-type: none"> • Navigating the healthcare system; • Obtaining mental health & addiction services; • Take Home Naloxone Kit (THNK) Distribution & Training • Connecting to housing & employment supports; • Accessing treatment programs, and more.
Who is eligible?	Any Métis Albertan.
How to benefit from it?	Call 780-455-2200 Ext. 432 or email health@metis.org

For more information, visit:

<http://albertametis.com/programs-services/health/opioid-navigation-services/>

• Text4Hope

What?	<p>The Mental Health Foundation, in partnership with Calgary Health Foundation, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, Alberta Cancer Foundation and the Alberta Children’s Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists.</p> <p>An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.</p>
Who is eligible?	Any Albertan.
How to benefit from it?	<p>Text COVID19HOPE to 393939 to subscribe.</p> <p>Text4Hope-Addiction Support and Text4Hope-Cancer Care are also available and designed to help Albertans dealing with psychological issues related to addiction and cancer issues. The expanded services are funded by the Mental Health Foundation.</p> <p>Text Open2Change to 393939 to subscribe to the addiction program.</p> <p>Text CancerCare to 393939 to subscribe to the cancer program.</p> <p>The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can’t access face-to-face services, as well as those in remote locations.</p>

For more information, visit:

<https://www.albertahealthservices.ca/topics/Page17019.aspx>

• Caregiver connections: Family Peer Support

<p>What?</p>	<p>Caregivers Alberta defines a caregiver as someone who assists a family member or friend with challenges resulting from illness, disability or aging.</p> <p>CMHA in Alberta in partnership with the Government of Alberta, Ministry of Children’s Services has developed a peer-to-peer family support program. Caregiver Connections provides parents and caregivers of individuals with a mental health concern. We provide peer support services in six Alberta Regions, offering compassionate support along with specific information and resources.</p>
<p>Who is eligible?</p>	<p>Parents and caregivers of individuals with a mental health concern, inhabitants of the province of Alberta.</p>
<p>How to benefit from it?</p>	<p>To learn more about the support group in your area, please contact one of the following:</p> <p>Camrose Phone: (780)-672-2570 Email: cmhaecr@cable-lynx.net</p> <p>Edmonton Phone: (780)-414-6300 Email: CaregiverConnections@cmha.ab.ca Website: https://edmonton.cmha.ca/</p> <p>Fort McMurray Phone: (780)-743-1053 Email: adminassistant@woodbuffalo.cmha.ab.ca Website: https://woodbuffalo.cmha.ca/</p> <p>Lethbridge Phone: (403)-329-4775 Email: aliciav@cmhalethbridge.ca Website: http://lethbridge.cmha.ca/</p> <p>Medicine Hat Phone: (403)-504-1811 Email: pbromley@cmha-aser.ca Website: http://www.cmha-aser.ca/</p> <p>Red Deer Phone: (403)-342-2266 Email: education@reddeer.cmha.ab.ca Website: https://reddeer.cmha.ca/</p>

For more information, please visit:

<https://alberta.cmha.ca/documents/caregiver-connections-family-peer-support/>

• Togetherall

What?	Togetherall is a clinically moderated, online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7.
Who is eligible?	Togetherall is free to all Albertans aged 16+, register using your Alberta postal code.
How to benefit from it?	Register online following that link: https://togetherall.com/en-ca/

For more information, visit:

<https://www.albertahealthservices.ca/amh/Page17137.aspx>

• Mental Health Help Line

What?	<p>The Mental Help Line is a 24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.</p> <p>The line is staffed by a multidisciplinary team of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.</p> <p>The service provides:</p> <ul style="list-style-type: none"> • Confidential, anonymous service. • Information about mental health programs and services.
Who is eligible?	Any Albertan.
How to benefit from it?	<p>Telephone</p> <p>1-877-303-2642 (Toll free)</p>

For more information, visit:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacility-ID=1047134>

• Residential School Health Support

What?	The program, offered by the Native Counselling Services of Alberta (NCSA) provides emotional health and wellness support, including: <ul style="list-style-type: none"> • Referrals to healing and wellness programs and supports. • Emotional support at community events. • Circle Facilitation. • Hearings as requested by Health Canada.
Who is eligible?	Open to any former Indian Residential School student and their family members regardless of their status or place of residence.
How to benefit from it?	To speak to a support worker, call: 1-780-451-4002

For more information, visit:

<https://www.ncsa.ca/programs/residential-school-health-support>

• Family Reconciliation Program

What?	The Family Reconciliation Program uses Circles to enable family, caseworkers and other professionals to talk to each other in a good way about the safety and well-being of children. Impartial Native Counselling Services of Alberta (NSCA) Circle Facilitators ensure everyone is heard and guide respectful, caring, and honest conversation. The Circles focus on the needs of children and connecting them to family, culture, and community. Each Circle draws on the knowledge, skills, and strengths of individuals and families to listen to each other and develop plans for the safety and well-being of children and youth.
Who is eligible?	Open to any First Nations, Métis or Inuit resident of Alberta.
How to benefit from it?	For more information, contact: Crystal Cardinal, Program Manager Call: +1-(587)-855-6812 Email: crystal-cardinal@ncsa.ca

For more information, visit:

<https://www.ncsa.ca/programs/family-reconciliation-program-edmonton>

Resources and Guides

- Continuing Care in Indigenous Communities

This guide* was created by Alberta Health Services, in partnership and consultation with First Nations and Métis representatives and the Government of Alberta (Ministries of Health, Indigenous Relations, Seniors and Housing). The Continuing Care in Indigenous Communities Guidebook is intended to build on the First Nations Continuing Care Model in order to support the implementation of continuing care in Indigenous communities.

*This guide is available in a PDF format in the folder “Alberta”, “Resources and guides”, under the title “Continuing Care in Indigenous Communities”.

- Guide to Cancer Care for Indigenous People

This guide* was created by Alberta Health Services, in partnership and consultation with First Nations and Métis representatives and the Government of Alberta (Ministries of Health, Indigenous Relations, Seniors and Housing). The Continuing Care in Indigenous Communities Guidebook is intended to build on the First Nations Continuing Care Model in order to support the implementation of continuing care in Indigenous communities.

*This booklet is available in a PDF format in the folder “Alberta”, “Resources and guides”, under the title “Guide to Cancer Care for Indigenous People”.

- Getting Help Brochure

Some people worry about asking for help because there can be stigma around mental health problems. They may believe that asking for help means admitting that something is wrong. Some people worry about how others might see them. Asking for help means that you want to make changes or take steps towards your new health goals. We should celebrate the courage it takes to speak up and make changes. Getting help is part of recovery.

This initiative of the Canadian Mental Health Association (Alberta Division) offers a brochure* which addresses the various resources and support existing in the area.

*The brochure is available in a PDF format in the folder “Alberta”, “Resources and guides”, under the title “Getting help brochure”.

For more information, visit:

<https://alberta.cmha.ca/getting-help/>

• Help in Tough Time - Resources

This initiative of Alberta Health services offers various guides for Albertans to ensure their well-being during the pandemic. Such guides include:

- Coping and Connection for Children & Families During COVID-19*.
- Coping at Home for Families During COVID-19 – Activity Resource*.
- COVID-19 & Your Mental Health*.
- Positive Steps for Your Mental Wellbeing*.
- Practical & Emotional Preparedness for a Pandemic*.
- A Practical Guide to Support Family Stress after a Positive COVID-19 Test*.
- Mental Health & Coping with COVID-19*.
- Mobile Tools to Promote Mental Wellness*.
- Seniors Wellness in Challenging Times*.
- Spiritual Practices Brochure*.
- Spiritual Practices Workbook*.
- Taking Charge of What You Can: A COVID-19 Toolkit*.
- Talking with Children about COVID-19*.
- Talking with Children During Infectious Disease Outbreaks*.
- Take Control of Your Mental Wellbeing*.

*All these guides are available in a PDF format in the folder “Alberta”, “Resources and guides”, “Help in tough Time”, under their respective titles, as indicated above.

For more information, visit:

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

Saskatchewan

Programs, Services and Facilities

- Healing Through Humour

What?	<p>Healing Through Humour is a non-profit organization that teaches people living with mental illness and mental health issues the art of comedy writing and performance.</p> <p>Our mission is to give people living with mental illness an opportunity to express themselves in a safe and creative environment. We also work with people without an illness so they can work hand in hand with those who are ill as a way to break down stigma and show the person without an illness that there is nothing to be afraid of when it comes to people who do live with a mental illness.</p>
Who is eligible?	Saskatchewan residents living with mental illness.
How to benefit from it?	<p>Ian Andrew Morrison: 306-352-3006</p> <p>Healing Through Humour: 306-525-5601</p> <p>Email: healingthroughhumour@gmail.com</p> <p>Address: Canadian Mental Health Saskatchewan Division 2702 12th ave. Regina, Sask.</p>

For more information, visit:

<https://www.healingthroughhumour.com>

- C.A.R.E Program

What?	<p>Caregiver Affected Recovery Education (C.A.R.E.), is a program which was developed for the Canadian Mental Health Association, Saskatchewan Division Inc. It is designed to offer support and education to anyone who provides services and assistance to vulnerable individuals.</p> <p>C.A.R.E recognizes the important contributions of both professional caregivers and the family and friends who give their time to those who need it. Our program understands the difficulties you may face as a caregiver and emphasizes the importance of self-care and other important tools to help you stay healthy amidst your responsibilities.</p>
Who is eligible?	Anyone in Saskatchewan who provides services and assistance to vulnerable individuals.
How to benefit from it?	<p>For any information about the C.A.R.E. Program please contact:</p> <p>Rebecca Rackow B.A. (Hons.), RSW, BSW Director of Advocacy, Research, & Public Policy Development Phone: 1-306-525-5601 ext. 224 Email: rebeccar@cmhask.com</p>

- Holistic Wellness Centre

What?	<p>The program is based on a holistic treatment model. Using the cornerstones of treatment, spiritually, emotionally, physically and mentally, as well as using the concept of “living therapy” where treatment of care is integrated into all interactions in which individuals/families and communities participate.</p> <p>Mental health, Alcohol, Drug and Gambling fields are emerging into a continuum of care across all our First Nations. It has become essential for all staff to improve their knowledge and skills so the quality of their services is transported through presentations and programming at our First Nations.</p>
Who is eligible?	First Nations residing in Saskatchewan.
How to benefit from it?	<p>Holistic Wellness Centre – Cottage 10.</p> <p>2300 – 10th Ave West P.O. Box 2350 Prince Albert, S6V 6Z1 Phone: (309) 765-5305 Fax: (306) 763-5223</p>

For more information, visit:

<https://www.pagc.sk.ca/health/programs-and-services/holistic-wellness-centre/>

- Spruce Lodge Boarding Home

What?	<p>Spruce Lodge Boarding Home is a medically approved home that provides meals, accommodation and transportation to registered First Nations clients who come to Prince Albert to access medical services not available in their home community. The program is funded by Health Canada and follows the Non-Insured Health Benefits policy framework. We currently employ 10 full-time and eight casual staff.</p> <p>As our First Nation population grows, so does the number of clients we assist each year. Over the last year, we assisted 17,986 clients with various programs and services.</p>
Who is eligible?	First Nations residing in Saskatchewan.
How to benefit from it?	<p>807 15th Street West Prince Albert, SK S6V 3S1 Phone: (306) 953-1590</p>

For more information, visit:

<https://www.pagc.sk.ca/health/programs-and-services/spruce-lodge-boarding-home/>

• White Buffalo Treatment Centre

<p>What?</p>	<p>Its mission is to empower First Nations youth and families through culturally-based, holistic treatment and community outreach services.</p> <p>First Nations people use the Creators gifts to achieve well and vibrant communities.</p> <p>Strategic Goals:</p> <ul style="list-style-type: none"> • Treatment program. • Educational Achievement. • Physical Wellness. • Spiritual Well Being. • Emotional Wellness.
<p>Who is eligible?</p>	<p>First Nations residing in Saskatchewan.</p>
<p>How to benefit from it?</p>	<p>Sturgeon Lake Reserve #101 P.O. Box 2350 Prince Albert, SK S6V 6Z1 Phone: 764 5250 Fax: 764-5255</p>

For more information, visit:

<https://www.pagc.sk.ca/health/programs-and-services/white-buffalo-treatment-centre/>

Resources and Guides

• Sâkîyiso: Understanding and Building Healthy Relationships

This First Nations Violence Prevention Teacher Guide* has been developed by the Federation of Sovereign Indian Nations, which represents 74 First Nations in Saskatchewan.

It uses Cree/Nêhiyaw cultural knowledge to support the development of healthy relationships amongst peers, dating partners, family and community. Indigenous languages, tipi teachings, videos featuring Indigenous youth and Elders, and the preparation and hosting of a traditional feast support the development of protective factors that prevent violence against self and others.

sâkîyiso also provides an historical approach to explain the effects of colonialism and internalized oppression as they impact on the mental health of young people, and demonstrates a sustainable, self-reflective spiritual and cultural path forward. The four units provide comprehensive knowledge of best relationship practices and cultural teachings for healthy families, communities, gender and sexuality differences, healthy dating relationships, and anti-bullying.

*The guide is available in a PDF format in the folder "Saskatchewan", "Resources and guides", under the title "sâkîyiso : Understanding and Building Healthy Relationships".

For more information, visit:

<https://www.fsin.ca/sakiyiso/>

- Mobile Crisis Centres

The government of Saskatchewan offers this list of Mobile Crisis Centres, located in the region and operating 24/7:

(Central Saskatchewan)

West Central Crisis and Family Support Centre

Monday to Friday, 9 a.m. to noon, 1 to 5 p.m.

306-463-6655

After Hours: **(306-933-6200)**

(North Saskatchewan)

Piwapan Women's Centre

Crisis Line, 24/7 Hours

306-425-4090

Prince Albert Mobile Crisis Unit

Monday to Friday, 4 p.m. to 8 a.m.

Saturday and Sunday, 24 hours

306-764-1011

Regina Mobile Crisis Services

Mobile Crisis Hotline, 24/7 Hours

306-757-0127

Saskatoon Mobile Crisis

24/7 Hours

306-933-6200

(South West Saskatchewan)

Southwest Crisis Services

24/7 Hours

1-800-567-3334

For more information, visit:

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/mental-health-and-covid-19#supports-available-in-saskatchewan>

Manitoba

Programs, Services and Facilities

• Wellness Clinic

What?	<p>Health Benefits partners with Indigenous Services Canada to offer a comprehensive mental health plan to First Nations in BC.</p> <p>Your plan covers counselling services from a qualified mental health provider, including psychologists, clinical counsellors and social workers.</p> <p>Your plan will cover as many hours of counselling as you and your provider determine you need.</p> <p>Your plan covers counselling services from a mental health provider who is registered with Health Benefits. You can find a registered mental health provider on the Health Benefits Mental Health Provider List*.</p>
Who is eligible?	<p>Any status Indian residing in British Columbia.</p> <p>Even if you do not have status, you may be eligible for mental health coverage through one of the specialized mental health programs funded by Indigenous Services Canada.</p> <p>You may be eligible if you are a former student, or are a family member of a former student, who attended a residential school listed in the 2006 Indian Residential Schools Settlement Agreement. You may also be eligible if you are experiencing trauma or distress stemming from missing and murdered Indigenous women and girls in Canada.</p>
How to benefit from it?	<p>You must see a provider who is registered with the Health Benefits Program to receive coverage for your counselling services. You can find a registered mental health provider on the Health Benefits Mental Health Provider List*.</p> <p>If you need travel assistance to access counselling, please contact the IRS Program (email: IRS.travel@fnha.ca; phone: 1-877-477-0775).</p> <p>If you prefer virtual appointments, talk to your provider about Telehealth options. See the Telehealth for Mental Health poster**.</p> <ol style="list-style-type: none">1. Tell your provider that you have coverage through the Health Benefits Program when scheduling your first appointment.2. Your first appointment is about determining if the provider is the right fit for you. You can change to another registered provider at any time.3. Cancel your appointment ahead of time if you can no longer make it. Health Benefits does not pay for missed appointments and your provider may charge you for the cost of your appointment if you do not show up. <p>If you have any questions about your mental health plan, how to access coverage, or why a claim was denied, call Health Benefits at 1-855-550-5454.</p>

For more information, visit:

<http://ahwc.ca/221-2/>

• Indian Residential School Resolution

<p>What?</p>	<p>The program ensures that Former Indian Residential School (IRS) Students can readily gain access to emotional and crisis-counseling supports so that Former IRS Students can remain safe before, during and after their IAP claim is validated. The Resolution Health Support Worker (RHSW) service is set up to provide a variety of flexible “front-line” safety supports and to coordinate services directly to the IAP process.</p> <p>Services provided include:</p> <ul style="list-style-type: none"> • Identify support needs (contemporary and traditional) and the appropriate source of supports. • Provide “on-the-scene” emotional support when required. • Provide post hearing support through office visits and in/out of town home visits. • Referrals to Health Canada for a determination of their eligibility to qualify for professional counseling services. • Referrals to established community services and supports. • Offer cultural resources such as sweat lodge ceremonies, cultural retreats, and Sharing Circles. • Assist Former IRS Students while they attend their scheduled hearing event.
<p>Who is eligible?</p>	<ul style="list-style-type: none"> • Attended an Indian Residential School. • Family member of an Indian Residential School Survivor.
<p>How to benefit from it?</p>	<p>Contact:</p> <p>Senior Residential Health Support Worker – Debbie Cielen Phone: 204-925-1205 Email: dcielen@ahwc.ca</p>

For more information, visit:

<http://ahwc.ca/irs/>

• BounceBack

<p>What?</p>	<p>A free, evidence-based program offered by the Canadian Mental Health Association, designed to help adults and youth experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.</p> <p>The program can be delivered in three ways:</p> <ul style="list-style-type: none"> • BounceBack Coaching. A trained BounceBack® coach will help you learn skills to improve your mental health in up to six telephone sessions over three to six months. Your coach will help keep you on track and offer support as you work through the program materials. You design your own program by selecting materials from 20 different modules. • BounceBack Online. Access 20 modules that include workbooks, interactive worksheets and videos designed to help you overcome low-mood and worry. Set your own schedule and get the tools you need to help yourself. • BounceBack Today Video. The videos will provide you with practical tips on managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living.
<p>Who is eligible?</p>	<p>Individuals currently living in BC, Ontario or Manitoba.</p>
<p>How to benefit from it?</p>	<p>For Bounce Back Online: register online at https://online.bouncebackonline.ca</p> <p>For BounceBack Today video : enter your email address and the code <i>bbtodaybc</i> at https://www.bouncebackvideo.ca</p> <p>For more information, contact 1 (866) 639 0522, or bounceback@cmha.bc.ca</p>

For more information, visit:

<https://bouncebackbc.ca/what-is-bounceback/>

• Mino-Pimatiziiwin Program for Aboriginal Men

<p>What?</p>	<p>This program is focused on providing services to Aboriginal men who are attempting to make positive lifestyle changes in their lives as role models within the family unit and as agents of change within the community. The program is responsive to individual crisis situations so participants are able to drop in when necessary.</p> <p>The Men's Healthy Living Program provides a range of services such as: one-to-one counseling, home/office visits, Elder support/counseling, sharing/teaching circles cultural education & crafts, sweats, referral services, advocacy and support, better fathering workshop, personal development workshops, guest speakers.</p>
<p>Who is eligible?</p>	<p>Services will be provided to men (and their family) who:</p> <ul style="list-style-type: none"> • Are of Aboriginal ancestry (Métis, Inuit, First Nation). • Reside in the City of Winnipeg. • Want to make positive changes and movement toward a healthier lifestyle. • Are eighteen years of age or older.
<p>How to benefit from it?</p>	<p>Contact:</p> <p>Senior Counselor – John Garrick Phone: 204-925-7501 Email: jgarrick@ahwc.ca</p>

For more information, visit:

<http://ahwc.ca/mens-healthy-living/>

• EAGLE Urban Transition Centre

What?	<p>The primary goal of the E.A.G.L.E. Urban Transition Centre (EUTC) is to assist First Nation people with transitioning into an urban centre and to assist with accessing the appropriate resources to become independent.</p> <p>The EUTC achieves this goal by providing a welcoming and culturally appropriate environment for our First Nation people.</p>
Who is eligible?	Members of Manitoba's sixty-four First Nations and Métis communities.
How to benefit from it?	<p>Contact one of the following:</p> <p>Jarred Baker Program Manager Email: jbaker@manitobachiefs.com</p> <p>Darlene Littlejohn Office Manager Email: dlittlejohn@manitobachiefs.com</p> <p>Ann Sanderson Client Intake Resource Coordinator Email: asanderson@manitobachiefs.com</p> <p>Randy Keesic Client Intake Resource Coordinator & Security Email: rkeesic@manitobachiefs.com</p>

For more information, visit:

<http://ahwc.ca/mens-healthy-living/>

• Mental Health Virtual Therapy

What?	<p>The COVID-19 pandemic brings a high level of stress and anxiety as it rapidly changes the way we work, socialize and live. Mental health virtual therapy can help Manitobans age 16 or older who are coping with mild to moderate symptoms of anxiety and now includes two free counselling sessions.</p>
Who is eligible?	Manitobans age 16 or older.
How to benefit from it?	<p>To book your first session, call toll free 1-844-218-2955. Counselling sessions can be by video or telephone, as preferred. Sessions are offered in multiple languages.</p>

For more information, visit:

<https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

• Accessing Addictions Treatment during COVID-19

<p>What?</p>	<p>Winnipeg Regional Health Authority Indigenous health offers a series of solutions for individuals in need of addiction treatment during the pandemic.</p> <p>Those solutions consist of:</p> <ul style="list-style-type: none"> • RAAM clinics. • Provincial and private treatment agencies. • National native alcohol and drug abuse program.
<p>Who is eligible?</p>	<p>Anyone who is experiencing stable medical and mental health, and would like support in managing their substance use.</p>
<p>How to benefit from it?</p>	<p>For RAAM clinics:</p> <p>RAAM staff can do an assessment and identify if you need to go to detox and/or if you would benefit from addiction medication. RAAM clinics can also help connect you to addiction treatment, a family doctor, mental health & other supports, if needed. IT IS BEST TO CALL AHEAD TO CONFIRM AN APPOINTMENT TIME. WALK-INS WILL BE ACCOMMODATED, IF POSSIBLE, OR BOOKED FOR A RETURN APPOINTMENT.</p> <p>WINNIPEG: Crisis Response Centre, 817 Bannatyne Ave, Tue/Wed/Fri 1:00-3:00 pm, 204-940-2177. River Point hours: at 146 Magnus Monday 1:00-3:00 pm and Thursday 9:30-11:30 am, 204-944-6209 or 1-855-622-6605 (Mon-Fri 8:30 am-4:30 pm) BRANDON: 7th Street Health Access Centre, 20-7th St, Mon/Tue/Wed 11:00 am-1:00 pm, 204-578-4800 (Monday- Friday 11:00 am-7:00 pm) SELKIRK: Selkirk Community Health Office, 237 Manitoba Ave, Tuesday 12:30-3:30pm, 204-785-7513 (Mon-Fri 8:30 am-4:30 pm) THOMPSON: Thompson Clinic, 50 Selkirk Ave (temporary location-call first), Tues 9:30 am-12:00 pm and Wed & Thur 1:00-4:00 pm, 1-866-291-7774 or 204-677-7300 or 204-677-7240 (Mon-Fri 8:30 am-4:30 pm)</p> <p>For Provincial and private treatment agencies:</p> <p>Manitoba Addictions Helpline at 1-855-662-6605, or visit www.mbaddictionhelp.ca, to be connected to residential and community based programs in Manitoba</p> <p>AFM at 204-944-6289 or 1-866-638-2561 to request an intake assessment which will be done over the phone, usually within 1 day.</p> <p>Behavioural Health Foundation (BHF) Women's Program at 204-261-6111 or 1-866-233-2152, and Men/ Women/Families' Program at 204-269-3430 or 1-855-447-9212</p> <p>Youth can call the toll-free Youth Addictions Centralized Intake line at 1-877-710-3999</p> <p>For National native alcohol and drug abuse program:</p> <p>Native Addictions Council of Manitoba (Pritchard House) 160 Salter St., Winnipeg: 204-586-8395 All programming on hold at this time; no new referrals.</p> <p>Nelson House Medicine Lodge, Nelson House First Nation: 204-484-2256 or 1-866-836-7125. Providing in-person counselling by appointment, telephone counselling province-wide, 8 week outpatient day program, and alcohol withdrawal management services.</p> <p>Peguis Al-Care Treatment Centre, Peguis First Nation: 204-645-2666 or 1-877-645-2666. Providing telephone counselling at this time, province-wide (8am-8pm every day)</p> <p>Sagkeeng Mino-Pimatiziwin Family Treatment Centre, Sagkeeng First Nation: 204-367-2172, or 1-866-329-0736P Providing telephone counselling with previous residential participants only (family/youth); no new referrals.</p> <p>Whiskeyjack Treatment Centre, Norway First Nation area: 204-359-8995. Providing telephone counselling at this time, province-wide (family/youth).</p>

Resources and Guides

- The Culture of Well-Being: Guide to Mental Health Resources

The Winnipeg Regional Health Authority Aboriginal Health Programs in collaboration with the Regional Mental Health Program has put together this guide* to assist First Nations, Métis, and Inuit Peoples find mental health care information and services within Winnipeg. If someone is experiencing mental health problems or emotional health concerns, this guide will provide information on types of services available in Winnipeg and how to access the various services.

*The guide is available in a PDF format in the folder “Manitoba”, “Resources and Guides”, under the title “The Culture of Well-Being”

- Service Navigation Hub

As with any health issue, navigating Manitoba’s system of care can be complicated and overwhelming. At the Canadian Mental Health Association, specialists are available to help all Manitobans find the best type of care or service to match their needs.

Service Navigation Specialists can:

- Facilitate connections to recovery-oriented supports and services in the mental health and addictions systems.
- Administer evidence-based screening and assessment tools to help individuals to identify and overcome barriers to facilitate appropriate referrals.
- Help people to know and exercise their rights.
- Deliver targeted mental health education.
- Provide short-term support to individuals on wait lists.

Call the Hub line at **204-775-6442**, or email at hub@cmhawpg.mb.ca

- Youth Mental Health Promotion Services

The Canadian Mental Health Association is dedicated to supporting schools and other community partners in promoting positive mental health, breaking down stigma associated with mental health problems and illness and promoting early help-seeking and recovery.

In and around Winnipeg, CMHA’s Youth Mental Health Promotion Team can deliver workshops or presentations to school staff, high school or post-secondary students and youth groups. Topics include Implementing Positive Mental Health Promotion in Schools, Mental Health Literacy for Youth, Language and Stigma.

If you would like to schedule a workshop to be delivered by our Youth Mental Health Promotion team, please contact:

Laurie McPherson at lmcperson@cmhawpg.mb.ca or Stephen Sutherland at sutherland@cmhawpg.mb.ca

- **Mental Health Supports - COVID-19 Response**

The First Nations Health and Social Secretariat of Manitoba offers a list* of mental health resources across the regions of Manitoba.

Keewatinohsk Inniniw Minoayawin Inc. also offers a community bulletin** concerning mental wellness supports during the COVID-19 pandemic.

*The list is available in a PDF format in the folder "Manitoba", "Resources and Guides", Mental Health Supports - COVID-19 Response", under the title "Mental Health Supports - COVID-19 Response".

**The bulletin is available in a PDF format in the folder "Manitoba", "Resources and Guides", Mental Health Supports - COVID-19 Response", under the title "COVID-19 Community Bulletin #1".

- **COVID-19: Guidance & Tools to Support Mental Wellness**

The past few weeks have seen significant changes as our provincial healthcare system and public sector respond to COVID-19. These changes include the identification of positive cases, new and evolving work processes, frequent communication, changes to our home and social lives and constant media coverage. All of these impact our mental health and well-being.

Shared health Manitoba therefore offers a list of tools and techniques to help individuals to manage these reactions and promote positive coping.

*The list is available in a PDF format in the folder "Manitoba", "Resources and guides", under the title "COVID-19 : Guidance & Tools to Support Mental Wellness".

- **Mental Wellness and COVID-19: Tips and Considerations**

The Assembly of First Nations (AFN) is providing this overview of Mental Health and Wellness during the COVID-19 pandemic for First Nations*. Some may feel overwhelmed with physical/social distancing or socially isolating themselves. During these times, it is important to be aware of your thought patterns and to address them in a healthy way.

*The guide is available in a PDF format in the folder "Manitoba", "Resources and guides", under the title "Mental Wellness and COVID-19 : Tips and considerations".

- **Indigenous Cultural Healing Supports and Mental Health Counselling**

Winnipeg Regional Health Authority Indigenous Health and Shared health Manitoba elaborated a list* of Indigenous cultural healing supports and Mental Health Counselling.

*The list is available in a PDF format in the folder "Manitoba", "Resources and guides", under the title "Indigenous cultural healing supports and Mental Health Counselling".

- **Adult Supports Available During COVID-19**

This list* explores the adult supports available during the pandemic.

*The list is available in a PDF format in the folder "Manitoba", "Resources and guides", under the title "Adult Supports available during COVID-19".

- **Domestic Violence Supports Available During COVID-19**

This list* explores the domestic violence supports available during the pandemic.

*The list is available in a PDF format in the folder "Manitoba", "Resources and guides", under the title "Domestic Violence Supports Available during COVID-19".

- **Youth Supports Available During COVID-19**

This list* explores youth supports available during the pandemic.

*The list is available in a PDF format in the folder "Manitoba", "Resources and guides", under the title "Youth Supports Available during COVID-19".

- **Mental Health Resources for Winnipeg**

The Canadian Mental Health Association Manitoba and Winnipeg is dedicated to helping you navigate the mental health system. This guide* of resources offers an overview of the various options available to individuals looking for mental health support in the region.

*The guide is available in a PDF format in the folder "Manitoba", "Resources and guides", under the title "Mental Health Resources for Winnipeg".

Ontario

Programs, Services and Facilities

- Programs and Services for First Nations, Inuit and Métis Communities

Ontario 211 offers an elaborate list of programs and services focusing on the needs of individuals in the First Nations, Inuit and Métis communities, including counselling, and mental health services among many others.

For each service, it defines the eligibility of access as well as contact information.

Accessible online at: <https://211ontario.ca/211-topics/indigenous-peoples/indigenous-peoples/>

If you can not access it via the Internet, dial 211 to find a service adapted to your needs.

- BounceBack

What?	<p>A free, evidence-based program offered by the Canadian Mental Health Association, designed to help adults and youth experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.</p> <p>The program can be delivered in three ways:</p> <ul style="list-style-type: none">• BounceBack Coaching. A trained BounceBack® coach will help you learn skills to improve your mental health in up to six telephone sessions over three to six months. Your coach will help keep you on track and offer support as you work through the program materials. You design your own program by selecting materials from 20 different modules.• BounceBack Online. Access 20 modules that include workbooks, interactive worksheets and videos designed to help you overcome low-mood and worry. Set your own schedule and get the tools you need to help yourself.• BounceBack Today Video. The videos will provide you with practical tips on managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living.
Who is eligible?	<p>For BounceBack Online and BounceBack Today Video :</p> <ul style="list-style-type: none">• Currently living in BC, Ontario or Manitoba.
How to benefit from it?	<p>For Bounce Back Online : register online at https://online.bouncebackonline.ca</p> <p>For BounceBack Today video : enter your email address and the code <i>bbtodaybc</i> at https://www.bouncebackvideo.ca</p> <p>For more information, contact 1 (866) 639 0522, or bounceback@cmha.bc.ca</p>

For more information, visit:

<https://bouncebackbc.ca/what-is-bounceback/>

• Children’s Mental Health Program

<p>What?</p>	<p>The Children’s Mental Health Program offers services that assist children and families to address behavioral and mental health needs. These services consist of a holistic approach that addresses the physical, mental, emotional and spiritual needs of the child and family. Wrap-around, as the word implies, provides services that build constructive, community-based relationships and support networks between children with emotional or behavioral difficulties and their families, teachers, and other caregivers.</p> <p>Wrap-around programs maintain that the family’s perspective should have the most prominent place in the design of mental health services for an individual child and that care decisions should be based on tapping into a child’s strengths. All services are performed in the child’s school and/or the Friendship Centre. Families are active participants from the development of the action plan to the achievement of goals. We place value in identifying and building the client’s strength, and utilising these assets to facilitate change. Both clients and participants are invited to join in workshops, presentations, healing circles, talking circles, traditional based activities, and recreational activities that are offered by the program.</p>
<p>Who is eligible?</p>	<p>Indigenous children in need of mental health assistance, residents of Ontario.</p>
<p>How to benefit from it?</p>	<p>Available at:</p> <p>Ininew Friendship Centre (Cochrane) 190 Third Avenue Cochrane , Ontario P0L 1C0 Phone: (705) 272-4497 Fax: (705) 272-3597 info@ininewfriendshipcentre.ca</p> <p>Niagara Regional Native Centre (Niagara-on-the-Lake) 382 Airport Road R.R.#4 Niagara-on-the-Lake , Ontario L0S 1J0 Phone: (905) 688-6484 Fax: (905) 688-4033</p> <p>United Native Friendship Centre (Fort Frances) 516 Portage Avenue P.O. Box 752 Fort Frances , Ontario P9A 3N1 Phone: (807) 274-8541 Fax: (807) 274-4110 inquiry@unfc.org</p> <p>N’Swakamok Native Friendship Centre (Sudbury) 110 Elm Street W. Sudbury , Ontario P3C 1T5 Phone: (705) 674-2128 Fax: (705) 671-3539 nnfadmin@on.aibn.com</p> <p>Thunder Bay Indigenous Friendship Centre 401 N. Cumberland Street Thunder Bay , Ontario P7A 4P7 Phone: (807) 345-5840 Fax: (807) 344-8945 TBIFC@shawcable.com</p>

For more information, visit:

<https://ofifc.org/program/childrens-mental-health-program/>

• Healing and Wellness Coordination Program

<p>What?</p>	<p>The Healing and Wellness Coordinator Program focuses on improving Indigenous health and reduction of family violence which is achieved through the provision of services for those most at risk, notably women and children. The delivery of programs and services are culturally appropriate and address the prevention, aftercare and concurrent impacts of family violence on health. Services include but are not limited to: healing circles, peer counselling, crisis intervention, education, and training.</p>
<p>Who is eligible?</p>	<p>Indigenous individuals living in Ontario.</p>
<p>How to benefit from it?</p>	<p>Available at:</p> <ul style="list-style-type: none"> • Atikokan Native Friendship Centre. • Barrie Native Friendship Centre. • Brantford Regional Indigenous Support Centre. • Can-Am Indian Friendship Centre of Windsor. • Dryden Native Friendship Centre. • Fort EGeorgian Bay Native Friendship Centre (Midland). • Hamilton Regiorie Native Friendship Centre. • nal Indian Centre. • Indian Friendship Centre (Sault Ste. Marie). • Ininew Friendship Centre (Cochrane). • Kapuskasing Indian Friendship Centre. • M'Wikwedong Native Cultural Centre (Owen Sound). • N'Amerind Friendship Centre (London). • N'Swakamok Native Friendship Centre (Sudbury). • Ne-Chee Friendship Centre (Kenora). • Niagara Regional Native Centre (Niagara-on-the-Lake). • Nishnawbe-Gamik Friendship Centre (Sioux Lookout). • North Bay Indigenous Friendship Centre. • Odawa Native Friendship Centre (Ottawa). • Parry Sound Friendship Centre. • Red Lake Indian Friendship Centre. • Thunder Bay Indigenous Friendship Centre. • Thunderbird Friendship Centre (Geraldton). • Timmins Native Friendship Centre. • Toronto Council Fire Native Cultural Centre. • United Native Friendship Centre (Fort Frances).

For more information, visit:

<https://ofic.org/program/healing-and-wellness-coordinator-program/>

• Aboriginal Alcohol and Drug Worker Program

<p>What?</p>	<p>The Aboriginal Alcohol and Drug Worker Program (AADWP) provides holistic and culture-based support to be responsive to the needs of mental health and addictions for urban Indigenous individuals and families. The program implements trauma-informed and strengths-based cultural approaches to address community-based mental health and well-being concerns. AADWP workers deliver individual and group services including peer counselling, sharing circles and other traditional and land-based activities that support the achievement of a Good Mind.</p>
<p>Who is eligible?</p>	<p>Indigenous individuals living in Ontario.</p>
<p>How to benefit from it?</p>	<p>Available at:</p> <ul style="list-style-type: none"> • Can-Am Indian Friendship Centre of Windsor. • Fort Erie Native Friendship Centre. • Georgian Bay Native Friendship Centre (Midland). • Hamilton Regional Indian Centre. • Indian Friendship Centre (Sault Ste. Marie). • M'Wikwedong Native Cultural Centre (Owen Sound). • N'Amerind Friendship Centre (London). • North Bay Indigenous Friendship Centre. • Thunder Bay Indigenous Friendship Centre. • Timmins Native Friendship Centre. • United Native Friendship Centre (Fort Frances).

For more information, visit:

<https://ofic.org/program/aboriginal-alcohol-and-drug-worker-program/>

• Health Outreach Worker Program

<p>What?</p>	<p>Health Outreach Workers combine traditional and mainstream programs and services to help improve Indigenous health outcomes and reduce family violence in Indigenous families. The program is designed to foster improvements in the health and well-being of Indigenous individuals, families, communities and Nations through:</p> <ul style="list-style-type: none"> • Equitable access to primary health and healing services and programs, including prevention, treatment and support, that are culturally appropriate and culturally competent; • Building on the strengths and enhancing the capacities of Indigenous communities; • Addressing immediate and long-term measures related to family violence issues through community designed and delivered programming; and, • Promoting equitable, violence-free relationships and healthy environments. <p>Each Health Outreach Worker has been situated in a community that is without an Indigenous Health Access Centre. The HOW program focuses on providing access to healing and health-related services as well as promoting the reduction of family violence achieved through providing services for those that are most at risk, notably women and children.</p>
<p>Who is eligible?</p>	<p>Indigenous individuals living in Ontario.</p>
<p>How to benefit from it?</p>	<p>Available at:</p> <ul style="list-style-type: none"> • Atikokan Native Friendship Centre. • Barrie Native Friendship Centre. • Can-Am Indian Friendship Centre of Windsor. • Dryden Native Friendship Centre. • Fort Erie Native Friendship Centre. • Ininew Friendship Centre (Cochrane). • Niagara Regional Native Centre (Niagara-on-the-Lake). • North Bay Indigenous Friendship Centre. • Parry Sound Friendship Centre. • Red Lake Indian Friendship Centre. • Thunderbird Friendship Centre (Geraldton).

For more information, visit:

<https://ofic.org/program/health-outreach-worker-program/>

• Healthy Living Program

<p>What?</p>	<p>The intent of the Healthy Living program is to improve the health and wellbeing of urban Indigenous people, and prevent the development of health issues, such as diabetes, obesity, and heart disease. The program is community-based and inclusive to all. To accommodate the needs of the community and to be inclusive activities are available not only during the day, but into the evening and on weekends. In other words, the programs are strategically delivered when community members are available to attend.</p> <p>The Healthy Living program has four program components that must be delivered by each site:</p> <ul style="list-style-type: none"> • Sport activities, physical fitness activities, and physical recreational activities. • Healthy nutrition education and promotion activities, to develop and support healthy eating practices and behaviors. • Commercial tobacco smoking cessation/smoke-free living component. • Youth leadership component.
<p>Who is eligible?</p>	<p>Indigenous individuals living in Ontario.</p>
<p>How to benefit from it?</p>	<p>Available at:</p> <ul style="list-style-type: none"> • Atikokan Native Friendship Centre. • Barrie Native Friendship Centre. • Can-Am Indian Friendship Centre of Windsor. • Dryden Native Friendship Centre. • Fort Erie Native Friendship Centre. • Georgian Bay Native Friendship Centre (Midland). • Hamilton Regional Indian Centre. • Indian Friendship Centre (Sault Ste. Marie). • Ininew Friendship Centre (Cochrane). • Kapuskasing Indian Friendship Centre. • M'Wikwedong Native Cultural Centre (Owen Sound). • N'Amerind Friendship Centre (London). • N'Swakamok Native Friendship Centre (Sudbury). • Ne-Chee Friendship Centre (Kenora). • Niagara Regional Native Centre (Niagara-on-the-Lake). • Nishnawbe-Gamik Friendship Centre (Sioux Lookout). • Nogojiwanong Friendship Centre (Peterborough). • North Bay Indigenous Friendship Centre. • Odawa Native Friendship Centre (Ottawa). • Parry Sound Friendship Centre. • The Indigenous Network. • Red Lake Indian Friendship Centre. • Sarnia-Lambton Native Friendship Centre. • Thunder Bay Indigenous Friendship Centre. • Thunderbird Friendship Centre (Geraldton). • Timmins Native Friendship Centre. • Toronto Council Fire Native Cultural Centre. • United Native Friendship Centre (Fort Frances).

For more information, visit:

<https://ofic.org/program/healthy-living-program/>

• Indigenous Mental Health and Wellness Program

What?	The Indigenous Mental Health and Wellness Program (IMHWP) was developed by the OFIFC as part of the Open Minds, Healthy Minds Strategy. The IMHWP is, effectively, an amalgamation of the Aboriginal Community Mental Health Program and the Aboriginal Alcohol and Drug Worker Program, as all share identical objectives, criteria for eligibility, and run very similar program activities. The IMHWP provides holistic and culture-based support to be responsive to the needs of mental health and addictions for urban Indigenous individuals and families, with a focus on trauma-informed and strengths-based approaches. IMHWP workers deliver individual and group services including peer counselling, sharing circles and other traditional and land-based activities that support the achievement of a Good Mind.
Who is eligible?	Indigenous individuals living in Ontario.
How to benefit from it?	<p>Available at:</p> <ul style="list-style-type: none"> • Can-Am Indian Friendship Centre of Windsor. • Dryden Native Friendship Centre. • Fort Erie Native Friendship Centre. • Georgian Bay Native Friendship Centre (Midland). • Hamilton Regional Indian Centre. • Indian Friendship Centre (Sault Ste. Marie). • Inineew Friendship Centre (Cochrane). • N'Amerind Friendship Centre (London). • Nishnawbe-Gamik Friendship Centre (Sioux Lookout). • Nogojiwanong Friendship Centre (Peterborough). • Thunder Bay Indigenous Friendship Centre. • Thunderbird Friendship Centre (Geraldton). • Timmins Native Friendship Centre. • United Native Friendship Centre (Fort Frances).

For more information, visit:

<https://ofifc.org/program/indigenous-mental-health-and-wellness-program/>

• Mental Health & Addiction Program

<p>What?</p>	<p>The Mental Health & Addiction program provides access to Culture and Ceremony through Land-based therapy, Traditional Practices and Teachings, and Elders and Traditional Healers. Our program provides a trauma-informed, holistic approach using wrap around services in the delivery of mental health, addiction, aftercare, case management, and counselling services.</p> <p>Services Offered:</p> <ul style="list-style-type: none"> • Land-Based Therapy. • Traditional counselling. • Access to Elders and Healers. • Traditional Healing and Ceremony. • Sharing/Healing circles. • Referrals – internal and external. • Brief Services. • Addictions. • Aftercare support. • Mental Health.
<p>Who is eligible?</p>	<p>Indigenous individuals living in Ontario.</p>
<p>How to benefit from it?</p>	<p>Delivery sites:</p> <p>Greenstone 153 Kenogami Dr. Phone: (807) 876-4342</p> <p>Kenora 136 Main St. S Toll Free: 1-800-667-0816</p> <p>Ottawa 283 McLeod St. Toll Free: 1-800-667-0816</p> <p>Sioux Lookout 26A Second Ave. N Toll Free: 1-800-667-0816</p> <p>Thunder Bay 380 Ray Blvd. Toll Free: 1-800-667-0816 Phone: (807) 623-3442</p>

For more information, visit:

<https://www.onwa.ca/mental-health>

• Community Health Outreach

<p>What?</p>	<p>Community Health Outreach promotes health, healthy lifestyles choices, and education about health care, illness prevention, and how to reduce or escape family violence. Our program provides Indigenous women with access to Cultural programming and ceremony, individual and group sessions, and to further build a community connection that contributes to improved health-outcomes.</p> <p>Services Offered:</p> <ul style="list-style-type: none"> • Access to Traditional supports and Ceremony. • Health Awareness. • Health Care appointments support. • Liaise with service providers. • Advocacy. • Individual and programming. • Systems navigation. • Referrals and aftercare. • Educational resources.
<p>Who is eligible?</p>	<p>Indigenous individuals living in Ontario.</p>
<p>How to access it?</p>	<p>Delivery sites:</p> <p>Greenstone 153 Kenogami Dr., Longlac Toll Free: (807) 876-4342</p> <p>Flow-through sites:</p> <p>Sioux Lookout Sunset Women’s Aboriginal Circle 26 Second Ave. Toll Free: 1-800-667-0816</p> <p>Thundery Bay Beedaajiwjun Inc. 141 Frederica St. E Phone: (807) 474-3542</p>

For more information, visit:

<https://www.onwa.ca/community-health-outreach-program>

• Community Wellness Program

<p>What?</p>	<p>The Community Wellness Program is designed to assist Indigenous women and their families who may be experiencing family violence or struggling to maintain a healthy lifestyle. The goal of this program is prevention of family violence, promotion of health awareness, and assisting in mental health wellness.</p> <p>Services offered:</p> <ul style="list-style-type: none"> • Prevention. • Plan of care/safety planning. • Referral. • Emergency support. • Traditional Healing. • Land-Based activities. • Cultural Supports and Ceremonies.
<p>Who is eligible?</p>	<p>Indigenous individuals living in Ontario.</p>
<p>How to benefit from it?</p>	<p>Delivery sites:</p> <p>Greenstone 153 Kenogami Dr., Longlac Toll Free: (807) 876-4342</p> <p>Flow-through sites:</p> <p>Sioux Lookout Sunset Women’s Aboriginal Circle 26 Second Ave. Toll Free: 1-800-667-0816</p> <p>Thunder Bay Beedaajiwjun Inc. 141 Frederica St. E Phone: (807) 474-3542</p>

For more information, visit:

<https://www.onwa.ca/community-wellness-program>

- Nishnawbe Aski Mental Health and Addictions Support Access Program

What?	The Nishnawbe Aski Mental Health Wellness Support Access Program (NAN Hope) provides community-driven, culturally appropriate and timely mental health and addictions support to members of the 49 First Nations communities in the Nishnawbe Aski Nation Territory. This First Nation-led program is in response to the specific mental health needs of community members in northern Ontario, offering a central access point to mental health and addictions support.
Who is eligible?	Indigenous individuals living in Ontario.
How to benefit from it?	Call or text 1-844-NAN-HOPE (626-4673) Or chat online following that link https://nanhope.ca

For more information, visit:

<https://nanhope.ca>

- Akausivik Inuit Family Health Team

What?	Mental health support available in Inuktitut and English. Services: Psychotherapy (trauma and addictions), psychology, neuropsychology, psychiatry, MD supports.
Who is eligible?	Inuit of all ages.
How to benefit from it?	For more information, please contact us at: 613-740-0999 or generalinfo@aifht.ca , or visit us at 24 Selkirk Street, Suite 300, Ottawa, ON, K1L 0A4 on <i>Monday to Friday, 10:30 am to 4 pm.</i>

For more information, visit:

<http://aifht.ca/>

- Counselling Connect

What?	Counselling Connect provides quick access to a free phone or video counselling session, available in English and French. You choose a convenient date and time. This service is for everyone: children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list.
Who is eligible?	Any resident of Ontario.
How to benefit from it?	Book a session online at https://www.counsellingconnect.org

For more information, visit:

<https://www.counsellingconnect.org>

• Distress Centre of Ottawa and Region

What?	We are your local connection to mental health support and resources, 24 hours a day, 7 days a week.
Who is eligible?	Any resident of Ontario.
How to benefit from it?	Distress: 613-238-3311 Crisis: 613-722-6914 or 1-866-996-0991 Text: 343-306-5550 (available 10am-11pm)

For more information, visit:

<https://www.dcottawa.on.ca>

• Wabano Centre

What?	<p>Wabano’s Mental Wellness team is unique because we merge Indigenous practices with contemporary therapeutic methods. Whatever path you choose, Wabano is a safe space for you and your family to explore your inner strength and resilience.</p> <p>At Wabano, you have access to:</p> <ul style="list-style-type: none"> • Regulated mental health professionals for individual or group therapy sessions. • Addictions recovery specialists. • Land-based cultural activities with traditional knowledge keepers. • Art-as-healing for you or your family.
Who is eligible?	Depends on the programs.
How to benefit from it?	<p>Get started on your wellness journey by registering online at: https://wabano.com/health-and-wellness/mental-wellness/</p> <p>Or contact :</p> <p>(613) 748-0657</p> <p>(613) 748-9364</p> <p>info@wabano.com</p>

For more information, visit:

<https://wabano.com/health-and-wellness/mental-wellness/>

- Shkaabe Makwa

<p>What?</p>	<p>Shkaabe Makwa plays a key role in connecting with First Nations, Inuit and Métis communities and service providers across the province with a focus on:</p> <ul style="list-style-type: none"> • Building relationships and collaborative partnerships; • Providing training to support workforce development; • Advancing culturally relevant systems initiatives; and • Improving practice through research and knowledge exchange. <p>Shkaabe Makwa collaborates with many programs across CAMH to develop and deliver training, implement system initiatives, coordinate knowledge exchange events and webinars, support Virtual Care services, resource for research projects and lead Indigenous engagement for CAMH programs and initiatives.</p>
<p>Who is eligible?</p>	<p>First Nations, Inuit and Métis of Ontario.</p>
<p>How to benefit from it?</p>	<p>For more information about the program, please contact: shkaabemakwa@camh.ca</p>

For more information, visit:

<https://www.camh.ca/en/driving-change/shkaabe-makwa>

Resources and Guides

- Resources on Health, Healing and Family Violence

Za-ge-do-win Information Clearinghouse offers a rich catalogue* of resources, gathering information about Health, Healing and Family violence for Aboriginal Communities in Ontario.

To order resources listed in the catalogue :

Fax in your order to: **1-705-692-9039**

Call our toll free number: **1-800-669-2538**

E-mail in your order to: info@za-geh-do-win.com

Visit the clearinghouse on the Atikameksheng Anishnawbek

*The catalogue is available in a PDF format in the folder "Ontario", "Resources and guides" under the title "Information about Health, Healing and Family violence for Aboriginal Communities in Ontario".

For more information, visit:

<http://www.za-geh-do-win.com>

- Métis Healing & Wellness

The Métis Nation of Ontario's (MNO) Healing and Wellness branch facilitates and coordinates programs, services, and activities to address the holistic needs of Métis people in Ontario at the provincial, regional, and local levels. To us holistic Indigenous health encompasses the physical, mental, emotional, spiritual, and cultural aspects of one's life. Through an understanding of self, a vision of wellness, and a balanced body, mind, and spirit the MNO promotes a vision of health and wellness through the healing continuum.

For more information about the Healing and Wellness Programs and Services in your area please contact a Regional MNO Office*. No matter where you live in Ontario we can help you access timely and specialized health care in your community.

For more information please call **1-800-263-4889**.

*The contact list of Regional MNO Office is available in a PDF format in the folder "Ontario", "Resources and guides", under the title "Métis Healing & Wellness".

For more information, visit:

<http://www.metisnation.org/programs-and-services/healing-wellness/>

- COVID-19: Managing and Coping With Stress

This initiative of Grand Council Treaty #3 Health Council offers a list* advice on how to manage and cope with stress during the pandemic.

*The list is available in a PDF format in the folder "Ontario", "Resources and guides", under the title "COVID-19: Managing and coping with Stress".

For more information, visit:

<http://gct3.ca/coronavirus-covid-19-pandemic-information/mental-wellness-supports/>

- 6 Ways to Keep Your Anxiety From Taking Over

This initiative of Grand Council Treaty #3 Health Council offers a list* of tips on how to manage and cope with anxiety during the pandemic.

*The list is available in a PDF format in the folder "Ontario", "Resources and guides", under the title "6 Ways to keep your anxiety from Taking Over".

For more information, visit:

<http://gct3.ca/coronavirus-covid-19-pandemic-information/mental-wellness-supports/>

- **Indigenous Well-Being in the Times of COVID-19**

This guide*, provided by WCH CWP Indigenous health, explores the theme of Indigenous Wellbeing in the Times of COVID-19. It includes a list of resources and advice from community elders.

*The guide is available in a PDF format in the folder "Ontario", "Resources and guides", under the title "Indigenous Well-being in the times of COVID-19".

- **Aboriginal Mental Health Services / Support Directory**

The Za-geh-do-win Information Clearinghouse is a library of information about Indigenous initiatives in health, healing, and family violence. This guide* aims to provide information to Indigenous communities and organizations across Ontario that will assist in their own initiatives.

*The guide is available in a PDF format in the folder "Ontario", "Resources and guides", under the title "Aboriginal Mental Health Services / Support Directory".

Quebec

Programs, Services and Facilities

- Centres d'amitié autochtone de Québec

What?	Provides services for Indigenous people of Quebec and helps them in their process of adaptation to the urban area (psychological evaluations, family meetings, rights defense).
Who is eligible?	Indigenous residents of Quebec.
How to benefit from it?	<p>Find your local centre:</p> <p>Chibougamau 95 rue Jaculet Chibougamau (Qc) G8P 2G1 Phone: 418-748-7667 Fax: 418-748-7667 Email: info@eenoukamikw.ca Website: www.cefc.ca</p> <p>Joliette 523 Boul. Ste-Anne Joliette (Qc) J6E 5A3 Phone: 450-760-3865 Fax: 450-760-9923 Email: info@caalanaudiere.ca Website: www.caalanaudiere.ca</p> <p>La Tuque 544 rue Saint-Antoine La Tuque (Qc) G9X 2Y4 Phone: 819-523-6121 Fax: 819-523-8637 Email: info@caalt.qc.ca Website: www.caalt.qc.ca</p> <p>Maniwaki 153 rue Laurier Maniwaki (Qc) J9E 2K6 Phone: 819-892-0892 Fax: 819-892-0892 Email: charlottec@videotron.ca</p> <p>Montreal 3183 rue Saint-Jacques, 3e étage Montréal (Qc) H4C 1G7 Phone: 514-331-6587 Fax: 514-332-7665 Email: info@nativemontreal.com Website: www.nativemontreal.com</p>

**How to
benefit
from it?**

Québec
8155, 1ère avenue
Québec (Qc) G1G 4B8
Phone: **418-476-8083**
Email: missinak@videotron.ca

Senneterre
910, 10e avenue
Senneterre (Qc) J0Y 2M0
Phone: **819-737-2324**
Fax: **819-737-8311**
Email: info@ceaas.org

Sept-Îles
34 rue Smith
Sept-Îles (Qc) G4R 3W2
Phone: **418-962-9229**
Fax: **418-968-5511**
Email: reception@caasi.org

Val-D'Or
1272, 7e rue
Val-d'Or (Qc) J9P 6W6
Phone: **819-825-6857**
Fax: **819-825-7515**
Email: info@caavd.ca
Website: www.caavd.ca

For more information, visit:

<https://www.rcaaq.info/en/qui-sommes-nous/>

• Mental Health Support - Frontline Workers

<p>What?</p>	<p>As the pandemic unfolded, the NETWORK saw an increase in stress added to Indigenous and Indigenous serving front-line organizations. To assist essential front-line workers and prevent burn-out, the NETWORK applied and received funding to directly pay for mental health support services during the pandemic.</p> <p>The NETWORK is able to connect you with three types of mental health services:</p> <ul style="list-style-type: none"> • Elder support. • Psychotherapy/Counselling. • Creative Arts Therapies (art therapy, dance/movement therapy, drama therapy, music therapy). <p>The NETWORK can cover the initial five sessions of therapy, with the possibility of more. Please fill out this short form so we can match you with the most relevant support.</p>
<p>Who is eligible?</p>	<p>Front-line worker at an Indigenous-serving centre or shelter in Montreal seeking mental health support.</p>
<p>How to benefit from it?</p>	<p>Fill out this online form: https://docs.google.com/forms/d/e/1FAIpQLSeAnGP-bVdKo_O_sOTPWX2UmkMjne6ix-Q23r9ZdzHuhmSOQUw/viewform</p> <p>Or email: rowena@reseautlnetwork.com</p>

For more information, visit:

<http://reseautlnetwork.com/mental-health/>

• Community Care of Jeffrey Hale Saint Brigid's

<p>What?</p>	<p>Psychosocial and mental health support services for adults, children and their families.</p>
<p>Who is eligible?</p>	<p>Adults, families and children residing in Quebec.</p>
<p>How to benefit from it?</p>	<ul style="list-style-type: none"> • Make an appointment with the intake social worker at Community Services. • Speak to a social worker that you have made contact with in the past. <p>You can call 418 684-5333, extension 1580</p> <p>Or call 1 888 984-5333 (toll-free)</p> <p>Or drop in to Community Services in the Jeffery Hale Pavilion (Jeffery Hale Pavilion, 1270 chemin Sainte-Foy, Quebec, G1S 2M4) between Monday and Friday, from 8:30 AM to 4:30 PM.</p>

For more information, visit:

<http://www.jhsb.ca>

Resources and Guides

- Mental Health Services Directory

This guide* created by the FNQLHSSC dresses a list of mental health resources in Quebec available to First Nations Peoples per region.

*The guide is available in a PDF format in the folder “Quebec”, “Resources and guides”, under the title “Mental health services directory”.

Newfoundland and Labrador

Programs, Services and Facilities

- Newfoundland and Labrador Healthline

<i>What?</i>	Do you have a health concern? Is your child running a fever? Do you have questions about self-care at home or healthy eating? Do you need to speak to someone about a loved one with dementia? There are over 811 reasons to call and speak to a Registered Nurse 24 hours a day, seven days a week.
<i>Who is eligible?</i>	All residents of Newfoundland and Labrador.
<i>How to benefit from it?</i>	Call 811 If it does not work, call 1-888-709-2929

For more information, visit:

<https://www.811healthline.ca>

• Charles J. Andrew Youth & Family Treatment Centre

<p>What?</p>	<p>Our mission is to empower Aboriginal families through the provision of a Holistic Healing Program. The program will be strongly influenced by traditional Aboriginal values, beliefs and practices through spirituality and a reconnection to the Land. These values, beliefs and practices will be key components in nurturing and building self-confidence and developing skills among youth and families to help them reach their full potential as community members.</p> <p>It offers various programs such as:</p> <p>The Clinical Program</p> <ul style="list-style-type: none"> • Impacts of intergenerational trauma, healthy parenting skills, etc. • Alcohol and substance abuse, including impacts on family. • Sexual, physical and emotional abuse. <p>The Land-Based Program (Nutshimit)</p> <ul style="list-style-type: none"> • Draws on Innu, Inuit and First Nations natural healing and connection with the land and sea. • Provides a safe, caring and comfortable environment to heal. • Teaches responsibility, traditional values and beliefs. • Teaches self-sufficiency and survival skills. • Explores opportunities to live well as an Aboriginal person. • Calms families, especially anxious children like those with ADHD. • Nurtures a sense of belonging and purpose in life. <p>Other programs offered by CJAYTC include:</p> <ul style="list-style-type: none"> • Day program and counselling services for youth and families. • Community outreach and education services. • Early intervention program with local schools.
<p>Who is eligible?</p>	<p>Serves Innu, Inuit, and First Nations youth and families from Atlantic Canada and across Canada.</p>
<p>How to benefit from it?</p>	<p>For further information about our programs and services please contact our Youth & Family Case Manager:</p> <p>Phone: 1-709-497-8995 ext 226 Toll-Free: 1-877-497-8995 Fax: 1-709-497-8993 Email: ewinters@cjay.org</p> <p>Postal Address:</p> <p>Charles J. Andrew Youth Treatment Centre P.O. Box 109 Sheshatshiu, NL A0P 1M0</p>

For more information, visit:

<http://www.cjay.org/home/home.htm>

• Aboriginal Patient Navigator

<p>What?</p>	<p>The Aboriginal Patient Navigator Program (APN) is a partnership between Eastern Health and First Light – St. John’s Friendship Centre. It began in 2009 to provide support and assistance or Indigenous patients and their families who travel to St. John’s for medical appointment/s. The APN’s serve to bridge the gap between Indigenous patients and their respective health care professionals.</p> <p>Services the APNs may provide are:</p> <ul style="list-style-type: none"> • Providing referral and/or advocacy to Aboriginal patients to ensure access to the most appropriate health care options. • Navigation to and escorting patients to appointments. • Arranging translation services in Innu-Aimun and Inuktitut, if needed/requested. • Assisting patients to access meals, transportation, accommodations, medical supplies and discharge planning.
<p>Who is eligible?</p>	<p>Indigenous patients and their families residing in NLA.</p>
<p>How to benefit from it?</p>	<p>Contact:</p> <p>Katie Dicker Senior Aboriginal Patient Navigator Health Sciences Centre — Room 2J514 300 Prince Philip Drive St. John’s, NLA1B 3V6 A1B 3V6 709 777 2199 709 758 9177 <u>katie@firstlightnl.ca</u> <u>katie.dicker@easternhealth.ca</u></p> <p>Or</p> <p>Solomon Semigak Aboriginal Patient Navigator Health Sciences Centre — Room 2J514 300 Prince Philip Drive St. John’s, NLA1B 3V6 A1B 3V6 709-777-2110 709 758 1714 <u>solomon@firstlightnl.ca</u> <u>solomonsemigak@easternhealth.ca</u></p>

For more information, visit:

<https://firstlightnl.ca/program/aboriginal-patient-navigators/>

Resources and Guides

- Feelings Wheel

The Feeling Wheel* can help people recognize and communicate what they are feeling. The inner circle is labeled with names of primary feelings (mad, sad, scared, joyful, powerful, and peaceful). The outer rings contain names of secondary feelings related to the primary ones. Use the Feelings Wheel, by Gloria Willcox, to describe how you're feeling.

*This document is available in a PDF format in the folder "Newfoundland and Labrador", "Resources and guides", under the title "Feelings Wheel".

- Self-Care Wheel

With over 80 self-care exercises and healing modalities, the Self-Care Wheel*, by Olga Phoenix, is a great beginning for your personalized, preventative, and sustainable Self-Care plan. Use the Self-Care Wheel below to manage every-day stress, increase contentment and life satisfaction, and learn which areas of your life need improvement.

*This document is available in a PDF format in the folder "Newfoundland and Labrador", "Resources and guides", under the title "Self-Care Wheel".

- Daily Self-Esteem Journal

Positive journaling has been found to help improve feelings of well-being and self-esteem. Record three daily statements related to your successes, good qualities, and positive experiences. This worksheet*, by **TherapistAid.com**, is great for those who need ideas to journal about and has been designed with daily prompts, such as "Today I accomplished..." and "Something I did for someone...".

*This document is available in a PDF format in the folder "Newfoundland and Labrador", "Resources and guides", under the title "Daily Self-Esteem Journal".

New Brunswick

Programs, Services and Facilities

• Changing Minds

What?	<p>Changing Minds is an innovative, multi-use mental illness education program. It was created in order to address a community need for mental health education, stigma reduction and to promote a better understanding of mental health and mental illness. This powerful and engaging program will change your mind regarding people with mental illness, delivered by a certified Canadian Mental Health Association of New Brunswick Facilitator.</p> <p>The formation consists of two full days, 15 hours total of training.</p> <p>Changing Minds is offered at a cost of \$200/person. A subsidy through the Department of Health to reduce the cost to \$60/person + tax is available.</p>
Who is eligible?	Any resident of NB.
How to benefit from it?	<p>Please contact your local CMHA of NB staff:</p> <p>Fredericton (Provincial) 403 Regent Street, Suite 202 Fredericton, NB E3B 3X6 Tel: (506) 455-5231 Fax: (506) 459-3878</p> <p>Moncton 22 Church Street, Suite T120 Moncton, NB E1C 0P7 Telephone: (506) 859-8114 Fax: (506) 859-9581</p> <p>Saint John 560 Main Street, Suite A315 Saint John, NB E2K 1J5 Tel: (506) 633-1705 Fax: (506) 633-2892</p> <p>Local Community Program Coordinator (Rural)</p> <p>ZONE 1 – DENISE MILLER 81 Albert Street Moncton, NB E1C 1B3 Phone: (506) 852-3270 Fax: (506) 856-2995 denise.miller@gnb.ca</p> <p>ZONE 1 – MARIE-CECILE LEGER Kent County and Shediac region 21 boul Cartier Blvd, Unit 153 Richibucto, NB E4W 5R5 Phone: (506) 523-2065 Fax: (506) 523-7678 marie-cecile.leger@gnb.ca</p>

<p>How to benefit from it?</p>	<p>ZONE 2 – LISA CHENEY 5 Riverview Avenue St. George, NB E5C 3M1 Phone: (506) 755-4060 Fax: (506) 755-1807 <u>lisa.cheney@gnb.ca</u></p> <p>ZONE 2 – MARTHA CHOWN 38 Park St, Unit 2 Sussex, NB E4E 1T9 Phone: (506) 432-2101 Fax: (506) 432-7505 <u>martha.chown@gnb.ca</u></p> <p>ZONE 3 – KAITEE STAIRS 705 Main Street Woodstock, NB E7M 2E2 Phone: (506) 325-3943 Fax: (506) 325-4610 <u>kaitee.macdougall@gnb.ca</u></p> <p>ZONE 3/4 – JEAN-PAUL SOUCY 625 Everard H. Daigle Boul, Room F30 Grand Falls, NB E3Z 1G1 Phone: (506) 475-2548 Fax: (506) 475-2452 <u>jean-paul.soucy@gnb.ca</u></p> <p>ZONE 4 – Kimberly Hanot 118 rue Martin Edmundston, NB E3V 2M9 Phone: (506) 739-9489 Fax: (506) 737-4448 <u>kimberly.hanot@gnb.ca</u></p> <p>ZONE 5 – CECILE GOULETTE 6 Arran Street, 2nd Floor Campbellton, NB E3N 1K4 Phone: (506) 789-2441 Fax: (506) 753-6969 <u>cecile.goulette@gnb.ca</u></p> <p>ZONE 6 – LUCIE ROBICHAUD 186 lère rue Shippagan, NB E8S 1N2 Phone: (506) 336-4932 Fax: (506) 336-3366 <u>lucie.robichaud@gnb.ca</u></p>	<p>ZONE 6/7 165 St Andrews Street Bathurst, NB E2A 1C1 Phone: (506) 547-2949 Fax: (506) 547-7556</p> <p>ZONE 7 – Natalie Thibeau-Rector 55 Pleasant Street Miramichi, NB E1V 2Z8 Phone: (506) 773-7561 Fax: (506) 623-3802 <u>natalie.thibeau-rector@gnb.ca</u></p>
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For more information, visit:

[**https://cmhanb.ca/changing-minds/**](https://cmhanb.ca/changing-minds/)

• Living Life to the Full

<p>What?</p>	<p>Want to know how to feel happier, more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full offers you enjoyable and interactive courses that will help you understand your feelings, thoughts and behaviors, and what to do about them!</p> <p>In 8 fun, friendly 90-minute sessions, Living Life to the Full helps people make a difference in their lives. Each session is moderated by a trained facilitator and includes a booklet, handouts, exercises and discussions.</p>
<p>Who is eligible?</p>	<p>Any resident of NB.</p>
<p>How to benefit from it?</p>	<p>More information, please contact info@cmhanb.ca</p>

For more information, visit:

<https://cmhanb.ca/living-life-to-the-full/>

• Applied Suicide Intervention Skills Training (ASIST)

<p>What?</p>	<p>The ASIST program emphasizes suicide first-aid and helping a person at risk stay safe and seek further help. This is a two day program, that trains attendees how to recognize invitations for help, how to reach out and offer support, how to review the risk of suicide, how to apply a suicide intervention model, and provides them with a link to community resources.</p> <p>This workshop is designed for clinicians, social workers, teachers, nurses, police, clergy, probation officers, psychologists, front line workers, parents, psychologists and the concerned public. Each year more people die by suicide than from all of the several armed conflicts around the world. In some areas, there are as many or more suicides as those dying in traffic accidents. For every suicide, there are 100 times more individuals who are injured by these attempts.</p> <p>This program provides participants with the ability to recognize that most people consider sharing their distress and their intent to take their own lives. Through proper training, we can see and respond to these invitations for help.</p> <p>ASIST is offered at a cost of \$200 for adults, \$150 for students – taxes included.</p>
<p>Who is eligible?</p>	<p>Any resident of NB.</p>
<p>How to benefit from it?</p>	<p>Please contact your local suicide prevention committee:</p> <p>Moncton, 1-866-662-1166, 378-0381 or 856-3485, 377-5821 Richibucto, 1-866-662-1166, 378-0381 St Stephen, 349-4036 Woodstock, 429-2301, 999-0093 Grand Sault, 284-3431, 461-8865 Campbellton, 789-2440, 789-2982 Caraquet, 394-3621 Miramichi, 778-6086</p> <p>Sussex and Saint John, 349-4039 Fredericton, 429-201, 999-0093 Edmundston, 284-3431, 461-8865 Kedgwick St. Quentin, 284-3431, 461-8865 Bathurst, 394-3621 Tracadie, 394-3621</p>

For more information, visit:

<https://cmhanb.ca/kids-have-stress-too/>

- Lists of Services available per Zone

Vitalité Health Network offers a list* of services accessible to First Nations in the community.

*The list is available in a PDF format in the folder “New Brunswick”, “Resources and guides”, under the title “List of services available per zone 1”.

For more information, visit:

<https://www.vitalitenb.ca/en/points-service/mental-health/first-nations>

A similar list** has been developed by the Canadian Mental Health Association.

**The list is available in a PDF format in the folder “New Brunswick”, “Resources and guides”, under the title “List of services available per zone 2”.

For more information, visit:

<https://cmhanb.ca/programs-services/community-health-centre-contact-information/>

- First Nation Health Centres

The Union of New Brunswick Indians offers this list* of First Nation Health Centres throughout the province.

*The list is available in a PDF format in the folder “New Brunswick”, “Resources and guides”, under the title “First Nation Health Centres”.

Prince Edward Island

Programs, Services and Facilities

- COVID-19 Emergency Response Program

What?	<p>The COVID-19 Emergency Response program assists all off-reserve Indigenous Peoples on PEI who have been negatively impacted by COVID-19 and are in need of support.</p> <p>The Emergency Response Coordinator works closely with NCPEI Program Coordinators and the Finance Director to connect with off-reserve Indigenous people on PEI, respond to requests for assistance, and provide information, as well as material and financial supports, that have been made necessary due to the COVID-19 Pandemic.</p> <p>The Emergency Response Coordinator assists NCPEI take calls and make sure off-reserve Indigenous people are connected with the proper individuals.</p> <p>The Coordinator is able to assist with a number of different needs, such as providing short-term shelter and essential needs, food, medical supplies, and educational/ community support. This allows for individuals to stay connected with Mi'kmaq culture and community and helps to remove some of the barriers that COVID19 has created.</p>
Who is eligible?	Off-reserve Indigenous Peoples on PEI.
How to benefit from it?	Contact: Emergency Response Coordinator Phone: (902) 892-5314 Email: covid@ncpei.com

For more information, visit:

<https://ncpei.com/services/covid19/>

• A Path Forward

<p>What?</p>	<p>A Path Forward provides off-reserve Indigenous Peoples in PEI an innovative approach to individual and group treatment recovery plans. It does so by creating land-based culturally sensitive activities that support and assist those who are looking to overcome problematic drug and substance use and/or abuse.</p> <p>A Path Forward supports and educates using harm reduction strategies for off-reserve Indigenous Peoples in PEI. This is to ensure group and personal safety, empowerment, and support. A Path Forward hosts education and awareness sessions on the needle exchange program, accessing and administering Naloxone, current trends in street drugs, as well as many other topics as requested by the group.</p> <p>Individual treatment plans include understanding the importance of journal writing to help identify individual triggers, and the strategies that are available to be used to overcome these. Participating in group activities helps clients to increase self-awareness, self-image, and self-worth. A Path Forward looks into techniques used to reduce stress and help to avoid the negative behaviors leading to substance abuse. Participants of the program have access to weekly cultural healing activities in each of NCPEI's three Zones.</p> <p>Activities include hand drum making, smudging, attending sweat lodge ceremonies, as well as land-based healings such as medicine walks, meditation, canoeing, and many other ceremonial practices. Weekly Circles of Support are available for clients in Alcoholics Anonymous and Narcotics Anonymous and are provided through an Indigenous viewpoint. The program also offers referrals to mental health and addiction counselling, case planning, follow up, and aftercare.</p>
<p>Who is eligible?</p>	<p>Off-reserve Indigenous Peoples on PEI.</p>
<p>How to benefit from it?</p>	<p>Contact:</p> <p>Addiction and Mental Health Coordinator Phone: (902) 892-5314 E-mail: amhap@ncpei.com</p> <p>Addictions and Mental Health Cultural Coordinator Phone: (902) 892-5314 E-mail: amhap2@ncpei.com</p>

For more information, visit:

<https://ncpei.com/services/path-forward/>

• Strengthening Aboriginal Families Effectively (SAFE)

<p>What?</p>	<p>The SAFE program assists Indigenous families living off-reserve to help strengthen the relationship between parents and children involved in Child and Family services. SAFE works with families and caregivers of Indigenous children in care, or at risk of going into care, through culturally sensitive programming and parenting supports.</p> <p>SAFE, with the help of service providers, connects clients to needed services. NCPEI evaluates the needs and requirements of each person individually, develops a case plan, and manages that case plan while helping to strengthen the family unit.</p> <p>By providing advocacy for the parents and children, NCPEI hopes to help prevent the number of Indigenous children that go into care and help support high-risk families with children.</p> <p>SAFE offers many different programming options such as regular meetings with non-Indigenous caregivers to provide cultural teachings and support, parenting classes, home visits, advocacy and support in navigating the Child and Family Services system, supporting youth who are aging out of the care of Child and Family Services and a community kitchen promoting healthy eating on a budget.</p> <p>Counselling services are also offered as needed.</p>
<p>Who is eligible?</p>	<p>Indigenous families living off-reserve in PEI.</p>
<p>How to benefit from it?</p>	<p>Contact:</p> <p>SAFE Coordinator Phone: (902) 892-5314 E-mail: safe@ncpei.com</p>

For more information, visit:

<https://ncpei.com/services/safe/>

• Mental Health Walk-in Clinics

What?	<p>Mental health walk-in clinics offer immediate mental health support to help with anxiety, as well as life events causing stress and other mental health issues.</p> <p>No appointment or referral is required. You will be able to see a registered mental health therapist for 45-60 minutes. There is no cost for this service.</p>
Who is eligible?	Residents of PEI.
How to benefit from it?	<p>Montague Community Mental Health (for individuals 16 and older) Telephone: (902) 838-0960 126 Douses Road</p> <p>Charlottetown Richmond Centre (for individuals 16 and older) Telephone: (902) 368-4430 1 Rochford Street</p> <p>McGill Centre (for individuals 16 and older) Telephone: (902) 368-4911 55 McGill Avenue</p> <p>Summerside Prince County Hospital Telephone: (902) 888-8180 65 Roy Boates Avenue</p> <p>Lennox Island Lennox Island Health Centre (for Lennox Island residents only) Telephone: (902) 831-2711 15 Eagle Feather Trail</p> <p>O'Leary O'Leary Health Centre Telephone: (902) 853-8670 14 MacKinnon Drive (adjacent to Community Hospital)</p> <p>Elmsdale Westisle High School (for students, age 16 and older at this school only) 39570 Western Road, Elmsdale</p>

For more information, visit:

<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-walk-clinics>

• Strongest Families Program

<p>What?</p>	<p>Mental health walk-in clinics offer immediate mental health support to help with anxiety, as well as life events causing stress and other mental health issues.</p> <p>No appointment or referral is required. You will be able to see a registered mental health therapist for 45-60 minutes. There is no cost for this service.</p> <p>Three programs are offered:</p> <ul style="list-style-type: none"> • Behaviour program (for ages 3 to 12); • Anxiety program (for ages 6 to 17); and • Nighttime bedwetting (for ages 5 to 12).
<p>Who is eligible?</p>	<p>Island families with children and youth ages 3 to 17 who experience behaviour, anxiety, or nighttime/ bedwetting problems.</p>
<p>How to benefit from it?</p>	<p>You can be referred to the program through your primary care provider or community mental health services by calling 902-368-4430.</p>

For more information, visit:

<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-walk-clinics>

• Behavioural Support Team for Children

<p>What?</p>	<p>Behavioural support is offered to help children aged 4-12 who have moderate to severe behavioural difficulties. A team of professionals called the Behavioural Support Team have specialized expertise in delivering treatment to children with disruptive behaviour disorders. The team includes a psychologist, social workers, and a youth worker.</p> <p>The Behavioural Support Team works with children, families, guardians and other systems including daycares, schools, group homes across Prince Edward Island.</p>
<p>Who is eligible?</p>	<p>Your child can be referred to the service if:</p> <ul style="list-style-type: none"> • They are between the ages of 4-12; • They are experiencing moderate to severe behavioural difficulties; • Their primary difficulty is a disruptive behaviour disorder (oppositional defiant disorder, conduct disorder), but may also have some other difficulties (attention, anxiety, academic, etc.); • Their symptoms are present in more than one setting (home, school, community, etc.); or • They have already had an initial treatment attempt, but requires more intensive intervention.
<p>How to benefit from it?</p>	<p>All referrals to the Behavioural Support Team go through the centralized phone line.</p> <p>If you are a parent or guardian, and would like to talk to someone about the program or make a referral, call 902-368-4430.</p> <p>If you are a physician or other service provider, you can submit a Child and Youth Referral Form or call Children's Centralized Intake at 902-368-4430.</p>

*This referral form is available in a PDF format in the folder "PEI", "Programs, services and facilities" and under the title "Health PEI Referral Form".

For more information, visit:

<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-walk-clinics>

• ICAN- Adult Anxiety Program

What?	<p>This program educates adults about anxiety and guides them as they learn skills to overcome their anxiety, excessive worry and how to cope with major life stressors. This program provides adults with a manual or access to a secure website, videos, relaxation audio clips, daily anxiety tracker, a supporter guide, and weekly telephone support from a coach.</p> <p>Adults can receive weekly telephone coaching support through either one on one coaching, or through our group-based program with other adults who share similar challenges. This program is effective at decreasing anxiety and stress; and increasing confidence and independence.</p>
Who is eligible?	Open and free of charges for all Island residents.
How to benefit from it?	<p>You can self-refer online at: https://login.strongestfamilies.com/signup/ican/page/1/</p> <p>Or contact:</p> <p>Toll-free phone: 1-866-470-7111 Fax: 1-866-470-7222 Courriel: info@strongestfamilies.com</p>

• Island Helpline

What?	<p>This helpline aims to help Islanders who are experiencing distress - day or night, any day of the week.</p> <p>Trained and caring staff answer calls to the Island Helpline 24 hours a day, 7 days a week, 365 days a year. The Island Helpline is a free bilingual, confidential, non-judgmental, and supportive telephone service.</p> <p>Staff can help with issues such as:</p> <ul style="list-style-type: none"> • Social isolation. • Stress and anxiety. • Breakdown of relationships. • Pre and post-partum related issues. • Aging related issues. • Abuse (physical, sexual and emotional). • Mental health and depression. • Alcohol and drug use / abuse. • Suicidal thoughts.
Who is eligible?	PEI Residents.
How to benefit from it?	Call 1-800-218-2885 .

For more information, visit:

<https://www.theislandhelpline.com>

Resources and Guides

- Family Violence Toolkit

The Miykiwan Toolkit* is the result of the effort of a great many people coming together with open hearts and open minds to help improve the lives of Aboriginal families living off-reserve in Canada.

This toolkit is a constructive and practical step toward a better future for off-reserve Aboriginal families. It contains strong reminders of our cultural resilience and points to realistic ways that we can bring about positive change through ideas and practices that help people live healthier, more peaceful lives.

The Miykiwan Toolkit is a tool designed to share knowledge and raise awareness about the impacts of family violence.

*The factsheets of this toolkit are available in a PDF format in the folder "PEI", "Resources and guides", "Family violence toolkit".

For more information, visit:

<http://www.ncpei.com/resources/family-violence-tool-kit>

- PEI Helping Tree

This project* was designed to inform Islanders of the many helping resources available on Prince Edward Island. If you or someone you care about is experiencing a problem in any of the areas listed below, refer to the PEI Helping Tree and follow the arrows on the flowchart to find resources that may help.

- Addictions.
- Seniors.
- Grief.
- Crisis / Someone to Listen.
- Help for Families.
- Mental Health and/or Suicide.
- Physical Health.
- Sexual Health, Pregnancy and Infant Care.
- Violence and Sexual Assault.
- Housing and Hunger.
- Legal Issues.
- Employment and/or Career.
- Financial.

For more information, contact the CMHA PEI Mental Health Resource Line at **1-800-682-1648**.

*This project is available in a PDF format in the folder "PEI", "Resources and guides", under the title "PEI Helping Tree".

- Supporting your Child or Youth Through COVID-19: A Parent and Caregiver’s Guide

This guide* is designed to assist parents/caregivers in knowing how best to respond to youth questions regarding the pandemic.

*The guide is available in a PDF format in the folder “PEI”, “Resources and guides”, under the title “Supporting your Child or Youth through COVID-19”.

Nova Scotia

Programs, Services and Facilities

- Eskasoni Mental Health Services (EHMS)

<p>What?</p>	<p>Eskasoni Mental Health Services (EMHS) provides a wide range of services to the Mi’kmaq people of Eskasoni, Cape Breton, Nova Scotia. The Tui’kn Residential School Survivor Team provides services to all 5 Unama’ki (Cape Breton) communities.</p> <p>EMHS is a not-for-profit organization established in 1991. Over the years the organization has continued to evolve and grow with the help of the community and a variety of funding sources. We have grown from a staff of one to a flourishing team of 32, offering a range of programs. EMHS is a safe and confidential place where community members can come to address the wide variety of issues confronting them.</p>
<p>Who is eligible?</p>	<p>Mi’kmaq people of Eskasoni, Cape Breton, Nova Scotia.</p>
<p>How to benefit from it?</p>	<p>4555 Shore Road, Eskasoni, Nova Scotia, Canada, B1W 1K3</p> <p>Eskasoni Crisis: 1-855-379-2099 (Toll-Free) Eskasoni Crisis Main Phone: (902) 379-2099 Fax: (902) 379-2905 Facebook: Eskasoni Crisis Worker</p>

For more information, visit:

<https://www.eskasonimentalhealth.org/services-1>

• First Nations Service

What?	Mental Health clinicians work as part of the first nations health care team in several first nations communities. The Mental Health Clinician provides assessment, diagnosis and treatment, and outreach services that can help people to manage mental illness, addictions and concurrent disorders, as well as acts as a liaison to other mental health and addiction services as required.
Who is eligible?	Indigenous residents of Nova Scotia.
How to benefit from it?	<p>Access depends on your residency zone:</p> <p>Eastern Zone (Cape Breton, Guysborough and Antigonish areas)</p> <p>Membertou Health & Wellness Home 902-564-6466 ext. 2440 107 Membertou Street Membertou, NS</p> <p>Waycobah Health Centre 902-756-2156 90 Reservation Road Whycocomagh, NS</p> <p>Wagmatcook Health Centre 902-295-2755 47 Humes Rear W Loop Wagmacook, NS</p> <p>Chapel Island Health Centre (Potlotek Health Centre) 12004 Highway 4 St. Peters, NS</p> <p>Northern Zone (Colchester-East Hants, Cumberland and Pictou areas)</p> <p>Millbrook Health Centre 902-895-9468 812 Willow Street Truro, NS</p> <p>Paqtnkek Health Centre 902-386-2048 128 Sagamaw Road Afton, NS</p> <p>Pictou County Community Health Center 902-752-0085 690 East River Road New Glasgow, NS</p> <p>Sipekne'katik Health Centre (Indian Brook) 902-758-2063 601 Church Street Indian Brook, NS</p>

How to benefit from it?	Western Zone (Annapolis Valley, South Shore and South West) Gold River Health Centre 1-877-334-3431 311 Beech Hill Road Chester Basin, NS
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For more information, visit:

<https://www.eskasonimentalhealth.org/services-1>

Resources and Guides

- Mental Health Online Navigator

This initiative of Nova Scotia Health offers individuals the possibility to get specific results depending on their needs, age, and region of residence within the province.

To initiative that research, follow that link:

<https://mha.nshealth.ca/en>

Yukon

Programs, Services and Facilities

- Mental Wellness and Substance Use Services (MWSU)

What?	<p>This government service continues to offer Rapid Access Counselling (RAC) for adults. RAC is a short-term, counselling service with 1st appointment available within 72 hours.</p> <p>Families and children can access services through the Child Youth and Family Treatment Team (CYFTT). This team is a unit under the umbrella of MWSU. It includes counsellors who have access to specific resources for youth and families. Intakes for longer term counselling for both adult and CYFTT are ongoing and wait times are low.</p> <p>Incarcerated Yukoners or those involved with the legal system may access counsellors with knowledge and resources to serve this population.</p> <p>Online groups will be available with skills to manage:</p> <ul style="list-style-type: none"> • Anxiety; • Mood management; • Mental health; and • Substance use challenges.
Who is eligible?	These services are available free of charge to any Yukoner who would like to access them.
How to benefit from it?	<p>Phone: 867-456-3838</p> <p>Phone toll free: 1-866-456-3838</p>

• The Canadian Mental Health Association, Yukon Division

What?	This NGO supports clients who have mild to moderate mental health concerns. They also serve those with issues in relationships. A service is available for clients to access short-term counsellors within 3 days. Meditation, mindfulness and a cognitive behavioural therapy group are part of their offerings.
Who is eligible?	Counselling services are available free of charge to any Yukoner. For now online services are free of charge as well.
How to benefit from it?	Phone: 867-668-6429

• The Reach Out Support Line

What?	The Canadian Mental Health Association-Yukon also runs the Reach Out Support Line. The Reach Out Support Line (ROSL) is a volunteer-based, free support line. It is confidential and non-judgmental. The line operates from 2 p.m. until 10 p.m. Trained volunteers will support callers to find options, no matter how big or small the issue.
Who is eligible?	Any Yukoner.
How to benefit from it?	Phone: 1-844-533-3030

• Let's Chat Yukon

What?	Let's Chat Yukon is a citizen-created service that promotes community connection. This phone line is for people to use to get to know their neighbours. Those hoping for human connection can call and a trained volunteer will get in touch. Phone calls will feature light conversation about mutual interests. This unique, community-driven effort increases connection between Yukoners.
Who is eligible?	Any Yukoner.
How to benefit from it?	Phone: 867-332-2772 Toll-Free: 1-877-321-1001

• Hospice Yukon

What?	Yukoners come from all over Canada and all over the world. It is likely that Yukoners will be unable to travel to be with loved ones at their end of life right now. Hospice Society of Yukon offers telephone counselling free of charge. Yukoners in need of end of life and grief support can call.
Who is eligible?	Any Yukoner.
How to benefit from it?	Print resources are available by phoning the office or email: info@hospiceyukon.net Phone: 867-667-7429

• Sexualized Assault Response Team

What?	Yukon's Sexualized Assault Response Team (SART) is safe and confidential. This network of services focus on the individual's needs and choices. If someone has experienced sexualized assault, SART can guide them through services. SART is still open right now. Yukoners may seek supports and services during the pandemic.
Who is eligible?	Any Yukoner.
How To Access It	Phone: 1-844-967-7275

For more information, visit:

<https://yukon.ca/en/health-and-wellness/covid-19-information/your-health-covid-19/mental-health-and-wellness-support>

• On-reserve Income Assistance Program

What?	This program helps eligible on-reserve residents and Status Indians in the Yukon cover the costs of their daily living and provides funding to access employment supports.
Who is eligible?	<p>Individuals who believe they may be eligible will need to meet all of the following criteria:</p> <ul style="list-style-type: none"> • Ordinarily resident on-reserve or Status Indians in the Yukon. • Eligible for basic or special financial assistance. • Can demonstrate they have no other source of funding to meet their basic needs. <p>An individual who is eligible and applies for income assistance will be assessed according to the criteria of their province or the Yukon. This assessment covers the individual's:</p> <ul style="list-style-type: none"> • Financial need. • Employability, • Family composition and age. • Available financial resources in the household.
How to benefit from it?	The application process depends on where you reside. Contact your community's band office for more details: https://fnp-ppn.aadnc-aandc.gc.ca/fnp/Main/index.aspx?lang=eng

For more information, visit:

<https://www.sac-isc.gc.ca/eng/1100100035256/1533307528663>

Northwest Territories

Programs, Services and Facilities

- NWT Help Line

What?	<p>The NWT Help Line offers free support to residents of the Northwest Territories, 24 hours a day, 7 days a week. It is 100% free and confidential. The NWT Help Line also has an option for follow-up calls.</p> <p>Trained responders can help you with any number of concerns, including:</p> <ul style="list-style-type: none">• Stress management.• Suicidal thoughts.• Abuse.• Sexual assault.• Depression.• Anxiety.
Who is eligible?	Residents of the Northwest Territories.
How to benefit from it?	<p>Residents can call the help line at 1-800-661-0844.</p> <p>For wellness information, tips, and community events, visit the NWT Help Line Facebook page at https://www.facebook.com/NWTHelpLine/</p>

For more information, visit:

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

• Strongest Families Institute

<p>What?</p>	<p>SFI is a not-for-profit organization based in Nova Scotia that provides support to children and families seeking help for mental health and other issues that impact wellbeing.</p> <p>Care is provided to families through telephone coaching sessions. Educational materials and tools to supplement the telephone coaching sessions are mailed to the family home.</p> <p>SFI offers different kind of programs, such as:</p> <ul style="list-style-type: none"> • ICAN (Conquer Anxiety and Nervousness) – Anxiety Program (18-30 years of age) <p>Educates adults about anxiety and guides them as they learn skills to overcome anxiety, excessive worry and how to cope with major life stressors. This program is effective at decreasing anxiety and stress; and increasing confidence and independence.</p> <ul style="list-style-type: none"> • Parents Empowering Kids – Behaviour Difficulties Program (3-12 years of age) <p>Helps parents learn to deal with common childhood behaviour problems such as temper outbursts, not listening, verbal and physical aggression and difficulties paying attention</p> <ul style="list-style-type: none"> • Chase Worries Away – Anxiety Program (6-11 years of age) <p>Educates parents and children about anxiety and guides them as they learn relaxation skills and how to face worry in real life. The program typically deals with difficulties separating from loved ones, worry about performance, and specific fears.</p> <ul style="list-style-type: none"> • Defeat Anxiety – Anxiety Program (12-17 years of age) <p>Educates youth and their parents about anxiety and guides them as they learn relaxation skills and how to face worry in real life. The program typically deals with difficulties/worry about performance, social anxiety, and</p> <ul style="list-style-type: none"> • Chase Pain Away – Recurrent Headache/Abdominal Pain (9-16 years of age) <p>Focuses on teaching stress management, avoidance of triggers, dietary modifications, appropriate use of over-the-counter medication, and with weekly telephone support from a coach.</p>
<p>Who is eligible?</p>	<p>Residents of the NWT in the age spectrum specified for each program.</p>
<p>How to benefit from it?</p>	<p>All of our programs require a referral from an agency in your community. However, referring is just a phone call away and the process is designed to help you receive the appropriate care for your needs without barriers.</p> <p>Tłıcho Region: Behchoko – (867) 392-3005 Gamètì (via Behchoko) – (867) 392-3005 Wekweètì (via Behchoko) – (867) 392-3005 Whatì (via Behchoko) – (867) 392-3005</p>

**How to
benefit
from it?**

Yellowknife Region:

Dettah/Ndilo – **(867) 920-2925**
Fort Resolution – **(867) 394-4511**
Lutselk'e – **(867) 370-3212**
Yellowknife – **(867) 767-9110**

Beaufort-Delta Region:

Aklavik – **(867) 978-2941**
Fort McPherson – **(867) 952-2245**, ext. 2; **(867) 952-2245**, ext. 3
Inuvik – **(867) 777-8101**
Paulatuk (via Inuvik) – **(867) 777-8101**
Sachs Harbour[Text Wrapping Break](Child, Youth and Family Counsellor (via Ulukhaktok))
(867) 396-3024
Sachs Harbour(Wellness Worker) – **(867) 690-4181**
Tsiigehtchic (via Fort McPherson) – **(867) 952-2245**, ext. 2, **(867) 952-2245**, ext. 3
Tuktoyaktuk (Child, Youth and Family Counsellor) – **(867) 977-2511**, ext. 3
Tuktoyaktuk (Wellness Worker) – **(867) 977-2511**, ext. 5
Ulukhaktok (Holman) - **(867) 396-3024**

Dehcho Region:

Fort Liard – **(867) 770-4770**
Fort Providence – **(867) 699-3421**
Fort Simpson – **(867) 695-2293**
Hay River Reserve (via Fort Providence) – **(867) 699-3421**
Jean Marie River (via Fort Simpson) – **(867) 695-2293**
Kakisa (via Fort Providence) – **(867) 699-3421**
Nahanni Butte (via Fort Liard) – **(867) 770-4770**
Sambaa K'e (via Fort Simpson) – **(867) 695-2293**
Wrigley (via Fort Simpson) – **(867) 695-2293**

Fort Smith:

Fort Smith – **(867) 872-6310**

Hay River:

Enterprise (via Hay River) – **(867) 874-2446**
Hay River – **(867) 874-2446**

Sahtu Region:

Colville Lake (via Norman Wells) – **(867) 444-6717**
Déljñę – **(867) 589-5545**
Fort Good Hope – **(867) 598-2059**
Norman Wells – **(867) 444-6717**
Tulita – **(867) 588-4019**

For more information, visit:

<https://famillessolides.com>

- Strongest Families Institute

<p>What?</p>	<p>Trailcross is operated by Shift, a Nova Scotia-based human services and experiential learning company founded in 2011. With a specialized focus on northern youth services, Shift has been operating residential youth care homes in the Canadian North since 2014.</p> <p>The Trailcross Treatment Centre provides a place for youth who are seeking direction and clarity in their lives. Trailcross is an eight-bed residential care and treatment facility in Fort Smith for youth from all over the Northwest Territories.</p> <p>Built around a framework that meaningfully engages youth, Trailcross interweaves modern clinical care approaches with experiential and outdoor learning framed around a model of care that is rooted in Indigenous culture.</p> <p>Treatment within the program is typically 6-10 months in duration. The program is located in Fort Smith, NWT.</p>
<p>Who is eligible?</p>	<p>Youth between the ages of (12-18) and residents of NWT.</p>
<p>How to benefit from it?</p>	<p>Connect with: 902-820-1234</p> <p>Or email: info@experienceshift.ca</p>

For more information, visit:

<https://experienceshift.ca/programs/locations-treatment/#connect>

• Territorial Treatment Centre (TTC) Intensive Residential Treatment Group Care Program

<p>What?</p>	<p>The TTC program provides services for children/youth between the ages of 8 and 12 years, who struggle with emotional, behavioural, and/or psychiatric difficulties. Programs are family-centered and delivered with the safety and well-being of the child/youth in mind with a high level of supervision. TTC is managed by Unlimited Potential Community Services (UP Community Services).</p> <p>The program integrates a multi-modal approach which is culturally sensitive and family-centered, encompassing assessment, intervention, education/training, skills development, relapse prevention. In the last two years the program has taken on a more supportive and inclusive approach to transitioning the child/youth and their families to life after treatment. Families are offered family counseling, parenting support and the ability to work with their child, alongside treatment staff, to provide in the moment skills teaching and support. Parents are also given support in developing plans for after discharge. As part of the transition back into their family and community, TTC staff will provide follow-up through phone conversations and face to face visits with the youth, caregiver and/or their family will occur whenever possible. Families are encouraged to contact the team at TTC, 24/7, to seek support through discussions around child/youth interventions, techniques, or to discuss available community support options.</p>
<p>Who is eligible?</p>	<p>Youth between the ages of 8 and 12, residents of NWT.</p>
<p>How To Access It</p>	<p>For more information about this service, please contact:</p> <p>Colleen Angus, Manager Mental Health Email: cangus@upcs.org Phone: 780-362-3521</p> <p>To make a referral for the program, please contact:</p> <p>Brian Hall, Director Quality Improvement Email: bhall@mpowersupports.org Phone: (780)440-0708 ext. 295</p>

For more information, visit:

<https://upcs.org/services/group-care/>

• BreathingRoom

<p>What?</p>	<p>BreathingRoom™ is a free online program designed for youth and young adults who want to learn new ways to manage stress, depression or anxiety. Available 24/7 it teaches:</p> <ul style="list-style-type: none"> • Ways to deal with negative thoughts and learn to see yourself as you truly are – a unique person with incredible abilities; • How to deal with feelings of being alone; • You to grow and expand your thoughts and ideas; • How to create happiness within yourself; • How to be kind to yourself and how showing compassion to others will actually make you feel better; • How to cope when life challenges you; and • How to let go of hurt, anger and disappointment.
<p>Who is eligible?</p>	<p>Anyone.</p>
<p>How to benefit from it?</p>	<p>Click here to register:</p> <p>https://app.breathingroom.me/register?code=XXQTGPUE</p> <p>Download the App from Google Play or the App Store and enter the code XXQTGPUE for full access.</p>

Resources and Guides

• Contact your Community Counsellors

The NWT Community Counselling Program (CCP) established a contact list* of community counsellors per zone in the Northwest Territories.

*The list is available in a PDF format in the folder “NWT”, “Resources and guides”, under the title “The NWT Community Counselling Program (CCP) - Contacts List”.

Nunavut

Programs, Services and Facilities

• Kamatsiaqtut Nunavut Helpline

What?	<p>The Inuktitut name for the current service is Kamatsiaqtut (meaning 'thoughtful people who care'). The initial operation started with 14 volunteers, who underwent 16 hours of training.</p> <p>The motto of the Line was "Helping others help themselves". Kamatsiaqtut is for everyone, not just people who are in crisis or suicidal, although we do hear from callers who do need that type of support.</p> <p>If someone finds themselves needing someone to talk to, whether lonely, hurting, in distress, needing information or want to share some news, good or bad, we are there to listen, assist and support.</p>
Who is eligible?	<p>Any resident of Nunavut in need of help and support, or their:</p> <ul style="list-style-type: none">• Family members.• Friends, co-workers and community members.• Spouses, boyfriends/girlfriends and people in complicated relationships.• People concerned about the well being of someone they know.
How to benefit from it?	<p>Phone: (867) 979-3333</p> <p>Toll free: 1-800-265-3333</p>

For more information, visit:

<http://nunavuthelpline.ca/>

• Mental Health Facilities

The government of Nunavut offers a map of health facilities throughout Canada depending on the various communities.

Grise Fiord Health Centre

- Phone: **(867) 980-9923**
- Fax: **(867) 980-9067**

Resolute Bay Health Centre

- Phone: **(867) 252-3844**
- Fax: **(867) 252-3601**

Arctic Bay Health Centre

- Phone: **(867) 439-8873**
- Fax: **(867) 439-8315**

Pond Inlet Health Centre

- Phone: **(867) 899-7500**
- Fax: **(867) 899-7538**

Clyde River Health Centre

- Phone: **(867) 924-6377**
- Fax: **(867) 924-6244**

Kugluktuk Health Centre

- Phone: **(867) 982-4531**
- Fax: **(867) 982-3115**

Cambridge Bay Health Centre

- Phone: **(867) 983-4500**
- Fax: **(867) 983-4509**

Judy Hill Memorial Health Centre

- Phone: **(867) 561-5111**
- Fax: **(867) 561-6906**

Kativik Health Centre

- Phone: **(867) 360-7441**
- Fax: **(867) 360-6110**

Kugaaruk Health Centre

- Phone: **(867) 769-6441**
- Fax: **(867) 769-6059**

Igloolik Health Centre

- Phone: **(867) 934-2100**
- Fax: **(867) 934-2149**

Hall Beach Health Centre

- Phone: **(867) 928-8827**
- Fax: **(867) 928-8847**

Qikiqtarjuaq Health Centre

- Phone: **(867) 927-8916**
- Fax: **(867) 927-8217**

Coral Harbour Health Centre

- Phone: **(867) 925-9916**
- Fax: **(867) 925-8380**

Baker Lake Health Centre

- Phone: **(867) 793-2816**
- Fax: **(867) 793-2812**

Ranking Inlet Public Health

- Phone: **(867) 645-8070**
- Fax: **(867) 645-8079**

Arviat Health Centre

Phone: **(867) 857-3100**
Fax: **(867) 857-3147 / 3149**

Naujaat Health Centre

- Phone: **(867) 462-9916**
- Fax: **(867) 462-4212**

Kinngait Health Centre

- Phone: **(867) 897-8820**
- Fax: **(867) 897-8194**

Chesterfield Inlet Health Centre

- Phone: **(867) 898-9968**
- Fax: **(867) 898-9122**

Birthing Centre

- Phone: **(867) 645-3960**
- Fax: **(867) 645-3940**

Sanikiluaq Health Centre

- Phone: **(867) 266-8965**
- Fax: **(867) 266-8802**

Pangnirtung Health Centre

- Phone: **(867) 473-8977**
- Fax: **(867) 473-8519**

Kimmirut Health Centre

- Phone **(867) 939-2217**
- Fax **(867) 939-2068**

Rankin Inlet Health Centre

- Phone: **(867) 645-8300**
- Fax: **(867) 645-8304**

Whale Cove Health Centre

Phone: **(867)-896-9916**
Fax: **(867) 896-9115**