

Mental Health Supports and Resources

This is a list of some mental health supports and associated resources that are available to Indigenous peoples across Canada.

The list has been compiled by the [Indigenous Guardians Technical Support Team](#) (TST), however this is a living document, if you know of other resources or services that could be included, please let us know by emailing info@indigenousguardianstoolkit.ca.

The table below provides more information and links to the following resources and services:

Name	Description
Mental Health Resources for Indigenous Peoples – The Firelight Group	The Firelight Group have compiled a list of mental health resources for Indigenous peoples in Canada. This includes Canada wide support and regional support.
Mental Health and Wellness Supports – First Nation Health Authority	First Nations Health Authority Mental Health and Wellness Team have compiled a list of mental health supports that include culturally safe and trauma-informed services, there are links to 24 hours a day support, direction to services covered by first nations health benefits and other culturally safe supports.
Hope Help and Healing	The Hope, Help and Healing approach adopted in this toolkit is based on The Suicide Prevention, Intervention and Postvention Initiative for BC This toolkit was developed for community health leads, and community health workers in First Nations and Aboriginal communities.
NWAC’s Culturally Safe and Trauma-Informed Knowledge Hub	Native Women’s Association of Canada provides information, resources, and more that relates to your sexual and reproductive health. The site includes Services and Supports Near You map that provides information and access to local support centers.

<p>Hope For Wellness Helpline</p>	<p>The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online ‘chat’ 24 hours a day, 7 days a week. Both telephone and online chat services are available in English and French. Telephone support is also available upon request in Cree, Ojibway (Anishinaabemowin) and Inuktitut.</p>
<p>Thunderbird Resource Library</p>	<p>Thunderbird advocates for First Nations culturally based substance use and mental wellness services, the resource library includes documents that support healing from substance use and champion Indigenous Knowledge, culture, and innovative solutions to drive change.</p>
<p>Resources – Supporting Wellbeing</p>	<p>Supporting Wellbeing focuses on holistic wellbeing through creating a network of trained on the land leaders who provide holistic land-based programming for Northerners.</p> <p>The resources can help on the land leaders plan and deliver land-based programming using a trauma-informed, culturally relevant approach. The Mental Health Support includes contacts information for community counsellors in the Northwest Territories.</p>
<p>UBCLC Counselling Support UBC Learning Circle</p>	<p>UBCLC Counselling Support provides a list of services that range from crisis support, virtual doctors, Elder talking sessions, and Indigenous youth resources. These include supports specific to BC and Canada wide support.</p>
<p>Restoring the Circle</p>	<p>Part 2 focuses on exploring the impacts and manifestations of intersectional discrimination on 2SLGTBQ+ peoples in the context of service provision and introduces frameworks and tools to support service providers in mitigating these impacts.</p>