

# Mental Health Resources

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

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

## Other Crisis Lines

### British Columbia

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

### Yukon

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

### Northwest Territories

NWT Help Line: 1-800-661-0844

### Nunavut and Nunavik

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

### Alberta

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

### Saskatchewan

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

### Manitoba

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

### Ontario

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

### Québec

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

### Newfoundland

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

### Nova Scotia

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

### New Brunswick

Chimo Helpline: 1-800-667-5005

### PEI

The Island Helpline: 1-800-218-2885

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

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

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

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

**ISC Saskatchewan**  
1-866-885-3933

**ISC Manitoba**  
1-800-665-8507

**ISC Ontario**  
1-800-640-0642

**ISC Québec**  
1-877-583-2965

**ISC Atlantic**  
1-800-565-3294

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

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

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

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## Community Support Services

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

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

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

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## Additional Non-Crisis Health Related Resources

### National Association of Friendship Centres

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

### Assembly of First Nations

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

### Native Women's Association

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

### Inuit Tapiriit Kanatami

Tel: 1-866-262-8181  
[www.itk.ca](http://www.itk.ca)

### Pauktuutit

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

### Métis Nation

Tel: 800-928-6330

### National Collaborating Centre for Indigenous Health

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

### First Nations Health Authority (B.C.)

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

### British Columbia Office of Indigenous Health

Tel: 250- 952-3151

### Yukon Health—Mental Wellness

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

### Northwest Territories Health and Social Services—Mental Health

Tel: 867-767-9061

### Nunavut Department of Health

Tel: 867-975-5700

### Iqaluit Mental Health

Tel: 1-867-975-5999

### Alberta Health Services—Indigenous Health Program

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

### Saskatchewan Health Authority First Nation and Métis Health Services

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

### Northern Health Region—Manitoba

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

### Winnipeg Regional Health Authority Indigenous Health

Tel: 1-877-940-8880

### ConnexOntario

Tel: 1-866-531-2600

### Telehealth Ontario

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

### Régie de L'assurance maladie Québec

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

### Newfoundland and Labrador Regional Health Authorities Mental Health Systems Navigator

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

### Department of Health New Brunswick

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

### Nova Scotia Health Authority Mental Health and Addictions Intake Services

Tel: 1-855-922-1122

### Health PEI

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

### Canadian Mental Health Commission

Tel: 613-683-3755

### Centre for Addiction and Mental Health

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

### ISC Public Enquiries Contact Centre

Tel: 1-800-567-9604