



## AFN MENTAL WELLNESS RESOURCES

The Assembly of First Nations (AFN) has collected a variety of Mental Health and Wellness resources for First Nations to access during the COVID-19 pandemic. Seeking help is important and shouldn't be a challenge – there are people here to help.

### NIHB Mental Health Services:

If you are in need of mental health supports, you may be eligible to receive 22 hours of counselling covered under the Non-Insured Health Benefits for First Nations and Inuit (NIHB). Your initial session (up to 2 hours) will be covered without any prior approval requirements. Eligible mental health counselling providers include Psychologists, Social Workers, Psychiatric nurses or other regulated mental health providers. For information on NIHB eligibility criteria please visit: <https://www.sac-isc.gc.ca/eng/1574187596083/1576511384063>

### Telehealth:

The NIHB program covers mental health counselling through telehealth, including telephone or video conferencing. When inquiring about counselling, please confirm with your provider what telehealth services are available. To find an enrolled mental health counsellor in your area, please contact your NIHB regional office here:

<https://www.sac-isc.gc.ca/eng/1579274812116/1579708265237>

### Our Partnerships:

**Thunderbird Partnership Foundation** is sharing harm reduction resources to help support your continued wellness during COVID-19: <https://bit.ly/2W4UAGU>

- For the Thunderbird Partnership Foundation document library, please click here: <https://thunderbirdpf.org/nnapf-document-library/>

**First Peoples Wellness Circle** is sharing holistic health and wellness supports online and for download during COVID-19: <https://bit.ly/2KO2Shc>

### Immediate Supports

#### **Hope for Wellness Help Line:**

- For crisis support and intervention please contact: 1-855-242-3310 or via chat at [hopeforwellness.ca](https://hopeforwellness.ca)

#### **For Indigenous Women and girls:**

- **Talk4Healing** is accessible across Canada, it is free and culturally safe for Indigenous women. Please contact: 1-855-554-HEAL (4325)

#### **Assaulted Women's Helpline:**

- Contact 1-866-863-0511

#### **For Children and Youth:**

- Kids Help Phone is accessible 24/7 across Canada and offers telephone or texting, supports.
  - › For telephone support, please contact: 1-800-668-6868.
  - › For texting support, please text CONNECT to 686868.

#### **Native Youth Crisis Hotline:**

- Offers 24/7 telephone support. Please contact, 1-877-209-1266

#### **Online Resources for Youth:**

- Culture for Life: <http://cultureforlife.ca/>
- Wise Practices: <https://wisepractices.ca/>
- Wapikoni Mobile: <http://www.wapikoni.ca/home>
- We Matter: <https://wemattercampaign.org/>

