

# Mental Health Resources for First Nations, Métis & Inuit Peoples



Wellness is supported by culture, language, Elders, families, and creation. Some signs of good mental health include: knowing and taking pride in who you are, enjoying life, being able to form and maintain fulfilling relationships, and coping with stress in a positive way.

The achievement of whole health — physical, mental, emotional, spiritual, social, and economic well-being — is sought through a coordinated, approach that respects, values, and utilizes traditional knowledge, approaches, languages, and ways of knowing.

## Local Supports

- **[Aboriginal Counseling Services of Alberta](#)** works within the Circle of the Seven Sacred Laws to provide safe new pathways to healing and wellness that will strengthen Aboriginal families and communities. (Phone: 780-448-0378)
- **[Alberta Indigenous Virtual Care Clinic](#)** serves individuals self-identifying as First Nations, Inuit and Métis. Mental health support & Counseling referrals are available. (Phone: 1-888-342-4822)
- **[Indigenous Psychological Services](#)** offers individual counseling, family healing circles, cultural liaison, workshop and training. (Phone: 587-594-9855)
- **[Indigenous Wellness Clinic](#)** offered by AHS is a culturally informed and safe environment for patients and their families to receive care and work towards their best possible health within a multidisciplinary team. (Phone: 1-844-441-4512)

- **[Kikosewin Family Resource Network](#)** offered by Bent Arrow Traditional Healing Society is a Hub that believes in the importance of “Family” and that children and youth are safe, healthy and nurtured by their parents or caregivers as “children are a gift from the creator and should be treated as such”. They offer services, supports and programming children, youth and families. (Phone: 780-474-2400)
- **[Native Counselling Services of Alberta](#)** promotes the resilience of the Indigenous individual and family, through programs and services that are grounded in reconciliation of relationships and self-determination. (Phone: 780-451-4002)
- **[Poundmakers Lodge](#)** has a Residential Addiction Treatment Program that combines traditional First Nations, Métis and Inuit spirituality with 12 Step programs and group therapy to help clients restore balance. (Phone: 1-866-458-1884)
- **[The Red Road Healing Society](#)** is a Child and Family Resource Centre which offers the blend of a number of unique community-based services, to assist in supporting and creating change for our children, youth, adults and their families. (Phone: 780-471-3220)

## Important Considerations

- Historical factors, such as the impact of residential schools, are believed to have shaped the mental health of First Nations, Métis & Inuit peoples. A research project supported by the Aboriginal Healing Foundation found that the most common mental health diagnoses were post-traumatic stress disorder, substance abuse disorder and major depression. (Government of Canada, 2020)
- In Canada, suicide disproportionately impacts Indigenous peoples; the rate of suicide among First Nations is three times higher than among non-Indigenous Canadians, and nine times higher among Inuit. (Canadian Mental Health Association, 2021)
- Cultural awareness training for service providers should focus not only on the negative historical experiences of First Nations, Métis & Inuit peoples but also on the richness in cultures and traditions which are central to identity, spirituality, and overall wellbeing. (City of Edmonton, 2018)

## Where to Go for Immediate Help

### **First Nations and Inuit Hope For Wellness Helpline: 1-855-242-3310**

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada 24/7. Call 1-855-242-3310, or visit online at [hopeforwellness.ca](http://hopeforwellness.ca)

### **National Indian Residential School Crisis Line: 1-866-925-4419**

The 24-hour National Indian Residential School Crisis Line provides support to former residential school students. Individuals can call to access emotional and crisis referral service.

### **211 Alberta: Dial 211, text INFO to 211, or visit [www.ab.211.ca](http://www.ab.211.ca) and click “live chat.”**

211 is a helpline and online database of Alberta's community and social services. 211 is answered and updated by highly-trained specialist contact by phone, text or chat.

### **CMHA-Edmonton Distress Line: 780-482-4357 (HELP)**

The CMHA Distress Line is 24-hour crisis line providing immediate support.

## Land Acknowledgement

The Community Mental Health Action Plan respectfully acknowledges that we are located on traditional land known as amiskwaciwâskahikan on Treaty 6 territory and Metis Nation of Alberta Region 4. This land is home to many diverse Indigenous peoples including the Cree, Blackfoot, Métis, Nakota Sioux, Iroquois, Dene, Ojibway / Saulteaux / Anishinaabe, and Inuit who have lived, travelled, and cared for the land since time immemorial.

Visit  
[www.mentalhealthactionplan.ca](http://www.mentalhealthactionplan.ca)  
for  
further information

# NEED HELP FOR MENTAL HEALTH?



Community  
Mental Health  
Action Plan

[mentalhealthactionplan.ca](http://mentalhealthactionplan.ca)

## EDMONTON

**Are you in a crisis that is life threatening?**

**CALL 911**

For emergencies (ambulance, fire and police)

**Do you need immediate or supportive access to adult addiction and mental health community based programs?**

**CALL 780.424.2424**

For Alberta Health Services adult addiction and mental health access 24/7  
OR go to Anderson Hall, 10959 102 Street

**Do you need to talk to someone right now?**

**CALL 211**

OR the Distress Line at 780.482 HELP (4357)  
OR Alberta Health Services Mental Health Helpline 1.877.303.2642

**Do you need help today and are ready to go to walk-in counselling?**

**CALL 211**

OR visit [www.dropinyeg.ca](http://www.dropinyeg.ca)  
OR visit [www.momentumcounselling.org](http://www.momentumcounselling.org)

**Do you want information about community support services available in your area?**

**CALL 211**

To speak with someone about where and how to find support near you. OR visit [ab.211.ca](http://ab.211.ca) to chat with someone and search for resources.

**Do you have questions about your mental health?**

**CALL 811**

For Alberta Health Services Health Link to speak with a registered nurse about your health  
OR call your family doctor