



# First Nations & Inuit Health Branch - Alberta Region Mental Health Supports

## In Community Mental Health Services

First Nations communities and organizations provide various mental health services for individuals seeking support that can include direct access or referral to culturally appropriate services, professional mental health services and referral to addictions treatment.

Each community and organization is unique in their offerings and approach, particularly during the pandemic, so it is best to reach out to the Health Director or service center in your community/area to learn more.

## Non-Insured Health Benefits – Urgent Mental Health Counselling Services

Individuals eligible for mental health counselling services under the NIHB or IRS programs can contact the Edmonton Regional Office at:

**Toll Free: 1-800-232-7301**  
Monday to Friday from 8AM to 4PM.

\*As per the College of Alberta Psychologists, most services are offered by telepsychology during the COVID-19 pandemic.

## Addictions Treatment Referral

The National Native Alcohol and Drug Abuse Program (NNADAP) Treatment Centres have been closed across the country; however, referrals to provincially funded treatment centres continue and there are some outpatient services being offered by NNADAP centres.

For assistance with the referral process or to learn more about services being offered by NNADAP centres please contact the regional office directly at:

**Tel: 780-495-2345**  
Monday to Friday from 8AM to 4PM.

## Mental Wellness Crisis Response Program

The Regional Mental Wellness Crisis Response Teams are currently providing telehealth support to First Nations communities and organizations that are responding to mental health crisis and responding on site on a case by case basis. Services offered are:

- Critical Incident Assessment, Stabilization & Debriefing
- Emotional & cultural support

The crisis response coordinator can be contacted at **780-495-0577**. Please note that coordination can take 24-48 hours, so is not a substitute for emergency services.

## Additional Mental Health Supports

- The **Hope for Wellness Helpline** is available 24/7 offering counselling and crisis intervention. Call toll-free at **1-855-242-3310** or connect to the online chat at [hopeforwellness.ca](https://www.hopeforwellness.ca).
- The **Kids Help Phone** is available 24/7 offering counselling and information to youth on how to access community support services. Call toll-free at **1-800-668-6868**.
- The **Alberta Mental Health Help Line** is available 24/7 to provide information about mental health services, as well as referrals to other agencies if needed. Call toll-free at **1-877-303-2642**.
- The **Alberta Health Services - Indigenous Health Cultural Support Line** provides afterhours support Monday, Tuesday, Thursday and Friday from 4-8PM. Call toll free at **1-855-735-6766**.
- **Family Violence Resources:** <https://www.alberta.ca/family-violence-prevention-resources.aspx>