



INDIGENOUS CULTURAL HEALING & MENTAL HEALTH SUPPORTS

It is recommended to call in advance, as services may change from in-person to virtual, depending on pandemic restrictions

1. Aboriginal Health & Wellness Centre of Winnipeg
 - 204-925-3700, 181 Higgins Ave. at www.ahwc.ca
 - 1:1 counselling, sharing circles, traditional teachings, ceremonies.
2. First Nation & Inuit Health Branch – Non-Insured Health Benefits (NIHB)
 - 1-800-665-8507, www.canada.ca and go to Indigenous Health>First Nations & Inuit Health>Benefits-Information NIHB>Mental Health Counselling Benefits
 - See item #1 in the section below.
3. Ma Mawi Wi Chi Itata Centre
 - 204-925-0300 at 445 King St., administrative site (no services), www.mamawi.com
 - 3 neighbourhood care sites with services. Spiritual Care Provider, drop-in services and groups.
 - 318 Anderson Ave, 204-925-0352
 - 363 McGregor St., 204-925-6816
 - 443 Spence Ave., 204-925-0348
4. Wa-Say Healing Centre
 - 204-774-6484 at Unit 226-388 Donald Street
 - Wa-Say Healing Centre primarily (but, not solely) assists former Indian Residential Schools (IRS) students and their families in accessing appropriate levels of emotional health and wellness support services.
 - Counselling, sharing circles, traditional teachings, ceremonies, body work, arts & crafts.
5. Ka Ni Kanichihk
 - 204-953-5820 at 455 McDermot Ave. or www.kanikanichihk.ca
 - There are a number of programs geared towards children, women, men, youth, 2SLGBTQ++, and exploited individuals. All programs incorporate culturally relevant teachings, as well as healing and life-skills.
6. WRHA Indigenous Health - Patient Services
 - Call WRHA Indigenous Health - Centralized Services at 204-940-8880 or 1-877-940-8880, or fax 204-943-1728, indigenoushealth@wrha.mb.ca, www.wrha.mb.ca and go to Indigenous Health
 - Spiritual Cultural Care Providers may perform ceremonies and prayers with patients in hospitals and WRHA personal care homes.



7. WRHA Indigenous Health - Traditional Wellness Clinic

- Call WRHA Indigenous Health - Centralized Services at 204-940-8880 or 1-877-940-8880, or fax 204-943-1728, , indigenoushealth@wrha.mb.ca, www.wrha.mb.ca and go to Indigenous Health
 - Traditional Healer provides traditional medicines and ceremonies.
 - Operates 2 days a month out of HSC.

MENTAL HEALTH COUNSELLING SPECIFICALLY FOR INDIGENOUS PEOPLE

1. First Nation & Inuit Health Branch – Non-Insured Health Benefits (NIHB) www.canada.ca

- Call the regional office of NIHB to explore eligibility under 1 of 3 streams listed below:
 - Manitoba Region – call 204-983-4571 or 1-800-665-8507 toll-free
 - Nunavut Region – call 1-866-509-1769 toll-free
 - Ontario Region – call 1-888-301-6426 toll-free
- Services may be in person or virtual.
- Will receive a list of mental health therapists (Social Worker, Psychologist, Psychiatric Nurse) and/or cultural healing providers who are providing care in the region.
- According to the NIHB Medical Transportation Policy Framework, clients are expected to access the closest appropriate provider. However, where a client must access a provider with a specific area of expertise (including where the provider may have specific cultural competence experience or training, or if there is no provider locally), transportation to access the next closest provider who meets the client's requirement will be considered on an exception basis).

Short-Term Mental Health Counselling - Eligibility

- A First Nations person who is registered under the *Indian Act* (commonly referred to as a status Indian; NIHB “treaty number”).
- An Inuk recognized by an Inuit land claim organization (NIHB T or N number).
- May provide coverage for mental health counselling for eligible individuals when no other mental health services are available and/or being provided.
- Provides up to a maximum of 20 one-hour sessions per 12-month period; may be extended on request by therapist.

Missing and Murdered Indigenous Women and Girls Counselling - Eligibility

- Survivors, family members and loved ones who are affected by Missing and Murdered Indigenous Women and Girls are eligible for support, whether or not they participated in the Inquiry – including before and after these events.
- May access up to a maximum of 20 one-hour counselling sessions per 12-month period; may be extended on request by therapist.
- May access cultural healing, both short term and long-term; provided by Manitoba Keewatinook Okimakinak (MKO).
- Individuals may qualify whether they are status or non-status/Metis/Inuit.
- Includes persons of all genders who identify as being affected by having a missing or murdered family member (the missing or murdered person may be a woman, man, or a child).



Indian Residential Schools - Resolution Health Support (RSH) Program – Cultural Supports and Individual and Family Counselling - Eligibility

- 1-866-818-3505 toll-free in Manitoba
- All former Indian Residential School students, regardless of the individual's status or place of residence within Canada, who attended an Indian Residential School listed in the 2007 Indian Residential Schools Settlement Agreement are eligible to receive services from the RSH Program.
- In recognition of the intergenerational impacts that the schools had on families, RSH Program services are also available to family members of former students.
- Individuals may qualify whether they are status or non-status/Metis/Inuit.
- Applicants will be asked to provide the name and date of birth of the family member who was a survivor and went through the claims process/is going through it.
- May access up to a maximum of 20 one-hour counselling sessions per 12-month period; may be extended on request by therapist.
- May access cultural healing, both short term and long-term; provided by a number of Indigenous agencies in Manitoba listed in their brochure. These agencies receive funding to deliver services in Manitoba, and can also assist you to apply:

Achako Atamiskatowin/Rediscovering Our Spirit Program

P.O. Box 190
Cross Lake, Manitoba R0B 0J0
204-676-3912

Aboriginal Health & Wellness Centre of Winnipeg

215-181 Higgins Avenue
Winnipeg, MB R3B 3G1
204-925-1204

Anish Corporation

110-200 Alpine Way
Swan Lake First Nation, MB R4H 1C8
204-334-9395

Cree Nation Tribal Health Centre

P.O. Box 2760, 302 Ross Ave.
The Pas, MB R9A 1K5
204-627-1540

Keewatin Tribal Council

23 Nickel Road
Thompson, MB R8N 0Y4
1-800-665-6212 ext. 7257

**Sagkeeng IRS Wellness Centre**

P.O. Box 70
Pine Falls, MB R0E 1M0
204-367-9990

Southeast Resource Development Council Corp.

2nd Floor – 360 Broadway
Winnipeg, MB R3C 0T6
204-956-7500

St. Theresa Point Traditional Healing Program

Box 389
St. Theresa Point, MB R0B 1J0
204-462-2838

Wa-Say Healing Centre Inc.

Unit 226 – 3rd Floor, 388 Donald St.
Winnipeg, MB R3B 2J4
204-774-6484

West Region Treaty 2 & 4 Health Services

317 Main St. North Unit 16 - 2nd Floor
Dauphin, MB R7A 1C5
1-866-385-9400

West Region Treaty 2 & 4 Health Service

712 – 18th Street
Brandon, MB R7A 5B5
1-866-385-9400 or 204-725-4394

2. First Nations and Inuit Nursing Stations or Health Administration Offices
 - Call to find out if the community has any of the following services: Mental Health Therapist, Native Alcohol & Drug Abuse Program Coordinator, Brighter Futures Coordinator, as these staff may be able to provide support or connect to other options.
3. Ontario First Nations Mental Health and Addictions Services
 - Directory of services available in communities www.cmhak.on.ca/images/PDFS/MHAASFN.pdf



INDIGENOUS-SPECIFIC CRISIS SERVICES

1. First Nations and Inuit Hope for Wellness Help Line (24 hour)
 - Toll-free 1-855-242-3310
 - A national line providing counselling support and can also identify follow-up services. Is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

2. Manitoba Keewatinowi Okimakanak (MKO)
 - See www.mkonation.com/covid19mentalwellness/ for more details.
 - All services and on-call crisis responses are accessible via telephone or text with various services, including virtual support with FaceTime and/or Zoom video conferencing, where able.
 - Mental wellness team members and health care providers are trained to help manage an individual's mental health, and can provide information on ongoing supports available.
 - Service areas & contact information:
 - **MKO Mobile Crisis Response Team:** Manitoba First Nations, eligible status citizens living on or off reserve in Manitoba.
 - Toll-free 1-844-927-LIFE (5433) or crisisresponse@mkonorth.com
 - **Interlake Reserves Tribal Council:** Dauphin River, Kinonjeoshtegon, Lake Manitoba, Little Saskatchewan, Peguis, and Pinaymootang
 - Marcie Tavares, Tel: (204) 803-0700, mtavares@irtc.ca
 - Sheri Gould, Tel: (204) 302-0078, sherigould@irtc.ca
 - Treena McPherson, Tel: (204) 302-1344, treenamcpherson@irtc.ca
 - **Opaskwayak Health Authority (OHA):** Marcel Colomb, Mathias Colomb, Mosakahiken, Opaskwayak, Sapotaweyak, Mispawistik Cree Nation, and Wuskwi Sipiik. The Mental Wellness Team consists of five counsellors, including OHA counsellors who are available via telephone to provide follow-up care with clients, and Opioid Replacement Therapy physician clinics who are available via Telehealth on the regular scheduled dates. Telehealth is being set up for clients to have follow-up appointments with their treatment.
 - Tel: (204) 627-7410
 - Fax: (204) 623-3907
 - Connect with the Crisis Line after hours: Tel: (204) 623-0519
 - **Southeast Resource Development Council:** Berens River, Black River, Bloodvein, Brokenhead, Hollow Water, Little Grand Rapids, Pauingassi, and Poplar River
 - Carol McCorrister, Tel: (204) 956-7500, Fax: (204) 934-0374, carolm@serdc.mb.ca
 - **Keewatin Tribal Council:** Barren Lands, Bunibonibee, Fox Lake, God's Lake, Manto Sipi, Northlands, Sayisi Dene, Shamattawa, Tataskweyak, War Lake, and York Factory
 - Connect with the Crisis On-Call: Cell: (204) 307-1905 or (204) 307-0118
 - KTC Mental Wellness Team: Tel: (204) 677-7410, Fax: (204) 677-0255



- **Natawiwewak Medical Clinic:** Winnipeg residents from Bunibonabee, Chemawawin, God's Lake, and Manto Sipi
 - Connect with the Mental Wellness Team: Tel: (204) 417-8877, Fax: (204) 417-7744
 - **Traditional Healer Services:** MKO provides access to services for people who are eligible for Non-Insured Health Benefits (NIHB) for mental health counselling/healing needs. MKO helps people and communities connect with service providers who use traditional approaches. MKO ensures clients safe access to such services by determining a provider's capacity and eligibility to provide such services. MKO provides services to all NIHB eligible members living on and off reserve in Manitoba.
 - Duke Beardy, Tel: (204) 307-8192: Duke.beardy@mkonorth.com
 - **Missing and Murdered Indigenous Women & Girls (MMIWG)** for family members who are affected by MMIWG, or to those who are survivors of violence. Includes First Nations, Inuit, Metis, non-status, and non-Aboriginal people living in Manitoba.
 - Hilda Anderson-Pyrz, Tel: (204) 307-5919, hilda.anderson.pyrz@mkonorth.com
3. Missing & Murdered Indigenous Women and Girls' Inquiry Support Line (24 hour)
 - Toll-free 1-844-413-6649 and info@mmiwg-ffada.ca
 - For individuals affected by a missing or murdered Indigenous woman/girl's experience.
 4. National Indian Residential School Crisis Line (24 hour)
 - Toll-free 1-866-925-4419
 - For former students and their families.
 5. Nunavut Kamatsiaqtut Help Line (24 hour)
 - 1-867-979-3333 and toll-free 1-800-265-3333
 6. Kids Help Phone (24 hours)
 - Toll-free 1-800-668-6868, or text "TALK" to 686868 to reach a counsellor
 7. NWT Crisis Line (24 hours)
 - Toll-free 1-800-661-0844 (9 p.m. -1 a.m. ET)
 8. Manitoba Metis Federation (MMF) Health & Wellness Line (7a.m. – 11 p.m., 7 days a week)
 - Toll-free 1-833-390-1041
 - Must be a member of the MMF. Provides crisis support and ongoing therapy.



Before calling a potential therapist, think about whether you would feel comfortable working with a male, female, or Indigenous provider. Ask questions to see if it might be a good fit.

- “Are you accepting new patients right now?”
- “What is your professional training?”
- “How many years of experience do you have in the field?”
- “Do you have Indigenous-specific education and/or experience?”
- “What areas do you specialize in (e.g. youth/child development, anxiety/depression, relationships, trauma, etc.)?”
- “What kinds of conditions are you able to diagnose, or would need to refer for diagnosis?”
- “What are advantages/disadvantages of treatment approaches offered, including medications?”
- “How will you assess progress?”
- “What are the fees & are they covered by FNIHB, Employee Assistance Program, or insurance?”

If you need help to navigate, call the Canadian Mental Health Association.

Service Navigation Specialists can:

- Provide service navigation within the mental health and addictions systems
- Assist people to know and exercise their rights
- Provide short-term supports to individuals on wait-lists
- Provide guidance to families and caregivers supporting a loved one living with mental illness/addictions
- Provide outreach to ensure a strong community presence
- Administer evidence-based screening and assessment tools
- Provide presentations within the community about service navigation
- Deliver targeted mental health and addictions education

Call 204-775-6442, or email hub@cmhawpg.mb.ca. See www.mbwpg.cmha.ca/ for more info.

For mainstream crisis services and mental health counselling, please see:

- All Manitoba Crisis Services: www.gov.mb.ca/health/mh/crisis.html
- Manitoba Youth Mental Health: www.sharedhealthmb.ca/files/covid-19-addressing-mental-health-in-fn-youth.pdf
- Manitoba Adult Mental Health: www.sharedhealthmb.ca/covid19/indigenous-health/
- Northwestern Ontario Mental Health: www.ontario.ca/page/covid-19-support-people#section-4