

## **SUGGESTED INDIGENOUS WELLNESS RESOURCES**

### **Support and Crisis Lines**

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

If you require immediate support, please contact the Hope for Wellness Help Line at 1-855-242-3310 to access toll-free, 24/7 counselling and crisis intervention. Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced Helpline counsellors, many are Indigenous, can help if asked to find wellness supports that are available in your area.

#### **Indian Residential Schools Crisis Line**

The Indian Residential Schools Crisis Line (1-866-925-4419) is available 24 hours a day for anyone experiencing pain or distress as a result of their residential school experience.

#### **Indigenous Victim Services at Six Nations Line**

The Indigenous Victim Services at Six Nations Line (1-866-964-5920). After hours & weekends: 1-866-445-2204. Available to people living in Brantford, Hamilton or the Six Nations community.

#### **Métis Nation of Ontario (MNO) Crisis Line**

The Métis Nation of Ontario (MNO) is proud to offer a 24HR Mental Health and Addictions (MHA) Crisis Line. For culturally specific mental health and addiction supports for adults, youth, and families in Ontario (available in English and French) please call: 1-877-767-7572. Once connected services can be delivered in person, over the phone, or by video conference.

For non-urgent matters, referrals to the MHA programs, or for help navigating mental health and addictions services in your community please contact our confidential support services at:

Toll Free Number: 1-800-263-4889 Ext. 7

Email: [MHA@metisnation.org](mailto:MHA@metisnation.org)

#### **Indian Residential Schools Resolution Health Support Program (IRSRHSP)**

If you attended a residential school, you and your family may be eligible to receive health support services, such as:

- Cultural Support: Elders, Knowledge Holders, and Traditional Healers for traditional healing, ceremonies or teachings
- Emotional Support: Resolution Health Support Workers to listen, talk and provide support
- Professional Counselling: A Psychologist or Social Worker for individual or family counselling
- Transportation: Assistance with transportation may be offered when professional counselling and cultural support services are not locally available

Phone toll free: 1-888-301-6426 Toll free confidential fax: 1-877-430-3306

<https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

### **Missing and Murdered Indigenous Women and Girls**

Please visit the Government of Canada Missing and Murdered Indigenous Women and Girls Page for information on aftercare, community gatherings or if you are a Party With Standing. Contact number: 613-957-5153

Support Line 1-844-413-6649

An independent, national, toll-free support call line is available to provide support for anyone who requires assistance. This line is available free of charge, 24 hours a day, 7 days a week.

### **Niagara Distress Line 24/7**

Skilled responders supporting the safety and emotional wellness of those in need.

905-688-3711 (St. Catharines, Niagara Falls)

905-734-1212 (Port Colborne)

905-382-0689 (Fort Erie)

### **Crisis Outreach and Support Team (COAST)**

Provides 24/7 service to people in the Niagara region who are in crisis and have a mental health concern.

1-866-550-5205 ext. 1

### **Canadian Mental Health Association – Niagara Branch Mental Health & Addictions Access Line/Warm Line Confidential Help 24/7**

1-866-550-5205

The Mental Health and Addictions Access Line is a free, 100% confidential telephone support service. If you, a family member, or friend is in need, call ACCESS line at 1-866-550-5205. A member of their supportive, trained staff will provide immediate support and guidance to find the support you need. They will talk with you to identify your unique needs and if necessary, connect you with a member of the collaborating network of mental health and addiction service providers which consists of 16 fully-vetted services, helping you receive more specialized assistance. If you are transferred to a member of this network, a referral will be submitted and follow up with the agency will be made on your behalf to ensure a connection has been made with you.

### **Talk4Healing – Anishinabe Women’s Crisis Home & Family Healing Agency**

Talk, Text, Chat 1-855-554-4325 (HEAL)

24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario. Available in several Indigenous languages as well as English and French.

<https://www.beendigen.com/programs/talk4healing/>

## Youth Crisis Lines

### **Pathstone Crisis & Support Line**

An intervention service providing immediate telephone counselling 24/7. Youth up to age 18 and their families.

1-800-263-4944

### **Family and Children's Services Niagara (FACS)**

Responds to concerns about a child being at risk or neglect or abuse.

1-888-937-7731

## Referral and Self-Referral Counselling and Peer Services

### **De dwa da dehs nye>s Aboriginal Health Centre**

Niagara: 1-877-402-4121 ext 555

Culturally safe mental health & addictions services for all members of the urban indigenous community in the regions of Hamilton, Brantford/Brant and Niagara. We work with individuals over the age of 6 to provide: counseling, groups, outreach, navigation, case management and peer support.

### **Fort Erie Native Friendship Centre**

The Fort Erie Native Friendship Centre provides a wide variety of culturally relevant services to the South Niagara Indigenous community, including education, youth services, family support, health, healing, and wellness, mental health counselling.

796 Buffalo Road, Fort Erie

Call: 905-871-8931

[www.fenfc.org](http://www.fenfc.org)

### **Niagara Regional Native Centre (NRNC)**

The NRNC provides a wide variety of culturally relevant services to the Niagara Indigenous community, including supportive housing, health, healing, and wellness, mental health counselling and crisis intervention, and employment.

Call: 905-688-6484

[www.nrnc.ca](http://www.nrnc.ca)

### **Niagara Chapter Native Women**

Niagara Chapter – Native Women Inc. is here to offer support to urban Aboriginal women and their families. Ongoing support through referrals and advocacy is offered on an as-needed basis.

1088 Garrison Road

Fort Erie, Ontario  
(Office) 905-871-8770

[www.ncnw.ca](http://www.ncnw.ca)

### **Niagara Region Métis Council**

3250 Schmon Parkway, Unit 1a

Thorold, ON L2V 4Y6

905-682-3487

### **Traditional Healers Program – Indigenous Diabetes Health Circle**

Culturally safe mental health and addictions services for all members of the urban Indigenous community. Free consultations offered by Elders, traditional practitioners, and knowledge keepers (review IDHC's Facebook page for further details on dates and registration).

<https://idhc.life/diabetes-wellness-program/traditional-healer-registration/>

### **Health Canada – First Nations and Inuit Non-Insured Health Benefits**

This program provides coverage for professional mental health counselling for eligible clients. An eligible client must be a resident of Canada and:

- A First Nations person who is registered under the Indian Act (Status)
- An Inuk recognized by an Inuit land claim organization

<https://www.sac-isc.gc.ca/eng/1576441552462/1576441618847>

### **[Indigenous, First Nations, Inuit and Métis \(FNIM\) Counselling and Therapy List](#)**

#### **Family Counselling Centre Niagara**

Family Counselling services.

905-937-7731

To reach the Family Counselling Centre, dial extension 3345.

<https://www.fccniagara.on.ca/>

#### **Don Neufeld**

Specialize counselling services for Indigenous People.

905-650-1577

[neufeldcounselling@outlook.com](mailto:neufeldcounselling@outlook.com)

### **The Family Enhancement Centre – Online Indigenous Counsellors**

The Family Enhancement Centre is a mental health agency dedicated to helping people maintain a state of wellness for themselves and their families; improve and learn new strategies for dealing with difficult times and recover from serious setbacks and traumas in their lives. We work from a strength-based perspective, looking for solutions to help people move on from their problems.

1-833-275-8332

[info@tfec.ca](mailto:info@tfec.ca)

### **Hamilton Community Legal Clinic**

Lyndon George, Clinic's Indigenous Justice Coordinator

[georgel@lao.on.ca](mailto:georgel@lao.on.ca)

<https://hamiltonjustice.ca/en/community-justice/indigenous-justice/>

***For additional counselling and therapy resources: Call 211 or 905-682-6611 / 1-800-263-3695***