# WALKING TOGETHER

## CREATING A PATH FORWARD

# MENTAL HEALTH SUPPORTS & RESOURCES

**These resources offer comprehensive information on mental health, ranging from self-help guides and professional resources to in-depth research publications. Whether you're looking to improve your mental well-being or seek to understand mental health from a policy or cultural perspective, these resources will provide valuable insights.**

### NOTE:

These services and contact information may change regularly, but this list is as up-to-date as possible. This list is not exhaustive. Indigenous mental health supports are community-specific, locally governed, and continually evolving. Service providers are encouraged to learn about and build relationships with local Indigenous-led supports in their region.



# HELPLINES & CRISIS SERVICES

### HOPE FOR WELLNESS HELP LINE

A 24/7 helpline that offers immediate mental health crisis intervention and support for Indigenous people across Canada. Services are provided in English, French, Cree, Ojibway, and Inuktitut.

**HOPE FOR WELLNESS HELP LINE** | **1-855-242-3310**

### CRISIS SERVICES CANADA

Provides crisis services, including the National Suicide Prevention Service, with trained responders available 24/7. Culturally sensitive care is available for Indigenous people.

**CRISIS SERVICES CANADA** | **1-833-456-4566**

### KIDS HELP PHONE: INDIGENOUS YOUTH RESOURCES

It offers confidential, 24/7 support to Indigenous youth across Canada. The service includes phone, text, and live chat counselling services and access to Indigenous-specific mental health resources.

**1-800-668-6868 | TEXT: 686868**

### TALK4HEALING

A culturally grounded helpline specifically for Indigenous women and their families. Offers services in 14 Indigenous languages.

**TALK4HEALING** | **1-855-554-HEAL**

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# MENTAL HEALTH SUPPORTS & RESOURCES

## MENTAL HEALTH IN CHILDREN & ADOLESCENTS

### CHILD MIND INSTITUTE

Specializes in children's mental health, offering resources to parents, educators, and healthcare professionals.

CHILD MIND INSTITUTE

### KIDSHEALTH | MENTAL HEALTH

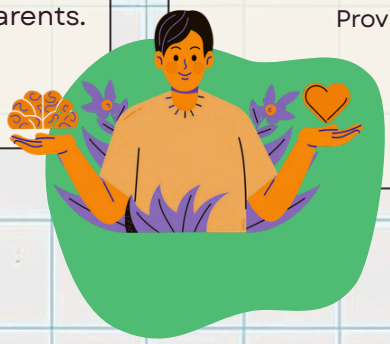
Offers accessible information on mental health issues for kids, teens, and parents.

KIDSHEALTH

### UNICEF | CHILD AND ADOLESCENT MENTAL HEALTH

Provides resources on the mental health and well-being of children and adolescents worldwide, especially during crises.

UNICEF



## SELF-CARE AND WELL-BEING

**Mind:** A UK-based mental health charity providing information and support on mental health issues and promoting self-care strategies.

MIND WEBSITE

**The Mighty:** A community-focused platform where individuals share their stories and experiences with mental health conditions.

THE MIGHTY MENTAL HEALTH

**Verywell Mind:** Offers a vast collection of resources on mental health, self-care, and emotional

VERYWELL MIND

**Mental Health Innovation Network:** A global community of mental health innovators sharing knowledge, resources, and best practices.

MENTAL HEALTH INNOVATION

**TED Talks on Mental Health:** A collection of thought-provoking talks from experts, survivors, and advocates in mental health.

TED TALKS MENTAL HEALTH

**The Happiness Lab Podcast:** A podcast hosted by Yale professor Dr. Laurie Santos offers insights into the science of well-being and mental health.

THE HAPPINESS LAB

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# MENTAL HEALTH SUPPORTS & RESOURCES

## ONLINE AND VIRTUAL INDIGENOUS MENTAL HEALTH SUPPORT

WE MATTER

**We Matter Campaign:** An Indigenous-led organization that provides mental health support and encouragement for Indigenous youth through online platforms, videos, and community projects.

**Mind Your Mind Indigenous Resources:** Offers online tools, activities, and resources for Indigenous youth to promote mental health and wellness.

MIND YOUR MIND INDIGENOUS YOUTH

YOUTHSPACE

**Youthspace.ca:** Offers crisis chat and e-counselling services for Canadian youth under 30. The platform includes access to mental health resources and crisis support, with Indigenous cultural sensitivity.

**National Association of Friendship Centres (NAFC):** NAFC is a network of friendship centres across Canada that offer various mental health, cultural, and social services for urban Indigenous youth. These centres also act as hubs of support for off-reserve Indigenous populations.

NAFC WEBSITE

NYSHN

**Native Youth Sexual Health Network (NYSHN):** It provides resources for Indigenous youth on sexual health, mental health, reproductive justice, and body positivity. The organization also focuses on harm reduction and cultural healing approaches.

## MENTAL HEALTH & ADDICTION SERVICES

### ADDICTIONS AND MENTAL HEALTH ONTARIO (AMHO)

Indigenous Youth Resources: Offers services focused on mental health and addiction recovery for Indigenous youth, emphasizing culturally sensitive care and support.

AMHO INDIGENOUS SERVICES

### NATIVE CHILD AND FAMILY SERVICES OF TORONTO (NCFST)

Provides culturally appropriate mental health, addiction, and family support services for urban Indigenous children, youth, and families.

NCFST WEBSITE

### DILICO ANISHINABEK FAMILY CARE

Provides mental health, addiction, and family services for Anishinabek youth and families, focusing on those living in urban settings.

DILICO ANISHINABEK FAMILY CARE

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# MENTAL HEALTH SUPPORTS & RESOURCES

## COMMUNITY-BASED AND CULTURAL WELLNESS & ADVOCACY PROGRAMS

### FEATHERS OF HOPE

A youth-led initiative that offers a platform for Indigenous youth to express their mental health needs and advocate for culturally appropriate mental health services.

FEATHERS OF HOPE

### THE CONGRESS OF ABORIGINAL PEOPLES (CAP) – MENTAL HEALTH ADVOCACY

CAP works to ensure that off-reserve Indigenous people have access to mental health services and culturally appropriate care.

CAP MENTAL HEALTH



### ABORIGINAL YOUTH MENTORSHIP PROGRAM (AYMP):

A peer-led wellness and mental health program that promotes healthy lifestyles and mental well-being among Indigenous youth.

AYMP WEBSITE

### SHKAABE MAKWA (CAMH)

This program focuses on Indigenous youth mental health and wellness, offering traditional healing practices, clinical services, and peer support for urban Indigenous populations.

SHKAABE MAKWA

### MAMOW SHA-WAY-GI-KAY-WIN: NORTH-SOUTH PARTNERSHIP FOR CHILDREN

A peer-led wellness and mental health program that promotes healthy lifestyles and mental well-being among Indigenous youth.

AYMP WEBSITE

### URBAN NATIVE YOUTH ASSOCIATION (UNYA):

In Vancouver, UNYA offers mental health and social programs for urban Indigenous youth, including counselling, peer support, and cultural activities.



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## INDIGENOUS YOUTH LEADERSHIP & EMPOWERMENT PROGRAMS

### INDIGENOUS YOUTH WELLNESS PROJECT (IYWP)

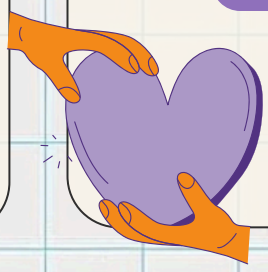
Focuses on mental health and wellness through leadership development and empowerment, promoting the voice and agency of off-reserve Indigenous youth.

IYWP WEBSITE

### CANADIAN ROOTS EXCHANGE (CRE)

A youth-led organization that promotes reconciliation through community-based mental health and cultural programming for Indigenous youth.

CANADIAN ROOTS EXCHANGE



### SOARING: INDIGENOUS YOUTH EMPOWERMENT GATHERING

An annual event hosted by Indspire that provides Indigenous youth with career and educational support, as well as mental health and wellness workshops.

INDSPIRE SOARING

## COMMUNITY-BASED AND NONPROFIT ORGANIZATIONS

**Hope for Wellness Helpline:** Provides immediate, culturally appropriate crisis intervention and support services for Indigenous people across Canada.

HOPE FOR WELLNESS HELPLINE

**National Native Addictions Partnership Foundation (NNAPF):** Focuses on mental health and substance use issues among Indigenous communities, providing training and capacity-building initiatives.

NNAPF

**Native Women's Association of Canada (NWAC) – Mental Health Resources:** NWAC offers a variety of mental health and wellness resources tailored to Indigenous women and gender-diverse people.

NWAC MENTAL HEALTH

**First Peoples Wellness Circle:** Supports First Nations communities' mental health and wellness through traditional healing approaches, training, and advocacy.

FIRST PEOPLES WELLNESS CIRCLE

**Canadian Mental Health Association (CMHA) – Indigenous Resources:** CMHA provides a variety of mental health resources specific to Indigenous peoples, including culturally safe care and access to services.

CMHA INDIGENOUS RESOURCES

**Wabano Centre for Aboriginal Health – Mental Health Services:** A community-driven organization in Ottawa offering culturally-based mental health programs for urban Indigenous people.

WABANO CENTRE

**Native Counselling Services of Alberta (NCSA):** Provides support for mental health, addiction, and wellness rooted in Indigenous traditions and practices.

NCSA MENTAL HEALTH SERVICES

BEARPAW MEDIA