

Indigenous Mental Health Resources

List of supports available to Indigenous students and families, including mental health, and other support programs

Indigenous Mental Health Resources		
Community Resource	Contact Information	Service Details
IMMEDIATE SUPPORT 24.7		
Indigenous Hope for Wellness Helpline hopeforwellness.ca	Call the toll-free Helpline at 1-855-242-3310 , 24 hours a day, 7 days a week, or use the chat box below to connect with a counsellor on-line	Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Languages: English, French, Cree, Ojibwa, Inuktitut.
Talk4Healing: Indigenous women's support and resources: online chat: http://www.talk4healing.com/live-chat/	Toll free (call or text) - 1-855-554-4325. Available 24 hours a day, 7 days a week.	We offer 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario. Services are fully grounded in Indigenous culture, wisdom and tradition and are available in 14 languages including: Oji-Cree, Cree, Algonquin, Inuktitut, Mohawk, Oneida, Odawa, Potawatomi, Micmac, Black Foot, Anishnawbe, Moose Cree, Swampy Cree, English
Other Indigenous Specific Supports		
Anishnawbe Health Toronto https://www.aht.ca/	Address: 225 Queen St E, Toronto, ON. Phone: 416-360-0486 Hours of Operation: Mon & Wed 10:00AM - 6:00PM Tues, Thurs and Friday 10:00AM - 6:00PM 6:00 pm-10:00 am please call 416-360-0486 for on-call services.	Improve the health and well being of Aboriginal People in spirit, mind, emotion and body through both Traditional and Western healing approaches. The programs and services we offer are based on our culture and traditions through a multi-disciplinary team of dedicated healthcare professionals and service providers.
Mental Health and Wellness Services for Indigenous Children and Youth http://www.cmhapeel.ca	601-7700 Hurontario Street, Brampton, L6Y 5B4, Ontario, Canada Phone: (905) 451-2123 Url: http://www.cmhapeel.ca Email: info@cmhapeel.ca	Indigenous healing methods use holistic approaches that focus on the connection with family, community, spirituality and nature. Traditional healing may include: <ul style="list-style-type: none"> ● ceremonies, songs, stories, dances and prayers ● traditional medicines; for example, using sacred remedies such as tobacco, cedar, sweetgrass and sage ● healing circles, talking circles ● connections to Elders, traditional healers
Ontario Federation of Indigenous Friendship Centres (OFIFC) http://www.ofifc.org	Telephone: (416) 956-7575 Toll Free: 1-800-772-9291 Fax: (416) 956-7577 Email: ofifc@ofifc.org	Programs are culturally relevant, trauma informed and delivered in safe and accessible environments. Friendship Centres are Indigenous community hubs that provide a place for Indigenous people to gather and access a range of services including Children

		and Youth, Education, Employment, Health, Healing and Wellness, Homelessness and Justice
Peel Aboriginal Network	208 Britannia Rd E #1, Mississauga, ON L4Z 1S6, 905-712-4726 Hours: Mon-Fri 10am-5:30pm	Centre provides social setting to foster cultural awareness and education, and provides services and support to the Aboriginal community in the Region of Peel Services: <ul style="list-style-type: none"> ● Aboriginal Housing Services ● Food and Clothing Bank ● Employment Counseling ● Traditional Healing and Wellness ● Aboriginal Legal Services ● Aboriginal Family Mediation ● Aboriginal Youth Services ● Indigenous Alternative School

Métis Nation of Ontario. http://www.metisnation.org/	350 Rutherford Rd S, Brampton, ON L6W 3M, (905) 450-4844 For more information please call 1-800-263-4889.	We provide province wide infrastructure to deliver programs and services for Métis people in Ontario in the areas of Economic Development; Education and Training; Healing and Wellness; Property Services; Intergovernmental Relations; Lands, Resources, and Consultation; and Citizenship and Harvesting. We can help you access timely and specialized mental health care in your community. For more information please call 1-800-263-4889.
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