



Indigenous-based Counselling / Community Healing (Edmonton and area)

Support Lines:

First Nations and Inuit Hope for Wellness Help Line-1-855-242-3310

Indian Residential School Crisis Line-1-866-925-4419

The Edmonton Native Healing Centre (780)- 482-5522: Drop-in Centre (pastoral counselling)

The Red Road Healing Society (780) 471-3220: Counselling, family therapy (and other family programming/workshops/supports)

SACE (Sexual Assault Centre of Edmonton) Wiwip'son Healing from Sexual Trauma Circle for Indigenous Women

Group counselling format for adults (18+) Indigenous women (trans-inclusive) who have experienced sexual abuse as children or adults (Free of charge)

(780)-423-4102

Aboriginal Counselling Services of Alberta

13-Week mental wellness screening program and creative arts therapy

(780)-448-0378

Indigenous Psychological Services

Offers a sliding pay-scale counselling services (individual, trauma, family, play, couples). Group therapies include Men's group, Women's Circle of Strength, Kids Art group (10+) and Girl's group (12-17)

(587)-594-9855

Non-Insured Health Benefits (NIHB)

Nation-wide program that provides health benefits coverage for eligible First Nations and Inuit people that are not covered by social programs, private insurance plans, and/or provincial or territorial health insurance.

Covers: vision, dental, mental health counselling, medical supplies and equipment, prescriptions, and medical transportation to services not available in the community of residence.

<https://www.sac-isc.gc.ca/eng/1576790320164/1576790364553>

Non-Insured Health Benefits Office

Canada Place

9700 Jasper Avenue Suite 730

Edmonton AB T5J 4C3

Indian Residential Schools Resolution Health Support Program (IRS RHSP)

For anyone who has been impacted by Indian Residential Schools, including students and their relations who have experienced intergenerational trauma. Can receive up-to 20 sessions of counselling free of charge.

For a list of providers: 1-888-495-6588

Crisis and emotional support line: 1-866-925-4419

Connections App: Created by Native Counselling Services of Alberta in partnership with Alberta Ministry of Children's Services

An App designed for youth and young adults ages 14-26 who are transitioning to adulthood from government care. Includes articles, videos, comics and tips on topics like housing, mental health, financial budgeting and food.

<https://shop.bearpawlegalresources.ca/products/connections-app-by-ncsa>