

Indigenous Health and Wellness Resources in Alberta

Treaty Resources

- Treaties 4, 6, 7, 8, 10 – Historical and cultural information
- Treaty 4 Gathering – Celebrating 150 years
- Treaty 6 Confederacy – Edmonton-based
- Making Treaty 7 – Indigenous resources
- Treaty 8 FNA – Community and leadership info
- Treaty 10 – Whose.Land platform

Métis Resources

- Otipemisiwak Métis Government – Services and supports
- Navigator Tool – Find Métis programs and services

Wellness & Healing

- Native Connect – Directory of wellness centres
- Blood Tribe Wellness Program – Mental health and addiction support
- Friendship Centres (ANFCA) – Elder support and community resources
- Native Counselling Services of Alberta – Legal, family, and wellness support

Addiction & Mental Health Services

- V-RAAM (AHS) – Virtual addiction medicine (non-opioid) ☎ 1-844-383-7688
- VODP (Recovery Alberta) – Virtual opioid treatment ☎ 1-844-383-7688 (6am–Midnight) | After hours: 403-783-7770
- Detox & Treatment Centres – Poundmaker’s Lodge, Sunrise Healing Lodge, Nightwind, Blood Tribe’s “Bringing the Spirit Home”

Support Lines

- Indigenous Support Line – Navigation, cultural support ☎ 1-844-944-4744 or 811
- Hope for Wellness Line – 24/7 emotional support ☎ 1-855-242-3310 | Chat available
- Residential School Crisis Line – 24/7 support ☎ 1-866-925-4419

Health Services

- Indigenous Wellness Core (AHS) – Liaison and traditional wellness ✉ IndigenousWellnessCore@ahs.ca
- NIHB Alberta (Canada Place, Edmonton) – Medical, mental health, vision care 📠 Fax: 1-833-897-5805/5807/5808

Land-Based & Cultural Learning

- Land-Based Learning – U of C, U of A, Athabasca Tribal Council
- Blackfoot Crossing & Métis Crossing – Cultural destinations

Language Revitalization

- Language Apps – Tools to preserve Indigenous languages