

Indigenous Mental Wellness Supports:

Alberta Health Services Indigenous Support Line:

1-844-944-4744

Connecting Indigenous callers with Indigenous listeners 12pm-8pm, Monday to Friday.

Website: <https://www.alberta.ca/family-violence-prevention-resources>

Alberta Indigenous Virtual Care Clinic:

1-888-342-4822

Serves individuals self-identifying as First Nations, Inuit and Métis and their immediate family members.

Website: <https://aivcc.ca/>

Email: info@aivcc.ca

The Alberta Virtual Opioid Dependency Program:

1-844-383-7688

Technology to connect clients with doctors, case workers and other supports.

Hope for Wellness Help Line:

1-855-242-3310

24 hours a day, 7 days a week. First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services.

Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

Alberta Health Services Addiction Helpline:

1-866-332-2322

Confidential 24/7 service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns

The Alberta Health Services - Indigenous Health Cultural Support Line:

1-855-735-6766

Afterhours support Monday, Tuesday, Thursday and Friday from 4-8PM

Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ Support Line:

1-844-413-6649

Immediate emotional support line for those affected by missing and murdered Indigenous women, girls and 2SLGBTQQIA+ people. 24 hours a day, 7 days a week.

National Indian Residential School Crisis Line:

1-866-925-4419

Crisis support is available to former Indian Residential School students and their families 24 hours a day, 7 days a week.

The Thunderbird Partnership Foundation:

<https://thunderbirdpf.org/>

Free, culturally informed wellness supports on the topics of mental health and substance use issues

Family Violence Resources: <https://www.alberta.ca/family-violence-prevention-resources>



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Non-Insured Health Benefits (NIHB):

General NIHB Inquiries:

Telephone (toll free): [1-800-232-7301](tel:1-800-232-7301)

Email (do not send claims by email): abnihbqa-qrssna@sac-isc.gc.ca

Medical Transportation:

Telephone (toll free): [1-800-514-7106](tel:1-800-514-7106)

Fax: 1-833-897-5806

Email (general inquiries only, do not send claims by email): eru-ure@sac-isc.gc.ca



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